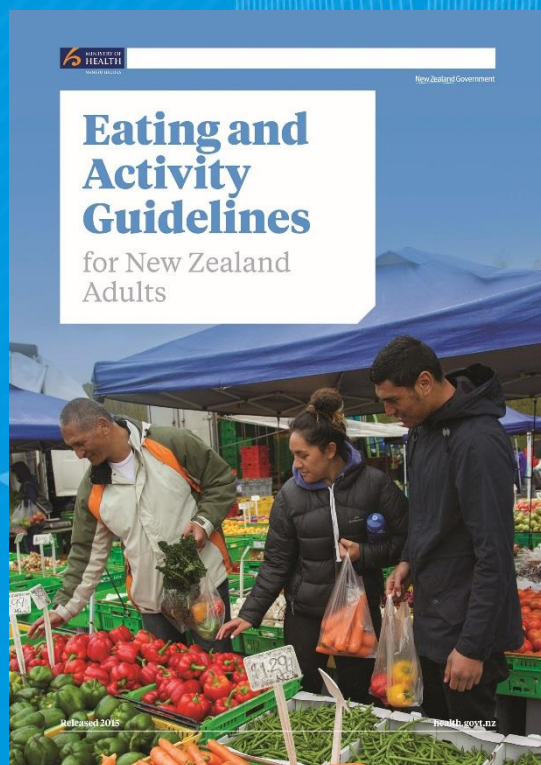


# Eating and Activity Guidelines for New Zealand Adults



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# Today's presentation

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What the EAGs are



How the EAGs fit with other work



How the EAGs came about



How and why the advice has changed



What next?

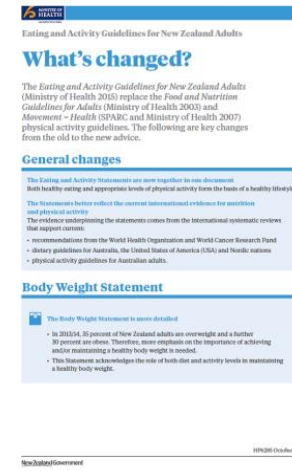
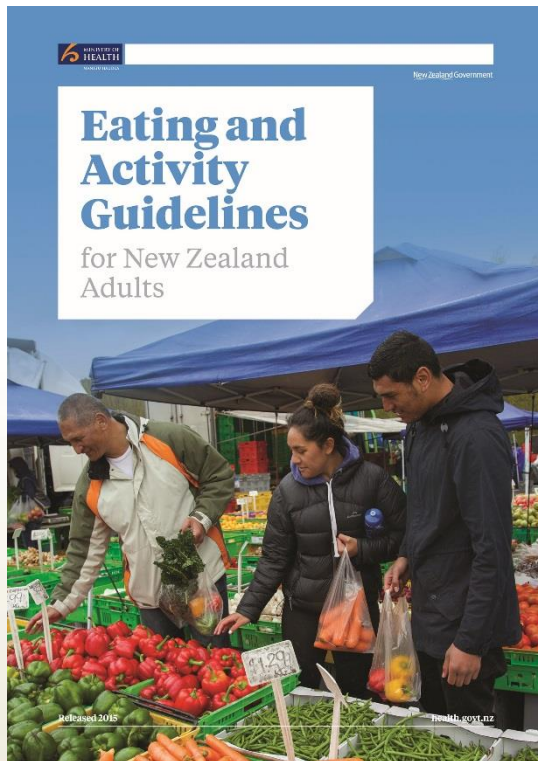


Questions

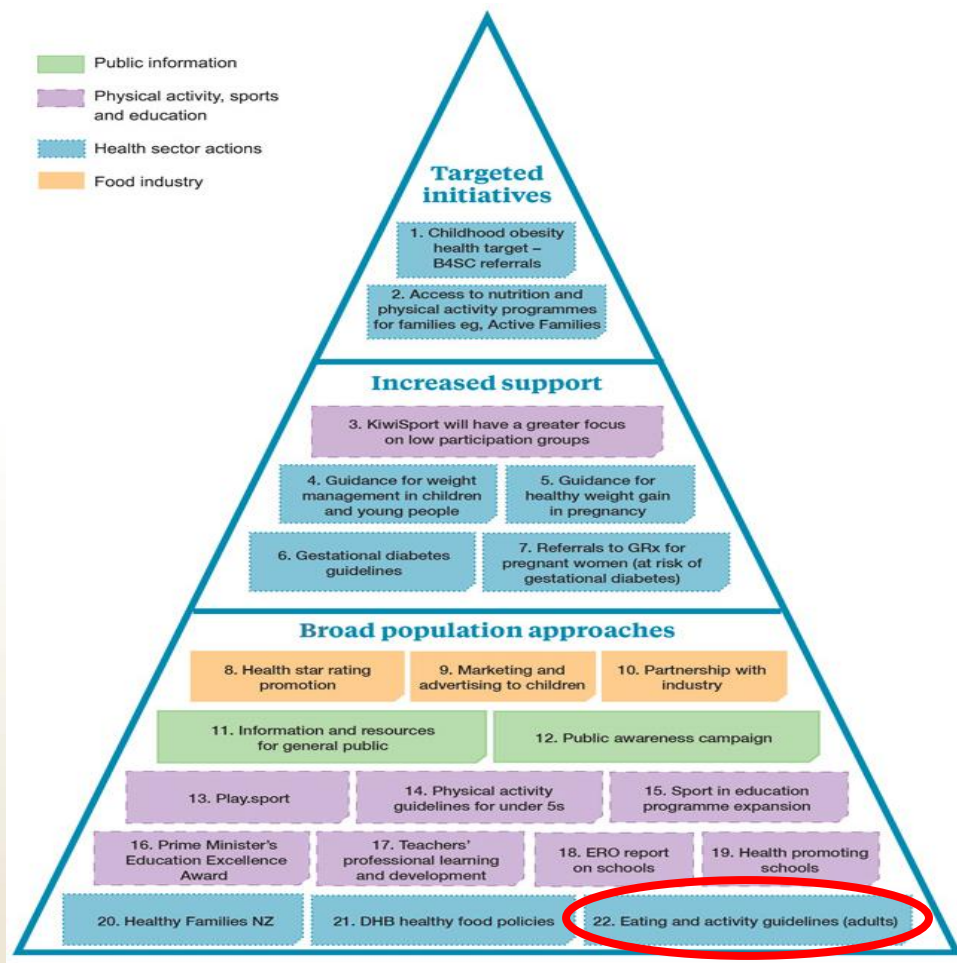
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# Eating and Activity Guidelines



# Childhood Obesity Initiatives



## How the EAGs fit in with other work





# Food and Nutrition Guidelines

2003

## Food and Nutrition Guidelines for Healthy Adults: A Background Paper



2006

## Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women

A background paper



Revised November 2008

2008



## Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0–2) A background paper

Partially revised 2012  
[www.tauwhiri.govt.nz](http://www.tauwhiri.govt.nz)

## Food and Nutrition Guidelines for Healthy Children and Young People (Aged 2–18 years)

A background paper



Released July 2003

[www.health.govt.nz](http://www.health.govt.nz)

## Food and Nutrition Guidelines for Healthy Older People

A background paper



Released January 2005

[www.health.govt.nz](http://www.health.govt.nz)

## 2011 independent evaluation

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Independent  
external  
contractor

Literature  
review

E-survey for  
health  
practitioners

Stakeholder  
interviews

# What we did

SIMPLE  
EASY  
FAST



Eating

- to shift the focus from nutrients to real food

Activity

- to reflect importance of physical activity

Series

- the central guidelines document, will be supported by other documents that expand on information in the key document or focus on more specific issues



## Eating and Activity Guidelines – process

External technical advisory group



Systematic graded evidence bases



Focus group testing of statements



Health Practitioner review



Māori and Pacific review



Targeted consultation



# Eating and Activity Guidelines Series

## Central document

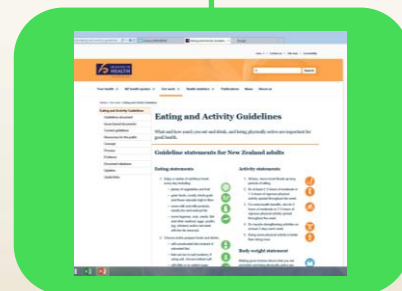
## Health ed resources



## Evidence



## Fact sheets



## Enhanced web presence

## Issue based documents



## What's changed - nutrition?

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More emphasis on choosing better quality grain foods



Meat and plant protein food group renamed



More emphasis on quality than quantity of fat



New advice to choose mostly 'whole' and less processed foods



The body weight statement is more detailed

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## What's changed - physical activity?

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New recommendation to reduce sitting time



Recommendations based on weekly rather than daily activity



Benefits of doing higher-intensity activity recognised



Benefits of doing activity for longer recognised



New recommendation to do muscle strengthening activities

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# What next?



# Questions?

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## Eating and Activity Guidelines – Eating Statements



Enjoy a variety of nutritious food everyday including:

- Plenty of vegetables and fruit
- Grain foods, mostly whole grain and those naturally high in fibre
- some milk and milk products, mostly low and reduced fat
- some legumes, nuts, seeds, fish and other seafood, eggs, poultry (eg, chicken) and/or red meat with the fat removed.



Choose and/or prepare foods and drinks:

- with unsaturated fats (canola, olive, rice bran or vegetable oil, or margarine) instead of saturated fats (butter, cream, lard, dripping, coconut oil)
- that are low in salt (sodium); if using salt, choose iodised salt
- with little or no added sugar
- that are mostly 'whole' and less processed.



Make plain water your first choice over other drinks.



If you drink alcohol, keep your intake low. Stop drinking alcohol if you could be pregnant, are pregnant or are trying to get pregnant.



Buy or gather, prepare, cook and store food in ways that keep it safe to eat.

# Eating and Activity Guidelines – Body Weight Statement

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Making good choices about what you eat and drink and being physically active are also important to achieve and maintain a healthy body weight.

## Eating and Activity Guidelines – Activity Statements

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Sit less, move more! Break up long periods of sitting.



Do at least 2½ hours of moderate or 1¼ hours of vigorous physical activity spread throughout the week.



For extra health benefits, aim for 5 hours of moderate or 2½ hours of vigorous physical activity spread throughout the week.



Do muscle strengthening activities on at least two days each week.



Doing some physical activity is better than doing none.