

Nutrition, diet and alcohol

Are you what you eat and drink?

Welcome – this presentation is the session that leads into the supermarket tour. IT is important that everyone understands food labelling and how to compare.



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Where are we in relation to nutrition?

Source: www.nhmrc.gov.au/your-health/obesity-and-overweight

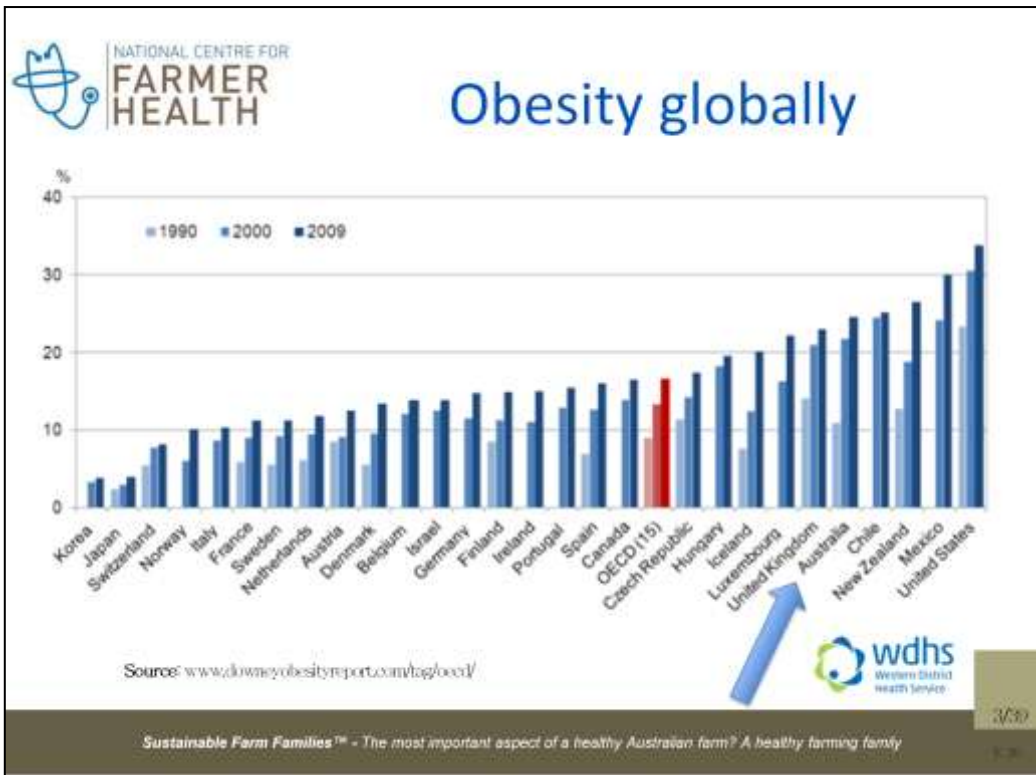
- 63% of adult Australians are overweight or obese
- Approximately ¼ of our children are overweight
- Rural rates are higher than metropolitan areas
- A world wide epidemic
- Alcohol kills 15 Australians every day
- Poor nutrition and obesity linked to all major diseases



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Often we focus on weight issues when there is more than meets the eye. WE also need to think about alcohol, growing obesity across the globe and start to challenge the status quo. There has been some amazing changes in the last few years with the new Australian dietary guidelines and also the release of the Health star rating. The harmful use of alcohol is the leading risk factor for death in men aged 15–59 globally.



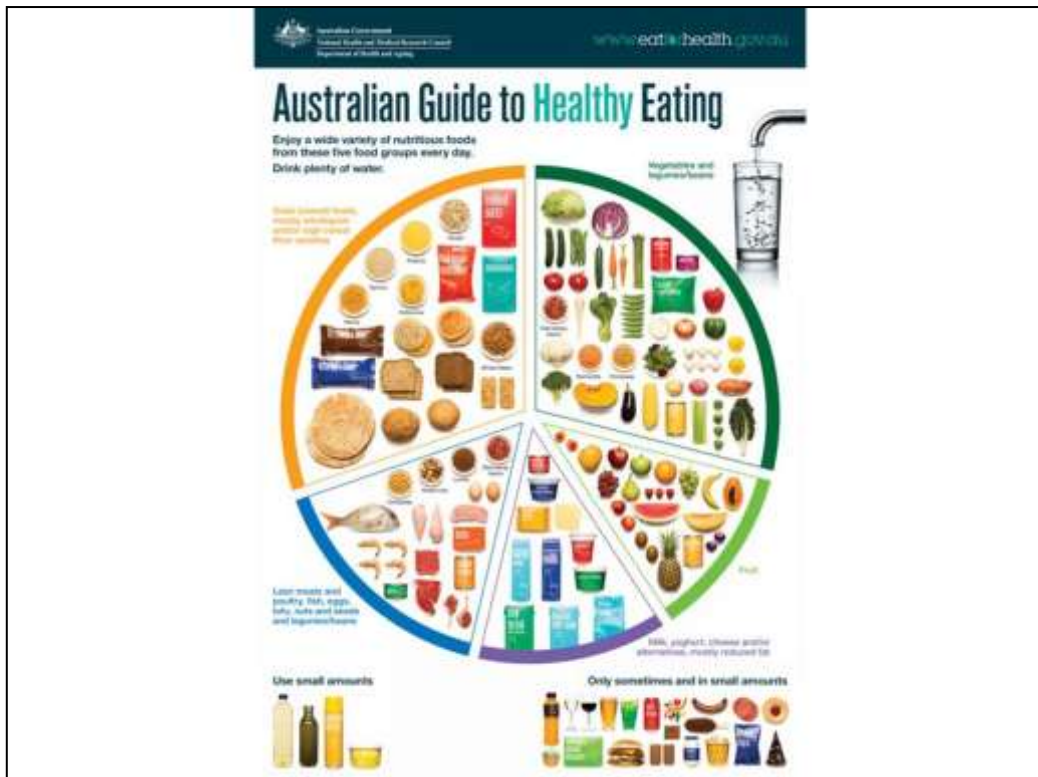
Note Australia and the increase since 1990 – Why?

In your table groups

Discuss the following questions

- Name the five food groups recommended in the new Australian dietary guidelines
- What do you believe is the major cause of obesity in rural families?

Document your answers on page 5.2 in your
resource kit



In 2013 the new Australia dietary guidelines were released. There has been a lot of discussion about these.

Handout to participants

In your table groups

Discuss the following questions

- What do you think you need to eat more of?
- What do you think you need to eat less of?



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As a nation we need to eat more

- Vegetables and legumes
- Fruits
- Whole grain (cereal) foods
- Milk, yoghurt, cheese - preferably reduced fat varieties (except for children under 2 years)
- Fish, seafood, poultry, eggs, nuts and seeds
- Red meat (young women only)

Ref: www.eatforhealth.gov.au/the_guidelines/adg_media_briefing.pdf



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Vegetables and legumes/beans - a variety of different coloured vegetables

Whole grain (cereal) foods such as wholegrain breakfast cereals and wholemeal bread



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As a nation we need to eat less

- Refined grain (cereal) foods
- High and medium fat milk, yoghurt and cheese
- Red meats (adult males only)
- Energy-dense and/or nutrient-poor foods and drinks
- Salt and/or alcohol



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Refined grain (cereal) foods such as white bread and low fibre cereals

- ☐ High and medium fat milk, yoghurt and cheese
- ☐ Red meats (adult males only)
- ☐ Energy-dense and/or nutrient-poor foods and drinks which are high in saturated fat, added sugars, added

salt and/or alcohol, such as sugar sweetened drinks, fried foods, hot chips, many take-away foods, cakes and biscuits, chocolate and confectionery and crisps.



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The Guidelines

- **Guideline 1** Be physically active and choose amounts of nutritious food and drinks to meet your energy needs
- **Guideline 2** Enjoy a wide variety of nutritious foods from the five groups every day
- **Guideline 3** Limit 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
- And drink plenty of water.



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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 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

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 predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly 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

Health Star Rating

- A front-of-pack labelling system that rates the overall nutritional profile of packaged food and assigns it a rating from ½ a star to 5 stars.
- Quick, easy, standard way to compare similar packaged foods.
- The more stars, the healthier the choice.

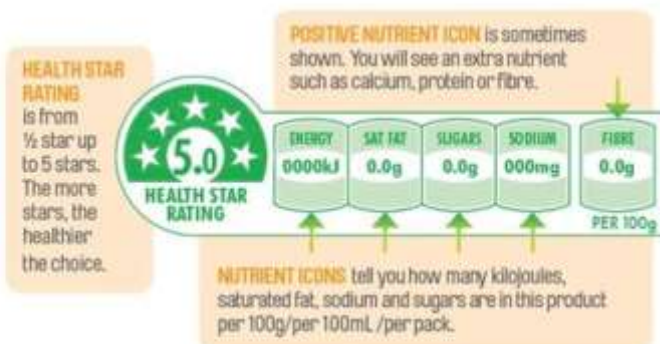


The Health Star Rating system was developed by the Australian, state and territory governments in collaboration with industry, public health and consumer groups. jointly funded by Australian, state and territory governments & implemented from June 2014 on a voluntary basis by the food industry over the next five years, with a review of progress after two years. Some companies are in some are out!



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Additional Nutrients - Fibre!



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The HSR system was designed to be used on *packaged* food products – a good rule of thumb is that if the food product has a nutrition information panel (NIP), it can have a health star rating.

It compares 100 grams across foods. Use it to compare within food types... bread with bread for example



Source: www.choice.com.au/tables-and-kids/feeding-children/foods-to-avoid/articles/kids-lunchbox-snacks

Choice _ the consumer group tried it out on lunch box choices – we think this is just as good to think about for lunchboxes out in the paddock in the harvester.

Things we are often asked about

- Dieting
- How much fibre?
- Glycaemic Index
- Label reading
- What is a serving size in meat!
- How much fat?



Dieting some considerations

- Weight loss diets often don't work
- All diets require exercise
- Input must equal output or be less than
- Bodies have survival techniques
- Healthy eating is the only method for weight loss
- Learn about foods! And make the healthy choice the easy choice!



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How to get FIBRE in your diet

HIGH-FIBRE FILLERS to add to your diet

	Fibre content
2 small wholemeal pita bread pockets	8.6g
1 cup frozen mixed veg	8.6g
½ cup baked beans	8.2g
½ cup creamed corn	8.1g
Handful of dried figs (about 7)	8.4g
1 cup roasted sweet potato	7.2g
1 avocado	7.1g
1 bran muffin	6.3g
2 Weetbix-style biscuits	5.0g
Handful of dried prunes	5.4g
1 cup cooked broccoli	5.2g



Resource - Fiona Camuthers, Suzanne Holt, Your Guide to Getting Enough Fibre, Healthy Food Guide
www.healthyfoodguide.com.au



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Adults are expected to eat around 25- 30 gms of fibre per day..... Mmm that can be quite a lot unless you are making choices to ensure you get that. Very important for bowel health

The glycaemic index

- An effective nutrition tool for the population
- Low, medium and high ratings
- Identified on many food labels
- Keep to the low GI will assist in weight management
- It makes sense



High GI foods rate
above 70

Medium GI foods are
between 55-69

Low GI Foods are **less
than 55**



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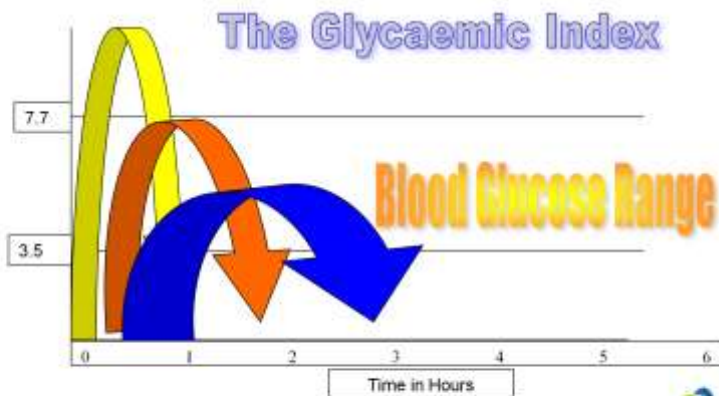
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The lower the GI the slower the release of glycogen and the more satisfied we are. Protein also makes us feel satisfied. Give some example of how GI every few hours places high demand on the pancreas.



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Understanding the glycaemic index



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Make sure you have examples of what you would be eating for the yellow, the orange and the blue

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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*

 wdhs
Western District Health Service

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SERVING SIZE FOR FRUIT IS : 1 medium apple, banana, orange or pear

2 small apricots, kiwi fruits or plums

1 cup diced or canned fruit (no added sugar)

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 (preferably with no added salt)

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

Label reading principles

- All food and drink products must have nutrition label
- Identify the normal serving size; is it reasonable?
- Watch the fat value
- Fibre content
- Ingredients list
- Look at the claims
- Position in the supermarket influences choice
- What is the HSR?
- Know the alcohol percentage



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HOW MANY KILOJOULES?

- One gram of each kilojoule source equals:

Protein	17 kilojoules (4 calories)
Carbohydrate	16 kilojoules (4 calories)
Fat	37 kilojoules (9 calories)
Alcohol	29 kilojoules (7 calories)

- Fat contains more than double the kilojoules compared to protein and carbohydrate



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MMMMM alcohol has quite a few kilojoules doesn't it.



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CLAIMS ON FOOD LABELS

CLAIM	CONDITIONS INCLUDE
REDUCED FAT LOWER FAT LESS FAT	> 25% reduction in fat from the standard food
LOW FAT LOW IN FAT	< 3g fat per 100g food or < 1.5g fat per 100ml liquid food
CHOLESTEROL FREE	< 3 mg cholesterol per 100g food

Source: Code of Practice - Nutrient claims in food labels and in advertisements, National Food Authority, 1995.





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FOOD STANDARDS AUSTRALIA AND NZ: GA new food standard to regulate nutrition content claims and health claims on food labels and in advertisements became law on 18 January 2013.

Food businesses must comply with the new standard ([Standard 1.2.7](#)) from [18 January 2016](#), such as ‘low in fat’ or ‘good source of calcium’. These claims will need to meet certain criteria set out in the Standard. For example, with a ‘good source of calcium’



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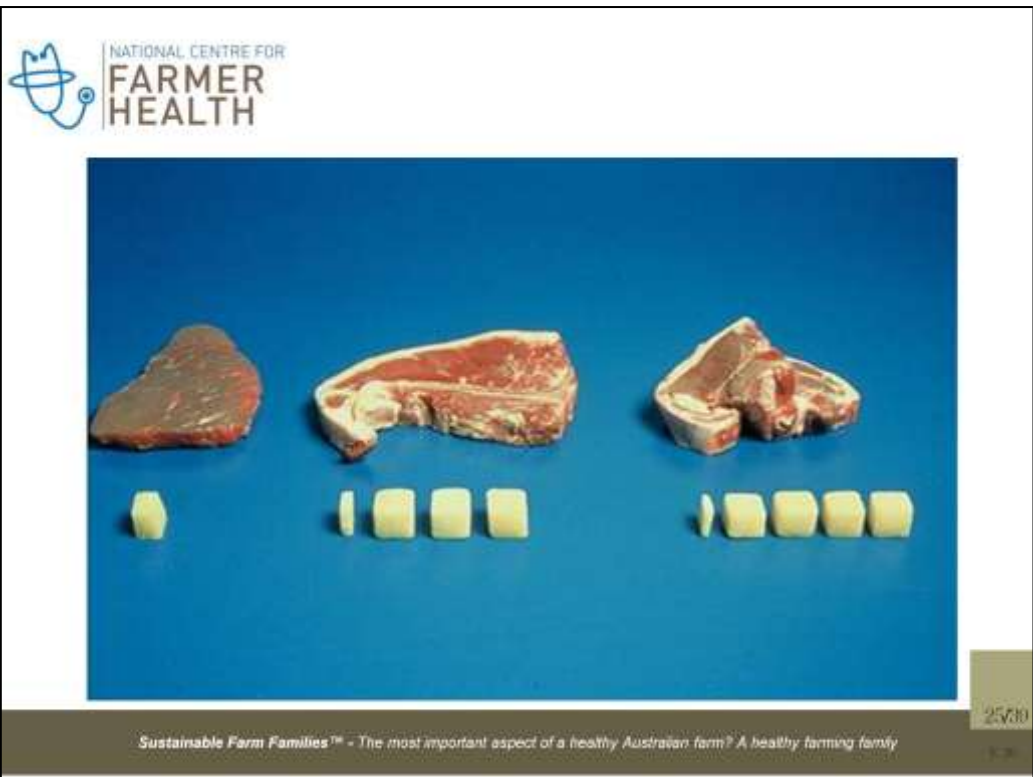
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Explain that each cheese block is 5 grams of fat. Which is equivalent to a teaspoon.

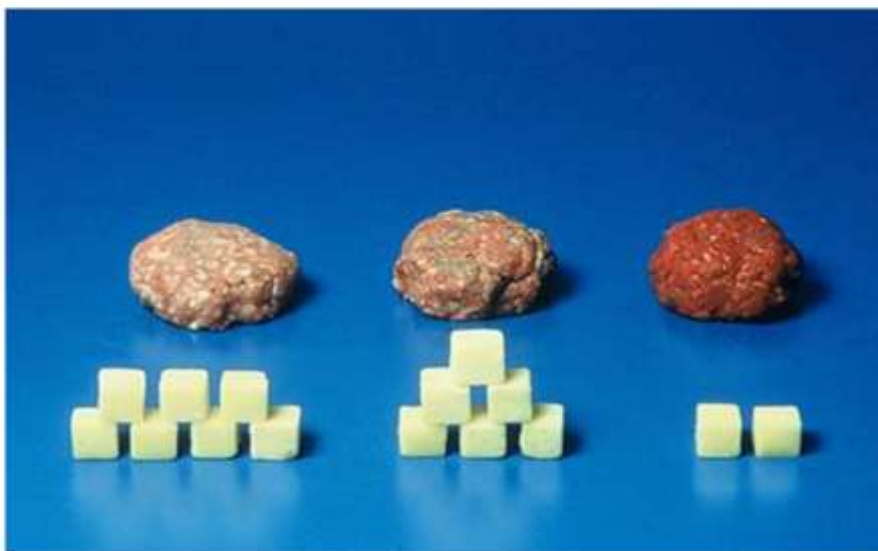


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These is some fat in lean meat but nothing like the others. This works for beef, pork, chicken.



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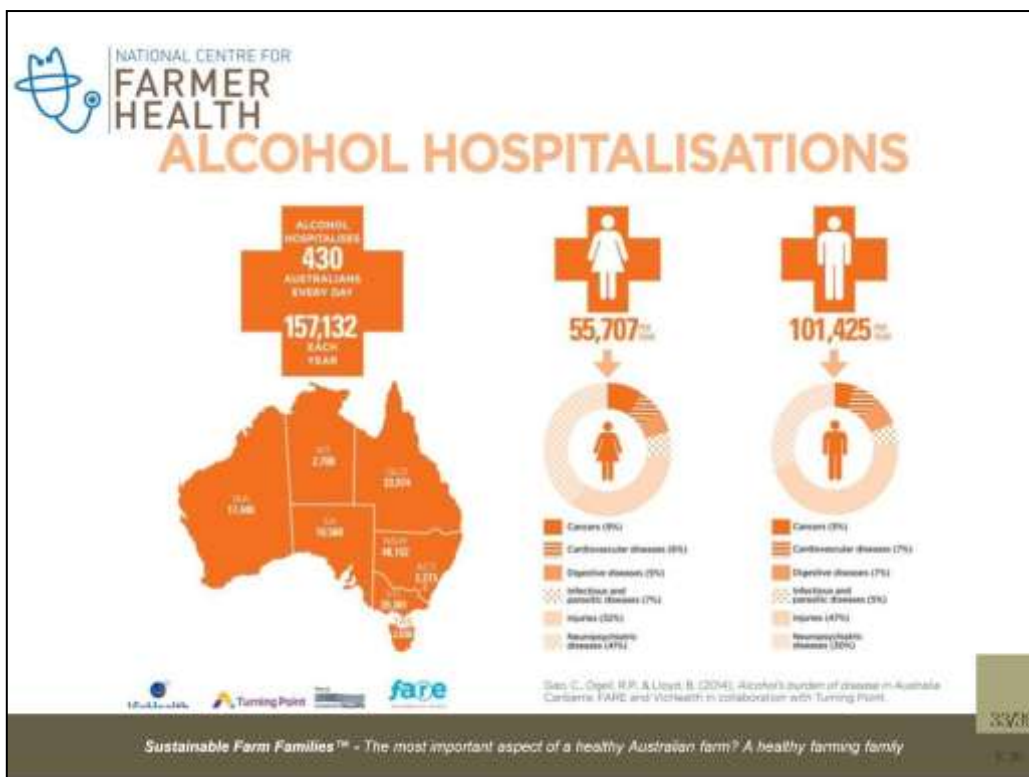


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Alcohol in Australia

- 83% plus have consumed an alcoholic drink in the past 12 months
- Around 90% try alcohol in their lifetime
- 8% drink daily
- 41% drink weekly Source: The 2007 National Drug Strategy Household Survey (AIHW 2008)
- 1 gram of alcohol = 7 calories or 29 kilojoules
- Almost double the calories of protein and carbohydrates



More licensed Premises per person in rural areas

More alcohol related assaults per person in rural areas than metropolitan
(Turning Point 2004)

In rural and regional Victoria, lower socio-economic areas have more liquor licences of *all types* (bars, clubs, bottle shops, etc.) http://www.turningpoint.org.au/Media-Centre/Latest_News/Bottle-shops-concentrated-in-low-income-Victoria.aspx

Risk of alcohol

Short-term harm

- Risk of accident or injury, domestic violence
- 31% of drivers killed in 2002 had blood alcohol over 0.05

Long-term harm

- Alcohol-related disease (addiction, liver failure, hypertension, obesity, pancreatitis, mental health problems etc.)



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Alcohol - guidelines

- For healthy men and women, drinking **no more than two standard drinks on any day** reduces your risk of harm from alcohol-related disease or injury over a lifetime.
- Drinking **no more than four standard drinks on a single occasion** reduces the risk of alcohol-related injury arising from that occasion.
- At least 2 alcohol free days a week

<http://www.alcohol.gov.au>



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Reinforce the long term effects of alcohol abuse -
Degeneration of liver
Infection of the mucous membrane of the stomach
Inflammation of the pancreas

ALCOHOL DEATHS





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Standard drinks (10g of alcohol)

Examples of standard drinks are:



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Supermarket tour guide

In a group :-

- Discuss your own food products
- Serving sizes - are they realistic?
- Identify different choices, HSR
- Be realistic - budget and taste
- Total 6000-8000kjs per day
- 30-40 grams of fat
- 25- 30 grams of fibre
- Go into this tour with an open mind



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Remember to look for the HSR, remember to compare 100gms with 100 gms and then consider serving size.

Nutrition, diet and alcohol

Are you what you eat and drink?

Welcome – this presentation is the session that leads into the supermarket tour. IT is important that everyone understands food labelling and how to compare.