

Senate Community Affairs Committee

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH AND AGEING PORTFOLIO

Additional Estimates 2011-2012, 15 February 2012

Question: E12-341

OUTCOME 1: Population Health

Topic: DRAFT AUSTRALIAN DIETARY GUIDELINES 2011

Written Question on Notice

Senator Fierravanti-Wells asked:

- a) As you read the 2011 Draft Australian Dietary Guidelines, it becomes apparent that there is a much reduced emphasis on the need for consumers to choose predominantly unsaturated fats as they limit saturated fat when compared to the 2003 Guidelines. Is that significant shift in emphasis deliberate and if it is, on what scientific basis was that judgment made?
- b) These dietary guidelines form the basis of important information to consumers who are bombarded with conflicting messages on nutritional issues. Why not be consistent on the need for consumers to replace saturated fats with unsaturated fats?

Answer:

- a) The 2011 draft Australian Dietary Guidelines do not have a reduced emphasis on the need for consumers to choose predominantly unsaturated fats as they limit saturated fat, compared to the 2003 Dietary Guidelines for Australian Adults.
- b) The messages on saturated fat and unsaturated fat have remained consistent between the 2003 and 2011 versions of the Dietary Guidelines. The 2011 draft Australian Dietary Guidelines have strengthened the message on replacing saturated fat with unsaturated fat, as there is now a specific recommendation on including small amounts of foods that contain unsaturated fat.