



# Western Sydney Nutrition & Dietetics Newsletter

## The New Australian Dietary Guidelines; better health for your patients

The new Australian Dietary Guidelines<sup>1</sup> were released in February 2013, superseding the out-dated 2003 version<sup>3</sup>. Eat for health; Australian Dietary Guidelines contains 5 general guidelines<sup>1</sup>; providing the evidence for the guidelines, as well as practical considerations and sample diet guides.

### The Australian Dietary Guidelines are;

**Guideline 1:** Achieve and maintain a healthy weight

**Guideline 2:** Enjoy a wide variety of nutritious foods from the 5 food groups

**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

Many of the general guidelines have maintained their position with in the recommendations made by the NHMRC, with alterations in with the terminology used; from 'consume moderate amounts', to 'limit intake' of foods and drinks containing added sugars, and 'eat plenty of cereals' to 'enjoy grain (cereal) foods'.

The recommended number of

servings per day from the food groups has stayed relatively similar, or within the ranges previously recommended to the previous AHGE<sup>2</sup> and Australian Dietary Guidelines 2003<sup>3</sup>. For the grains and cereals group, the changes arise in what is considered a sample serve. With the group cutting their sample serve size recommendations in half;

| 2003                                |   | 2013  |
|-------------------------------------|---|---|
| 2 slices of bread                   | ➔ | 1 slice of bread  |
| 1 medium bread roll                 | ➔ | 1/2 medium bread roll or flat bread   |
| 1 cup cooked rice, pasta or noodles | ➔ | 1/2 cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa |
| 1 cup cooked porridge               | ➔ | 1/2 cup cooked porridge   |
| 1/2 cup muesli                      | ➔ | 1/4 cup muesli  |

Overall, the general guidelines that are provided are recommended for healthy Australians; for those requiring dietary management for specific health concerns or to address underlying metabolic

issues, a tailored eating plan developed by a dietitian can help. The dietary management options offered at Western Sydney Nutrition and Dietetics involve creating a sustainable eating program, tailored to individual requirements.

**Please do not hesitate to contact us if you have any queries or if we can assist you in any way.**

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### Reference:

1. NHMRC; 2013; Eat for Health; Australian Dietary Guidelines; Providing the scientific evidence for healthier Australian diets (online) Available from; [http://www.nhmrc.gov.au/\\_files\\_nhmrc/publications/attachments/n55\\_australian\\_dietary\\_guidelines\\_0.pdf](http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n55_australian_dietary_guidelines_0.pdf) Last Accessed; 25/3/13
2. Australian Government, Dept Health and aging; 1998; The Australian Guide to healthy eating; Background information for consumers
3. NHMRC; 2003; Dietary Guidelines for Australian Adults (online) Available from; [http://www.nhmrc.gov.au/\\_files\\_nhmrc/publications/attachments/n33.pdf](http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n33.pdf) Last Accessed; 25/2/13

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