



Western Sydney Nutrition & Dietetics Newsletter

The New Australian Dietary Guidelines; better health for your patients

The new Australian Dietary Guidelines¹ were released in February 2013, superseding the out-dated 2003 version³. Eat for health; Australian Dietary Guidelines contains 5 general guidelines¹; 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 AHGE² and Australian Dietary Guidelines 2003³. 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 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 Last Accessed; 25/2/13

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