

Senate Community Affairs Committee

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH AND AGEING PORTFOLIO

Additional Estimates 2011-2012, 15 February 2012

Question: E12-343

OUTCOME 1: Population Health

Topic: DRAFT AUSTRALIAN DIETARY GUIDELINES 2011

Written Question on Notice

Senator Fierravanti-Wells asked:

Why does the Dietary Guideline focus on small amounts of polyunsaturated fat rather than replacement of saturated fat with polyunsaturated fat given the beneficial evidence provided on page 80 that polyunsaturated fat appears to reduce risk of heart disease?

Answer:

The draft Australian Dietary Guidelines contain the message that foods containing unsaturated fats have to increase in the diet at the expense of foods containing saturated and trans fats. This message is consistent with the evidence showing that there are health benefits from the consumption of polyunsaturated fats.