

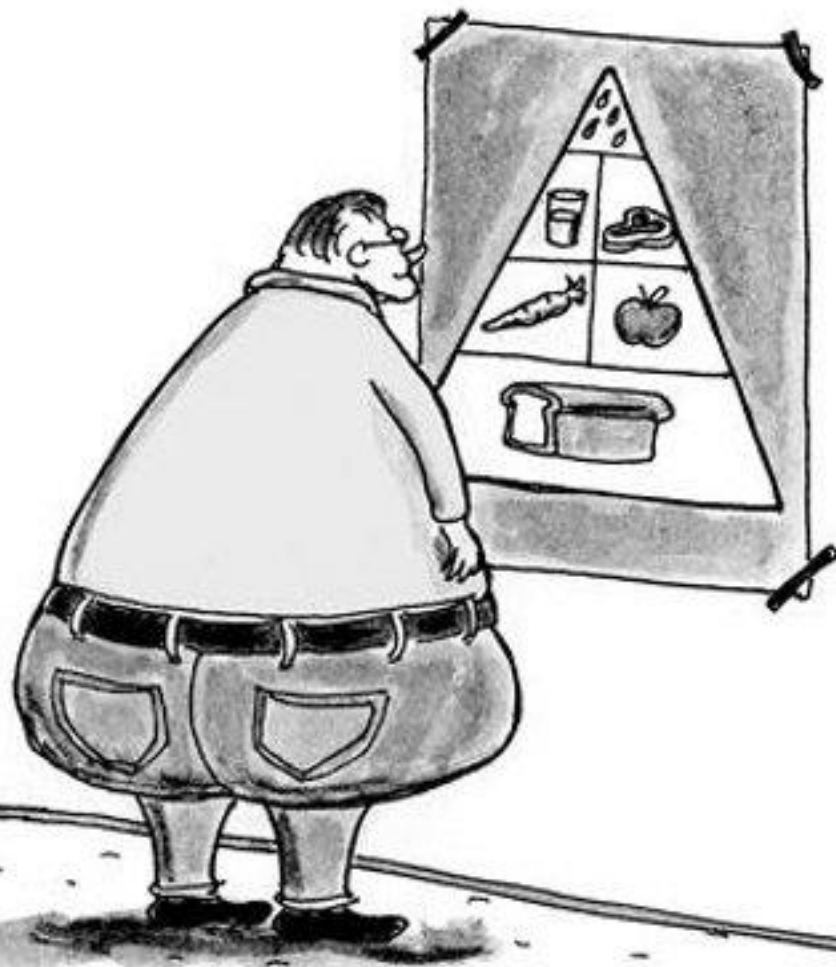
The Eat for Health Australian Dietary Guidelines

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FDA TO RETOOL FOOD GUIDE PYRAMID, CITING CONSUMER CONFUSION



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Diet is arguably the single most important behavioural risk factor that can be improved to have a significant impact on health!



Don't

Eat

Processed

Crap

Juice and
Soda are
Sugar

Choose **Real** Food

Production

Three years in the making

Led by an expert committee and overseen by the Council of the National Health and Medical Research Council (NHMRC).

2 core processes in identifying the technical content

1. Dietary modelling: Modelled 100's of dietary patterns to meet optimum health - Foundation and Total diets.

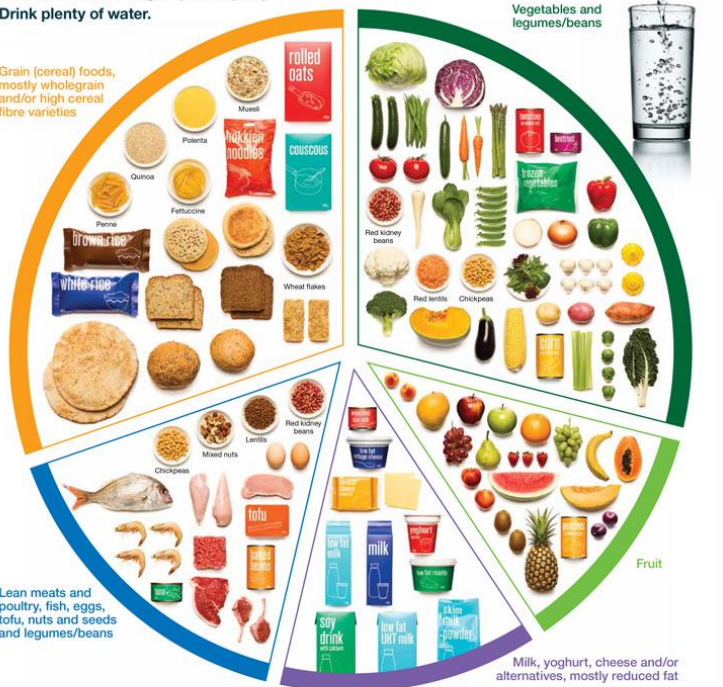
2. Systematic Literature Reviews: Over 55,000 pieces of research

- Numerous targeted consultations & two periods of public consultation with over 280 submissions received
- Expert national and international independent review to ensure recommendations were reflective of the evidence.

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

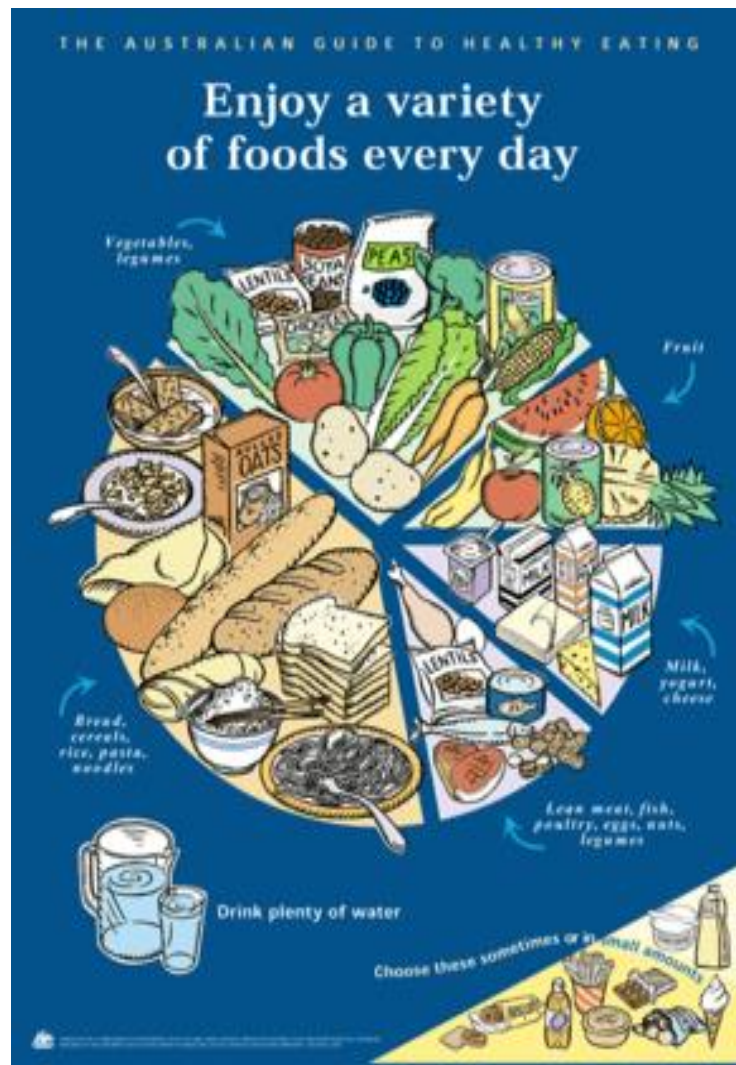
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Use small amounts



Only sometimes and in small amounts



NEW USDA DIETARY GUIDELINES

AVOID
FATTY
MEATS

GET
DAILY
EXERCISE

EAT
YOUR
VEGGIES



Guideline 1

- To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs
- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.
- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

Guideline 2

- Enjoy a wide variety of nutritious foods from these five groups every day:
- Plenty of vegetables, including different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)
- And drink plenty of water.

Guideline 3

- Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

Guideline 4

- Encourage, support and promote breastfeeding

Guideline 5

- Care for your food; prepare and store it safely

Why use the serving size guides

- Dietary recommendations can be effective in directing people to the types of food they should consume. In Australia we need to focus on the amount of food consumed. Overconsumption, even of nutritious foods can lead to excessive energy intake compared with energy needs and thereby an increase in body weight.

Table 1: Recommended dietary patterns for men and women

Recommended average daily number of serves from each of the five food groups*								Additional serves for taller or more active men and women
	Age	Vegetables and legumes/beans	Fruit	Grain (cereal) foods, mostly wholegrain, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley	Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	Approx. number of additional serves from the five food groups or discretionary choices	
Men	19–50	6	2	6	3	2½	0–3	
	51–70	5½	2	6	2½	2½	0–2½	
	70+	5	2	4½	2½	3½	0–2½	
Women	19–50	5	2	6	2½	2½	0–2½	
	51–70	5	2	4	2	4	0–2½	
	70+	5	2	3	2	4	0–2	
Pregnant	(19–50)	5	2	6½	3½	2½	0–2½	
Lactating	(19–50)	7½	2	9	2½	2½	0–2½	

What is a serve of vegetables*?

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



**With canned varieties, choose those with no added salt*

What is **1** serve of vegetables?



1/2 CUP
cooked vegies
or legumes

=



1 SMALL
potato

=



1 CUP
salad vegies



=



=



What is a serve of fruit?

A standard serve is about 150g (350kJ) or:

1 medium apple, banana, orange or pear

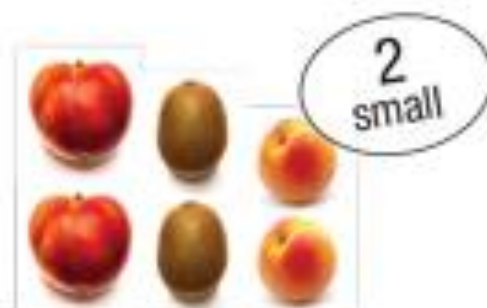
2 small apricots, kiwi fruits or plums

1 cup diced or canned fruit (no added sugar)

Or only occasionally:

125ml (½ cup) fruit juice (no added sugar)

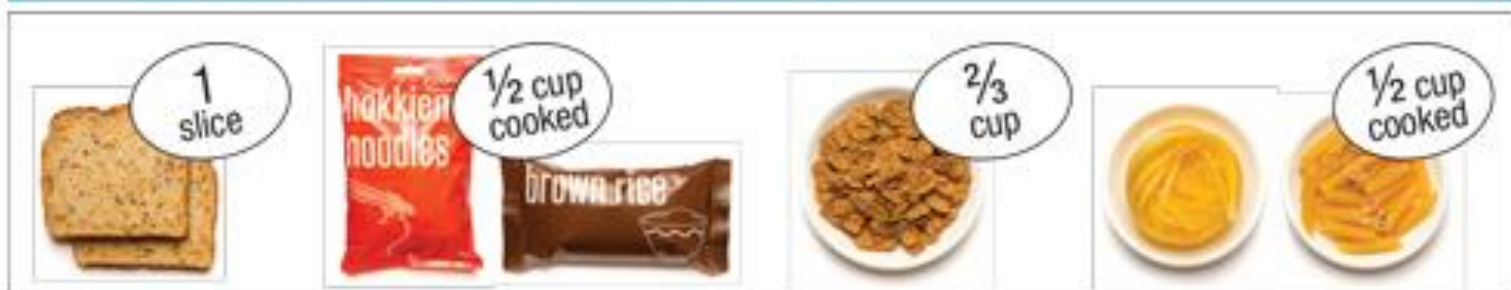
30g dried fruit (for example, 4 dried apricot halves,
1½ tablespoons of sultanas)



What is a serve of grain* (cereal) food?

A standard serve is (500kJ) or:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ⅔ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



*Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans*?

A standard serve is (500–600kJ):

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste



*Choose those with no added salt

How much is a serve of milk*, yoghurt*, cheese* and/or alternatives?

A standard serve is (500–600kJ):

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml



The following foods contain about the same amount of calcium as a serve of milk, yoghurt or cheese:

- 100g almonds with skin
- 60g sardines, canned in water
- ½ cup (100g) canned pink salmon with bones
- 100g firm tofu (check the label as calcium levels vary)

*Choose mostly reduced fat

Use small amounts



Includes an allowance for unsaturated spreads or oils, nuts or seeds:

1/2 serve [4-5g] per day for children 2-3 years of age;

1 serve [7-10g] per day for children 3-12 years of age;






2 serves [14-20g] per day for adolescents 14-18 years of age;

4 serves [28-40g] per day for men less than 70 years of age;

2 serves [14-20g] per day for women and older men.

Stronger messages about the need to reduce sugar intake and that discretionary choice are not necessary in the diet at all!



Food Group	What is a serve?	My Recommended Number of Serves	Daily Tally of Serves
Vegetables 	½ cup cooked green or orange vegetables ½ cup beans, lentils or peas 1 cup of salad ½ medium potato 1 medium tomato		
Fruit 	1 medium banana, apple, orange or pear 2 small kiwis, apricots or plums 1 cup canned fruit (no added sugar)		
Grains and Cereals 	1 slice of bread ½ cup cooked pasta, noodles, rice or quinoa 2/3 cup cereal ½ cup cooked porridge ½ muesli		
Meat and Protein Sources 	65g cooked lean meat (beef, lamb, pork, kangaroo) 80g cooked lean poultry 100g cooked fish fillet 2 large eggs 1 cup legumes, lentils or peas 170g tofu		
Dairy 	1 cup milk or milk substitute with 100mg calcium per 100ml 2 slices of cheese ½ cup soft cheese (eg. ricotta) ½ cup yoghurt		



EATFORHEALTH

FOLLOWING THE RECOMMENDATIONS IN THE AUSTRALIAN DIETARY GUIDELINES

The sample meal plan outlined below provides the nutritional and energy requirements for a WOMAN aged 19-50 years of average height, healthy weight and light activity

BREAKFAST

Wholegrain breakfast cereal with reduced fat milk
(60g cereal plus 1 cup/250mL milk)



Reduced fat yogurt
(small tub/100g)



MORNING BREAK

Coffee with milk
(200mL – small/medium size)



LUNCH

Sandwich with salad and chicken
(2 slices bread (preferably wholemeal), 40g roast chicken, 1 teaspoon margarine, 1 cup salad vegetables)



Apple
(1 medium apple)



AFTERNOON BREAK

Coffee with milk
(200mL - small/medium size)
Unsalted mixed nuts
(30g – small handful)



EVENING MEAL

Pasta with lean beef mince and red kidney beans
(1 cup of cooked pasta, 65g cooked lean beef mince / fist size scoop, ½ onion, ¼ cup kidney beans)



Green salad with olive oil and vinegar dressing
(1½ medium tomato, 2 cups green leafy salad, 2 teaspoon unsaturated oil plus vinegar to taste)



EVENING SNACK

Fruit salad (tinned or fresh) and reduced fat yoghurt
(1 cup mixed fruit plus small tub/100g yoghurt)



Drink plenty of water throughout the day





EATFORHEALTH

FOLLOWING THE RECOMMENDATIONS IN THE AUSTRALIAN DIETARY GUIDELINES

The sample meal plan outlined below provides the nutritional and energy requirements for a MAN aged 19-50 years of average height, healthy weight and light activity

BREAKFAST

Wholemeal toast with baked beans and grilled tomato
(2 slices of wholemeal bread, ½ can of baked beans, 1 medium tomato)



Glass of milk
(1 cup/250ml reduced fat milk)



MORNING BREAK

Apple
(1 medium apple)



Coffee with milk
(200mL – small/medium size)



LUNCH

Roast beef, salad and cheese sandwich
(2 x slices of wholemeal bread, 65g roast beef, 20g/1 slice reduced fat cheese, 1 cup mixed salad)



AFTERNOON BREAK

Coffee with milk
(200mL - small/medium size)
Unsalted mixed nuts
(30g – small handful)



EVENING MEAL

Grilled fish on rice with lemon juice and vegetables
(100g fillet of fish, 1 cup cooked rice, squeeze of lemon, 1 small boiled potato, ½ cup cooked zucchini, ½ cup cooked broccoli)



EVENING SNACK

Fruit salad (tinned or fresh) and reduced fat yoghurt
(1 cup mixed fruit plus small tub/100g yoghurt)



Drink plenty of water throughout the day

