

Senate Community Affairs Committee

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH AND AGEING PORTFOLIO

Additional Estimates 2011-2012, 15 February 2012

Question: E12-344

OUTCOME 1: Population Health

Topic: DRAFT AUSTRALIAN DIETARY GUIDELINES 2011

Written Question on Notice

Senator Fierravanti-Wells asked:

The advice to 'include small amounts of foods that contain unsaturated fats' contradicts dietary guidelines in other countries like Canada and the United States that provide clear and unambiguous recommendations to consumers about the need include a moderate intake of unsaturated fats each day and which products provide a source for unsaturated fats. Why is there such a limited focus on this important choice in the draft guidelines?

Answer:

The draft Australian Dietary Guidelines are consistent with United States and Canadian dietary guidelines in respect to advice on the consumption of saturated fat versus unsaturated fat. The draft Guidelines do contain recommendations that Australians limit their intake of foods and drinks containing saturated and trans fats, and include small amounts of foods that contain unsaturated fats.