Eat for health

Australian Dietary Guidelines 2013

Published by

Australian Government National Health and Medical Research, Council Department of Health and Ageing

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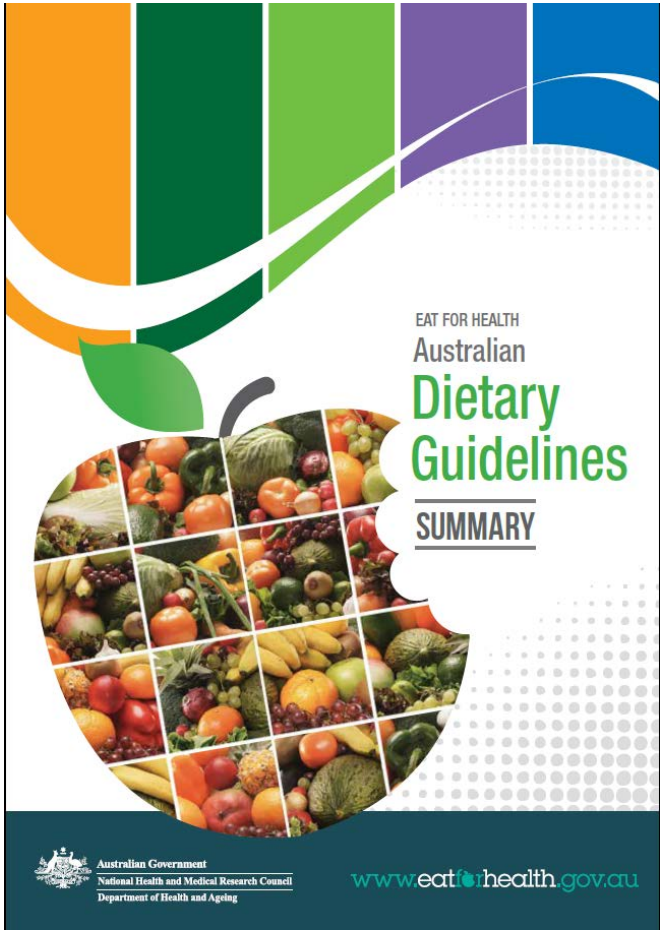
Introduction

- The Australian Dietary Guidelines (the Guidelines) and the Australian Guide to Healthy Eating provide up-to-date advice on food choices for health and wellbeing
- They are based on scientific evidence
- They were updated in 2013



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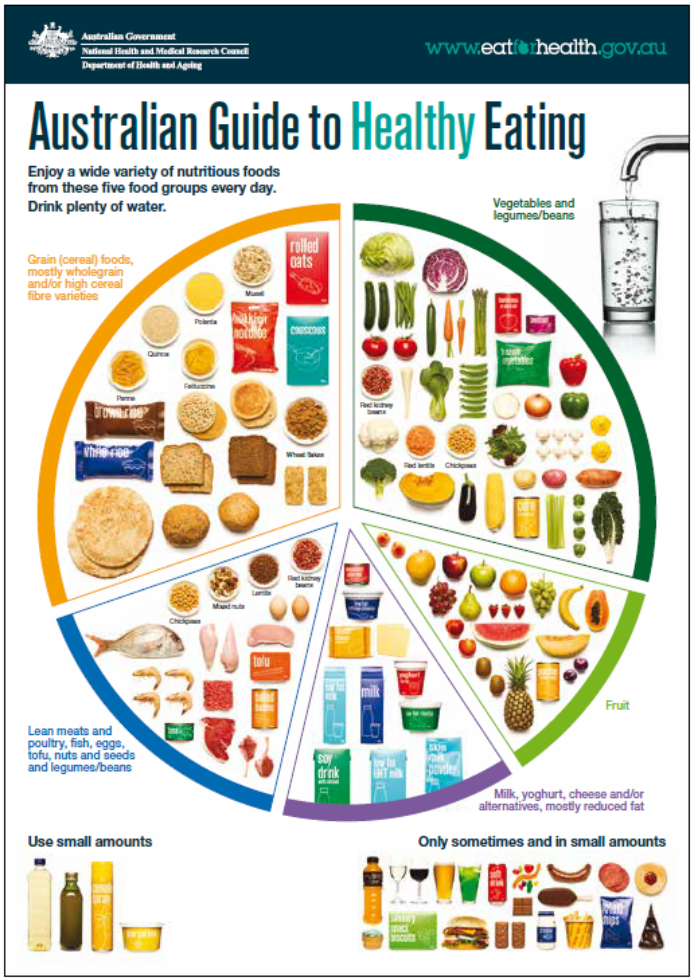
Introduction, cont.

- Advice is given on essential nutrients for general good health and how to reduce the risk of chronic health problems such as heart disease, type 2 diabetes, cancer and obesity
- A pictorial guide summarises the information. More information can be retrieved from the summary document.



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Influences on food choices

- Where we live
- How we live
- Cheaper food is not always the ‘best’ choice
- Access to nutritious foods may be limited in rural areas
- Food security challenges, such as availability, accessibility and affordability

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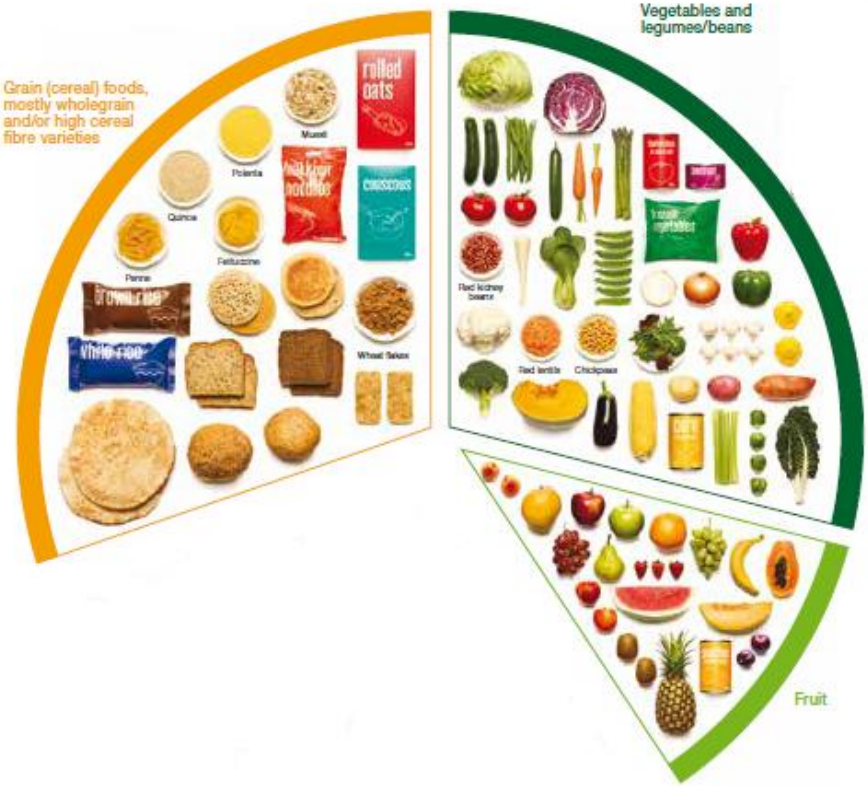
Australians need to eat more…

- Vegetables especially green, orange and red, e.g. broccoli, capsicum and sweet potato, and leafy vegetables, e.g. spinach, and legumes/beans, e.g. lentils
- Fruit
- Grain (cereal) foods, e.g. wholemeal breads, wholegrain /high fibre breakfast cereals, oats, wholegrain rice and pasta



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Australians need to eat and drink more…

- Reduced-fat milk, yogurt and cheese
- Lean meats and poultry, fish, eggs, nuts and seeds and legumes/beans
- One exception: many Australian men would benefit from eating less red meat
- Water instead of flavoured drinks, including alcohol

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Australians need to eat less

- Most Australians need to eat less treats/junk food and drink less alcohol
- Included in this list (but not limited to) are:
  - jam and honey
  - cream and butter
  - processed meats such as salami, bacon and sausages

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Australian Guide to Healthy Eating

- Within the guidelines is a pictorial guide indicating the wide variety of recommended nutritious foods
- The five major food groups are shown with lots of examples
- Drinking plenty of water is recommended too

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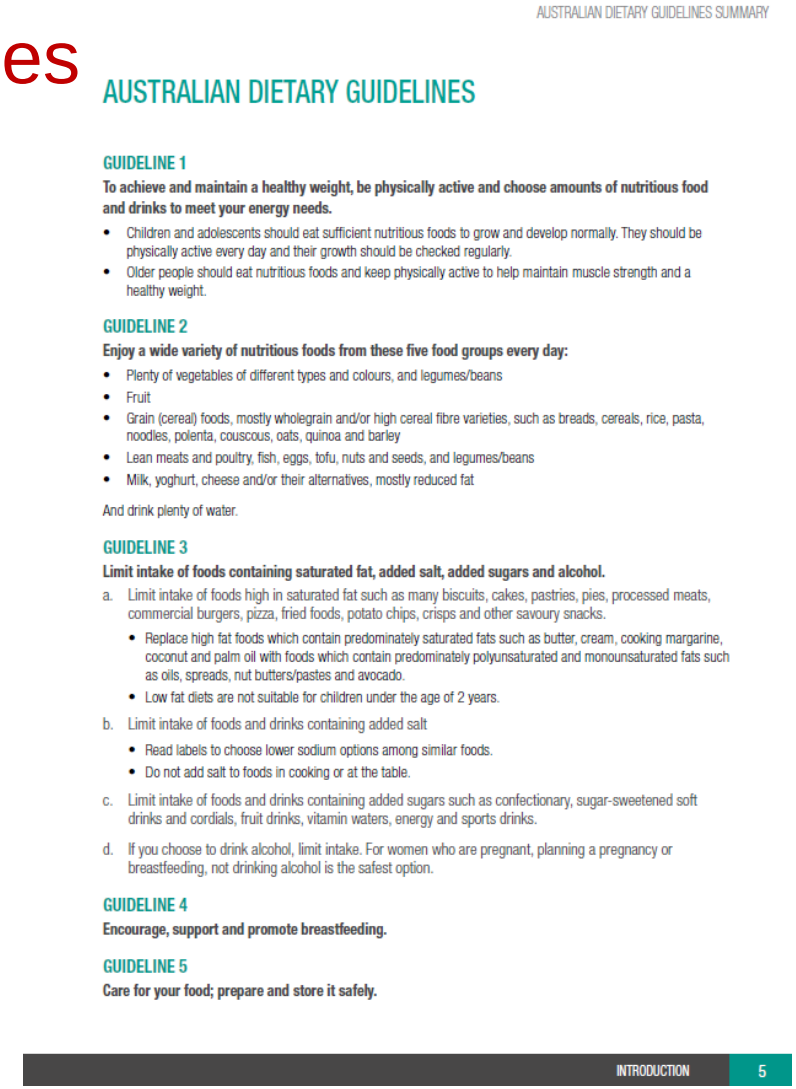
Australian Dietary Guidelines

- There are five guidelines
- Each guideline is one sentence long
- Each guideline has a series of tips and points associated with it to help you make good food choices



AUSTRALIAN DIETARY GUIDELINES

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 food groups every day:

- Plenty of vegetables of 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

And drink plenty of water.

GUIDELINE 3

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

a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
   - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
   - Low fat diets are not suitable for children under the age of 2 years.

b. Limit intake of foods and drinks containing added salt
   - Read labels to choose lower sodium options among similar foods.
   - Do not add salt to foods in cooking or at the table.

c. Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

d. If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.

GUIDELINE 4

Encourage, support and promote breastfeeding.

GUIDELINE 5

Care for your food; prepare and store it safely.

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Australian Dietary Guidelines, cont.

- Take the quiz within the guidelines to get an idea if you're eating well for good health

QUIZ: ARE YOU EATING FOR HEALTH?

Take this quick quiz for adults to find out the answer – be honest! Give yourself one point for each box you tick if you:

- ☐ Eat at least 5 serves of vegetables every day. A serve is ½ cup cooked vegetables (hot chips don't count!) or 1 cup of salad.
- ☐ Eat at least 2 serves of fruit every day. A serve is 1 medium piece or 2 small pieces of fresh fruit, or one cup of chopped or canned fruit (no added sugar).
- ☐ Have at least 2 serves of reduced fat milk, yoghurt, cheese or alternatives every day (for example, 1 slice of reduced fat cheese, a small tub of reduced fat yoghurt (preferably no added sugar), 1 cup of milk or 1 cup of soy milk with added calcium).
- ☐ Eat mostly wholegrain cereals (such as high fibre breakfast cereal and wholemeal bread).
- ☐ Eat at least a small serve of lean meat or chicken (fat and/or skin cut off) or fish, or eggs or some nuts or legumes (for example, lentils, chickpeas, beans such as kidney beans or baked beans) every day.
- ☐ Drink plenty of water every day and limit drinks with added sugars, such as soft drinks, cordial, energy drinks and sports drinks.
- ☐ Limit takeaway foods such as pizzas, commercial burgers, hot chips or other deep fried foods to once a week or less.
- ☐ Limit store-bought cakes, muffins, pastries, pies and biscuits to once a week or less.
- ☐ Limit salty foods like processed meats (for example, salami and bacon), crisps and salty snacks to once a week or less, and avoid adding salt during cooking or at the table.
- ☐ Drink no more than 2 standard drinks containing alcohol on any one day.

How did you rate?

8–10 points	Congratulations, you're already a pretty healthy eater!
6-8 points	Keep going, you're nearly there!
4–6 points	There's plenty of room for improvement.
Less than 4	It's time for a serious overhaul.

Use the information in this booklet for some great ideas.

Poor eating habits are sometimes hard to break. For adults, it's not too late to make changes if poor eating habits have crept up, but it's important to keep changes realistic using the practical information in this booklet should help.

For more information go to:
www.eatforhealth.gov.au

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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 should aim to be physically active every day and eat lots of healthy food
- Older people should eat healthily and keep physically active to maintain muscle strength and a healthy weight

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What is a ‘healthy weight’?

- Body mass index (BMI) is used to check weight status. Follow the chart in the guidelines to assess your weight status.
- The waist measurement halfway between your lowest rib and the top of the hip bone is also used to measure weight-related health risk

Another way for adults to measure their weight-related health risk is with a tape measure. Measure halfway between your lowest rib and the top of your hip bone, roughly in line with your belly button.

Your waist measurement	Your weight-related health risk
Men less than 94cm Women less than 80cm	Your weight-related health risk is low.
Men between 94–102cm Women between 80–88cm	Your weight-related health risk is increased, especially if your BMI is more than 25 too.
Men more than 102cm Women more than 88cm	Your weight-related health risk is high.

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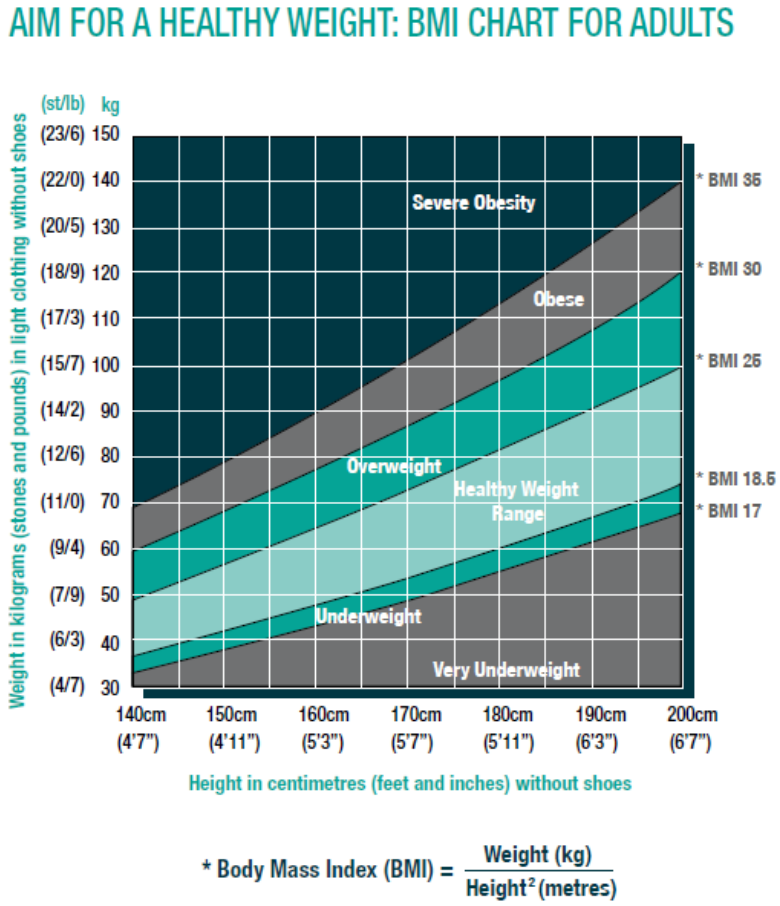
What is a ‘healthy weight’? (cont.)

- A healthy weight can be tricky to achieve with foods high in saturated fat, added sugars, salts, as well as alcohol, being so readily available and affordable
- Aim for a healthy weight in the first place
- Childhood is a good time to avoid putting on weight as it sets up the body for a healthy adult life



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Tips to support Guideline 1

- The tips provide a list of ideas for maintaining a healthy weight
- Examples include:
  - enjoy a healthy breakfast
  - never shop for food when hungry
  - participate in regular physical activity

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Guideline 2

‘Enjoy a wide variety of nutritious foods from these five groups every day.’

- Plenty of vegetables, of different types and colour, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain, and/or high cereal fibre varieties

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Guideline 2, cont.

‘Enjoy a wide variety of nutritious foods from these five groups every day.’

- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat
- Also drink plenty of water

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Serving sizes and guidelines are also provided

Minimum recommended number of serves of vegetables per day

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	5½	5
Women	5	5	5
Pregnant women	5	-	-
Breastfeeding women	7½	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	2½	4½	5	5½	5½
Girls	2½	4½	5	5	5

Minimum recommended number of serves of milk, yoghurt, cheese and/or alternatives per day, mostly reduced fat

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4
Pregnant women	2½	-	-
Breastfeeding women	2½	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1½	2	2½	3½	3½
Girls	1½	1½	3	3½	3½

Minimum recommended number of serves of grain (cereal) foods per day, mostly wholegrain and/or high cereal fibre varieties

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3
Pregnant women	8½	-	-
Breastfeeding women	9	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	4	4	5	6	7
Girls	4	4	4	5	7

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Serving sizes and guidelines are also provided, cont.

Minimum recommended number of serves of fruit per day

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2
Pregnant women	2	-	-
Breastfeeding women	2	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2	2	2
Girls	1	1½	2	2	2

Minimum recommended number of serves of lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans per day

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	3	2½	2½
Women	2½	2	2
Pregnant women	3½	-	-
Breastfeeding women	2½	-	-

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2½	2½	2½
Girls	1	1½	2½	2½	2½

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Some food and drinks are not part of the five food groups

- Food and drinks that are not part of the five food groups are shown outside the central ‘plate’ or ‘main circle’ in the Australian Guide to Healthy Eating
- These include ‘unsaturated spreads and oils’ and ‘discretionary choices’

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Unsaturated spreads and oils

- These foods contain mostly unsaturated (polyunsaturated or monounsaturated) fats
- Unsaturated spreads and oils, or extra quantities of the nuts and seeds from which they are made, may have health benefits. Small amounts can be included in the diet (individual needs).

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Discretionary choices

- These foods are not an essential part of a healthy diet plan
- They are high in kilojoules, saturated fats, added sugars and/or salt or alcohol
- Most Australians need to eat these in smaller amounts

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Guideline 3

‘Limit intake of foods containing saturated fats, added salt, added sugars and alcohol.’

- These include a range of foods with high levels of saturated fats, e.g. processed meats, potato chips and butter
- Limit foods high in salt and sugar
- Limit or avoid alcohol (avoid if pregnant or breastfeeding)

What is a serve of discretionary choices?

A serve of Discretionary choices provides about 500-600 kilojoule:

2 scoops (75g)	ice-cream
2 slices (50-60g)	processed meats, salami or mettwurst
1½ thick or 2 thin (50-70g)	regular sausages
½ snack-size packet (30g)	salty crackers or crisps
2-3 (35g)	sweet plain biscuits
1 (40g)	doughnut
1 slice (40g)	plain cake/small cake-type muffin
5-6 (40g)	sugar confectionary/small lollies
1 tblsp (60g)	jam or honey
½ bar (25g)	chocolate
2 tblsp (40g)	cream
1 tblsp (20g)	butter
1 can (375ml)	soft drink (sugar-sweetened)
¼ pie or pastie (60g)	commercial meat pie or pastie (individual size)
12 (60g)	fried hot chips
200ml	wine (2 standard drinks; but note this is often 1 glass for many Australian wines)
60ml	spirits (2 standard drinks)
600ml	light beer (1½ standard drinks)
400ml	standard beer (1½ standard drinks)

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Fats

- Foods with unsaturated fats (polyunsaturated and monounsaturated) include seeds, nuts, legumes, avocado, oats, fish, lean grass-fed meat, poultry and eggs
- Foods with mostly polyunsaturated fats include sunflower and safflower seeds, soybeans, cotton seeds, sesame seeds, corn seeds and grape seeds
- Foods with mostly unsaturated fats include canola seeds, most nuts, rice bran, avocado and olives

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Guideline 4

‘Encourage, support and promote breastfeeding.’

- Breastfeeding is considered the best option for a healthy start for infants
- Breast milk is a unique mix of nutrients and other substances that reduces the risk of infection and it may also reduce the risk of health problems, such as asthma, eczema and allergies

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Guideline 4, cont.

- Sometimes breastfeeding is not possible
- Mothers should be supported in their choices
- Public places and workplaces can support breastfeeding mothers by providing facilities for their use
- Exclusive breastfeeding for the first six months of life is recommended and then a combination of breastfeeding and food until the infant is 12 months old

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Guideline 5

‘Care for your food, prepare and store it safely.’

- Food poisoning can happen quickly without good food hygiene
- Foods can be contaminated when they are not at the right temperature, when raw foods are not separated from cooked and ready-to-eat foods, and when tools are not cleaned properly
- Proper hand hygiene is also essential

Choosing and storing food

- If buying packaged food, check its ‘best-before’ or ‘use-by’ date.
- Use an esky, insulated bag or box with an ice pack if you need to travel more than half an hour home or if it’s hot outside. Store your food at home as soon as you can.
- Chill foods in the fridge to slow growth of micro-organisms. Keep cool foods cool and frozen foods frozen.
- Keep fridges at or below 5°C and the freezer between -15° and -18°C.
- Keep your fridge and freezers clean. And get rid of those old shrivelled vegetables, ‘left-overs’ or frozen foods lurking in the corners for too long!
- Store foods away from cleaning agents and insecticides.
- If you are not going to eat cooked dishes and foods straight away, put them in the fridge as soon as you can.

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Food poisoning

- Symptoms of food poisoning include stomach cramps, nausea, vomiting, diarrhoea, headache and fever
- Food poisoning symptoms can start within an hour, or up to weeks, after eating contaminated food
- Recovery from food poisoning varies and can depend on the health status of the person, e.g. infants, older people and pregnant women can be particularly susceptible

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Final tips

- The Guidelines provide tips on the types of foods and amounts of foods that are required for good health
- General individual needs may vary slightly
- Recommendations are provided regarding the average daily number of serves required from each of the five food groups
- Sample daily food patterns for infants, toddlers, children and adolescents are also provided

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Links

- National Health and Medical Research Council (NHMRC) or Eat for health websites provide links to the Guidelines and companion resources
- The Australian Dietary Guidelines (2013)
- Australian Dietary Guidelines (2013) Summary

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