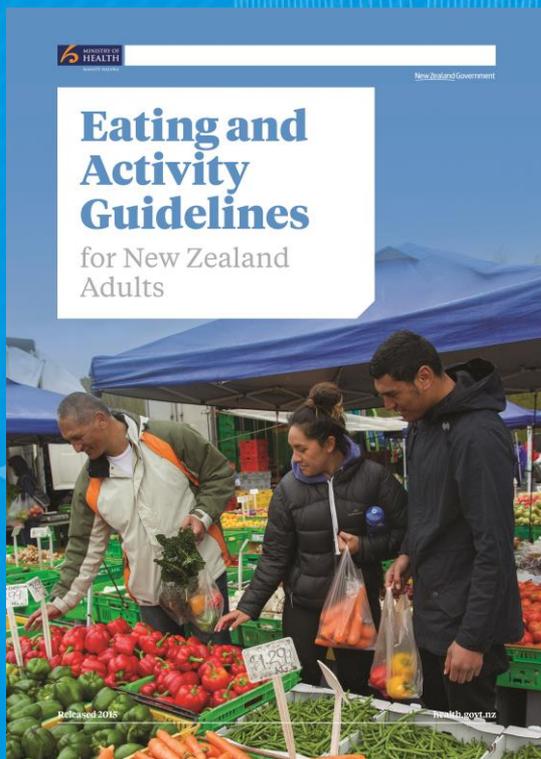


Eating and Activity Guidelines for New Zealand Adults



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Whangarei – 17 June 2016

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Today's presentation



What the EAGs are



How were the EAGs developed



What is the key advice



How and why the advice has changed



What next?



Topical nutrition issues

Eating and Activity Guidelines Series

Central document

Health ed resources



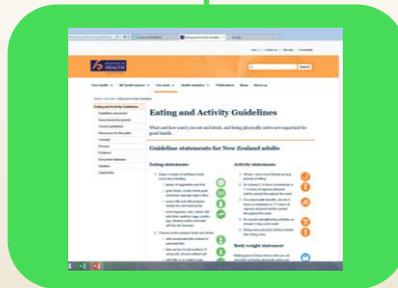
Evidence



Fact sheets



Enhanced web presence



Issue based documents



Eating and Activity Guidelines – process



What's changed - nutrition?



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

What's changed - physical activity?



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

What next?



Topical nutrition issues

- Should carbs be part of a healthy diet?



- Is butter and other saturated fats now ok?
- What about coconut oil?

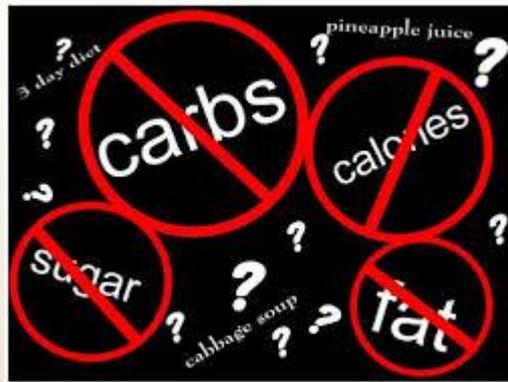


More topical nutrition issues

- Should people avoid fruit because of its sugar content?



- What about low-carb hi fat diets? The Paleo? The 5-2 diet?



And even more topical nutrition issues

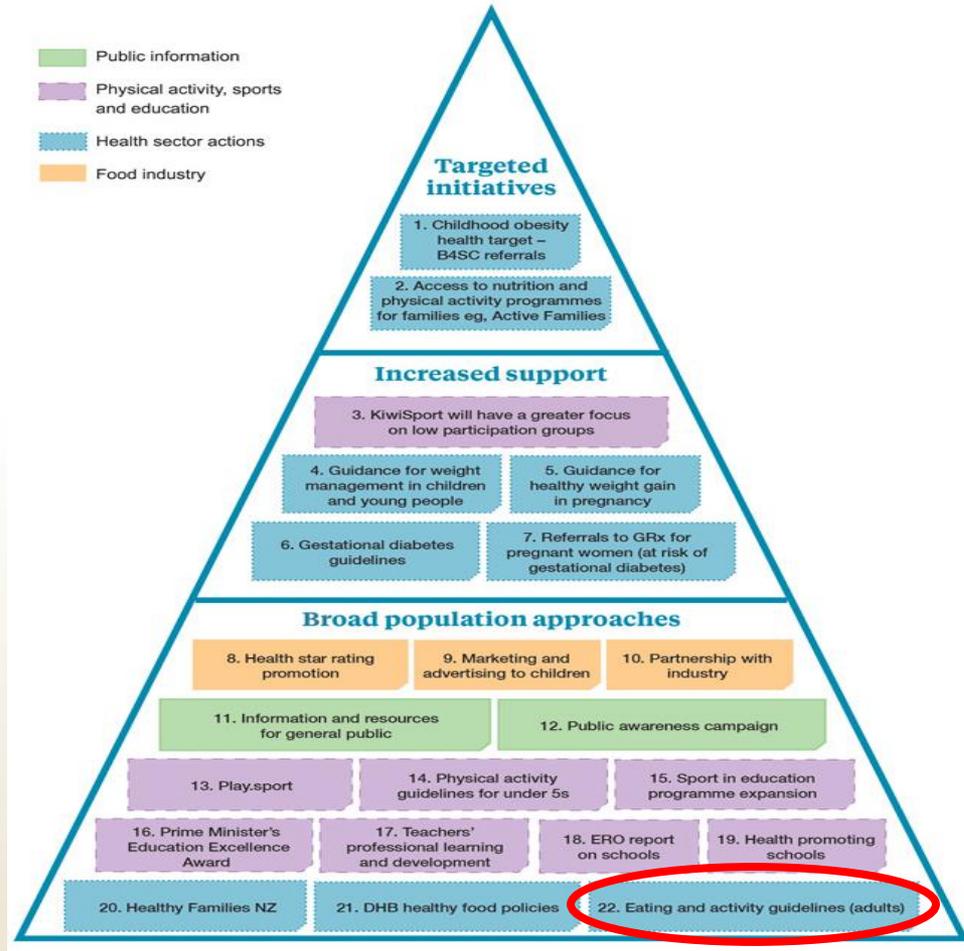
Are artificial sweeteners ok? Are diet drinks ok?



- Do people need to take dietary supplements?
- Was cost of food considered when developing the EAGs?



Childhood Obesity Initiatives



How the EAGs fit in with other work



Sport New Zealand's
Physical Literacy **Approach**

Guidance for quality physical activity and sport experiences

sportnz.org.nz/physicalliteracy


SPORT
NEW ZEALAND
Community sport

The image shows the cover of a guidance document titled 'Sport New Zealand's Physical Literacy Approach'. The cover features a green background with a collage of people engaged in various physical activities: a child on a bicycle, a person running, a person playing basketball, a person pushing a stroller, and two people walking. The text on the cover includes the title, subtitle, website URL, and the Sport New Zealand logo.

Food and Nutrition Guidelines

2003



Food and Nutrition Guidelines for Healthy Adults:
A Background Paper

2006

2008



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

Partially revised 2012
www.BudgetGovernment

2013

2013



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

Released July 2013
www.health.govt.nz

2013

2013



Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women
A background paper

Revised November 2008

2013

2013



Food and Nutrition Guidelines for Healthy Older People
A background paper

Released January 2013
www.health.govt.nz

2013

2011 independent evaluation

Independent
external
contractor

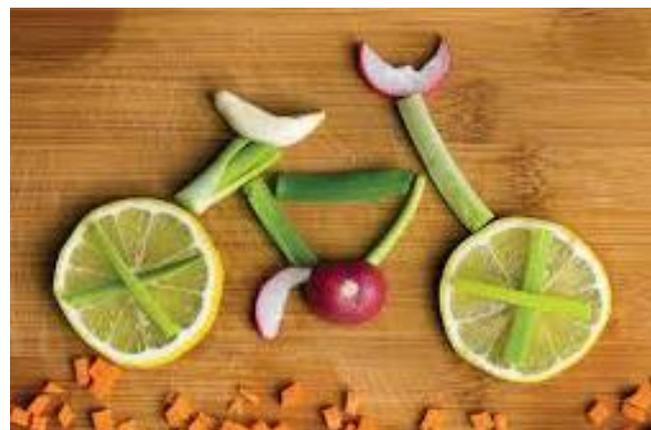
Literature
review

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

Questions?



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



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



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.