

Senate Community Affairs Committee

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH AND AGEING PORTFOLIO

Additional Estimates 2011-2012, 15 February 2012

Question: E12-340

OUTCOME 1: Population Health

Topic: DRAFT AUSTRALIAN DIETARY GUIDELINES 2011

Written Question on Notice

Senator Fierravanti-Wells asked:

Were there any different approaches taken when preparing the draft 2011 Australian Dietary Guidelines compared to the process undertaken for the 2003 Dietary Guidelines?

Answer:

The draft Australian Dietary Guidelines (2011) used an extensive systematic review of the scientific literature on food, diet and disease/health relationships to answer the overarching research question of 'what should Australians eat?' A copy of the literature review is publicly available at www.eatforhealth.gov.au

The draft Australian Dietary Guidelines (2011) have been developed with recommendations for the consumption of foods and food groups. However, the 2003 Dietary Guidelines for Australian Adults developed recommendations for the intakes of individual nutrients rather than whole foods.

All other processes for developing the draft Australian Dietary Guidelines (2011) are similar to those undertaken for the 2003 Dietary Guidelines for Australian Adults. These processes are standard National Health and Medical Research Council practices that are used to ensure that health guidelines are evidence-based and of a high quality.