



December 2015

Mission Statement

Kia whakareia te ōranga o
ngā tāngata o Aotearoa ma
te whakamana i ngā wawātā
hei tohu kai hauora, kai
reka, hei oranga kakama.

To enhance the quality of life of
New Zealanders by encouraging
informed, healthy and
enjoyable food choices, as
part of an active lifestyle.

1

Xmas themed "Senior Chef" masterclasses

2 - 4

Our year so far...

5 - 6

Is Red Meat really as
Carcinogenic as
Smoking?

7

Corporate Member News

Kellogg's Reformulates

Its Breakfast Cereals

Kiwis' favourite
Tomato Sauce range gets
a whole lot healthier

8

Health Star Rating –
What it is and
what it isn't

Free fruit for children In
the supermarket

9 - 10

What is the
FSANZ Work Plan?

10

'Natural Health
Supplements and
Vitamins' to be regulated

11

I don't need breakfast –
just a coffee!

12

What's on

NZ Nutrition Foundation

PO Box 331 366
Takapuna, Auckland 0740

Phone: 09 - 489 3417

Fax: 09 - 489 3174

Mobile: 021 640 995

Email: sue@nutritionfoundation.org.nz
www.nutritionfoundation.org.nz

Xmas themed "Senior Chef" masterclasses

Two Xmas themed "Senior Chef" masterclasses were delivered by the New Zealand Nutrition Foundation at the Auckland Central YMCA in November. These classes targeting Never2Old participants, were enjoyed immensely by those who took part. The idea behind the two classes was to tell people about the Senior Chef cooking and nutrition programme planned for 2016. If funding applications are successful the Foundation will run four different Senior Chef Projects in partnership with the YMCA in the Auckland area.



The Foundation has been busy this year working to find organisations to sponsor the programme. We have been talking to church and community groups, corporate members, the Minister for Senior Citizens and the Auckland Council in an effort to raise awareness and financial support for the programme.

We have set up a "Senior Chef" Give a Little Page and invite you and your family and friends to make a tax deductible donation to help older people living in the community enhance their health, independence and quality of life.

Please Give A Little: <https://givealittle.co.nz/cause/cookingprogramme4olderpeople>

*We wish you and your family a
Merry Christmas and Happy New Year.*

OUR YEAR SO FAR...

At the Foundation, communication is at the heart of what we do. Without it, we are merely office workers who know something about nutrition. Over the past few years we have placed a lot of emphasis on developing a fully integrated communication strategy. We communicate with key groups through different channels:

- with the public interested in nutrition through our website and social media
- with public health and community health workers through updates, symposia and newsletters

- with those interested in healthy ageing through our new website and bulletins
- with the media through interviews and media releases

We are extremely proud of the results we are getting (bearing in mind we have no advertising or promotion budget). Here are some of them...



IN THE MEDIA

TV -

- Good Morning - JUST COOK
- 4.30 Show - JUST COOK
- Breakfast - JUST COOK
- TV3 News - Instagram and food
- Use of Snapchat for public health messages
- Diabetes Awareness

Radio -

- Radio Live Talkback x 3 – food for health
- Multiple interviews for JUST COOK
- Multiple Comments on nutrition issues for Radio New Zealand, Newstalk and Mediaworks

Print -

- Multiple comments for Next magazine, NZ Herald and other national and local publications.

JUST COOK COMMUNITY KITS

In June, the Foundation distributed 164 kits across the country, an increase of 55% from the previous year. Each community kit had a grocery voucher, food items from our partners, recipes and giveaways. Recipients of the kits were community health workers who used these resources to run a range of cooking and nutrition programmes within their communities.

Feedback from organisers: Over 40% of organisers acknowledged that the kits were essential to their cooking/nutrition programme and 77% of recipients found the resources and products very useful.



Mashed Potato is easy to make and serves as the base for many meals. We think it makes for a great mashed potato face as well!

Send us a snap by 12pm Thu 8 Oct of a face you make from mashed potato and any other fruit or veggie. We'll enter you to win a \$25 Prezzy card or movie passes



Lettuce leaves are perfect for holding all sorts of delicious things.

Send us a snap of your Lettuce cup holding some veggies or fruit before 12pm Fri, 9 Oct and we'll enter you to win a \$25 Prezzy card or movie passes

164 Just Cook
Community Kits
were distributed
around the
country in 2015



5+ADAY JUST COOK SNAPCHAT CHALLENGE

In the October school holidays, we introduced a Snapchat challenge to encourage youth to get involved in using, preparing and eating more fruits and vegetables. Every challenge entry was in to win a Prezzy Card or movie vouchers. TV3 News helped promote the challenge, resulting in 273 people who connected with us on Snapchat and 43 challenge entries.

continued on page 4



continued from page 3

OUR YEAR SO FAR...

MEMBERS BREAKFAST NUTRITION UPDATES

Mar 2015	Food trends in New Zealand's culinascape, The untapped potential of organic food, Which trends and fads are being taught by culinary training providers
Sept 2015	Food processing and food pricing: How to improve our food environment
Nov 2015	The new Eating and Activity Guidelines for New Zealand Adults

HEALTHY AGEING BULLETINS

- 10 Red Flags of Junk Science
- The Nutrition Minefield – Myths and magic
- Dietary Supplements: Do we need them?
- Hydration - Our need for water

WHITE PAPERS

Log in to the members area of our website to see the new white papers:

- The role of eggs in the New Zealand Diet
- Dietary Fats & Oils
- Dietary Fibre
- Probiotics and Health
- The role of sugar in the diet of New Zealanders

Members' area:
<http://www.nutritionfoundation.org.nz/Members>

WHO SUBSCRIBES TO OUR ENEWS?

Our members	300
Our stakeholders, colleagues & friends from academia, government, health, education and the food industry	700

STUDENT CONTRIBUTIONS

This year, the Foundation was fortunate to host another five students from two Auckland Universities. This is a valuable opportunity for students to gain experience and develop skills needed in the workplace. The Foundation benefits from their involvement – their enthusiasm, innovative ideas and technical know-how provide a refreshing vibe to the Foundation.

Three Massey University dietetics students developed a "tool kit" to use with the New Zealand Rugby League Playgroup parents to help build and support home cooking skills. The JUST COOK resource included a range of healthy balanced meals that could be made for a family of six for under \$15 using everyday foods available in the home kitchen. Recipe booklets, including helpful nutrition tips, were supplied to the parent leaders so that they could help others develop cooking skills.

Two students from the School of Population Health at the University of Auckland developed a series of nutrition seminars for YMCA programme facilitators. The seminars including Nutrition for Older Adults, Nutrition for People with Diabetes and Nutrition for Children were prepared so that they could be delivered by the Foundation to upskill YMCA staff in specific areas of nutrition. The project involved carrying out a needs assessment and survey questionnaire to find out what nutrition knowledge was needed and assembling the most important nutrition messages in a way that engaged and informed staff.

IS RED MEAT REALLY AS CARCINOGENIC AS SMOKING?

A recent media furore about the health risks of eating red meat reminded us of a diagram we downloaded a few years ago. Here it is - recent events show nothing has changed since this first appeared in 2009.

So what is the story about red meat and cancer?

The International Agency for Research on Cancer (IARC), the cancer agency of the World Health Organisation (WHO) has evaluated the links between the consumption of red and processed meat and cancer. They have categorised red meat as probably carcinogenic to humans. This association was observed mainly for colorectal cancer, but associations were also seen for pancreatic cancer and prostate cancer. The group classified processed meat as *carcinogenic to humans*, based on *sufficient evidence* in humans that the consumption of processed meat causes colorectal cancer.

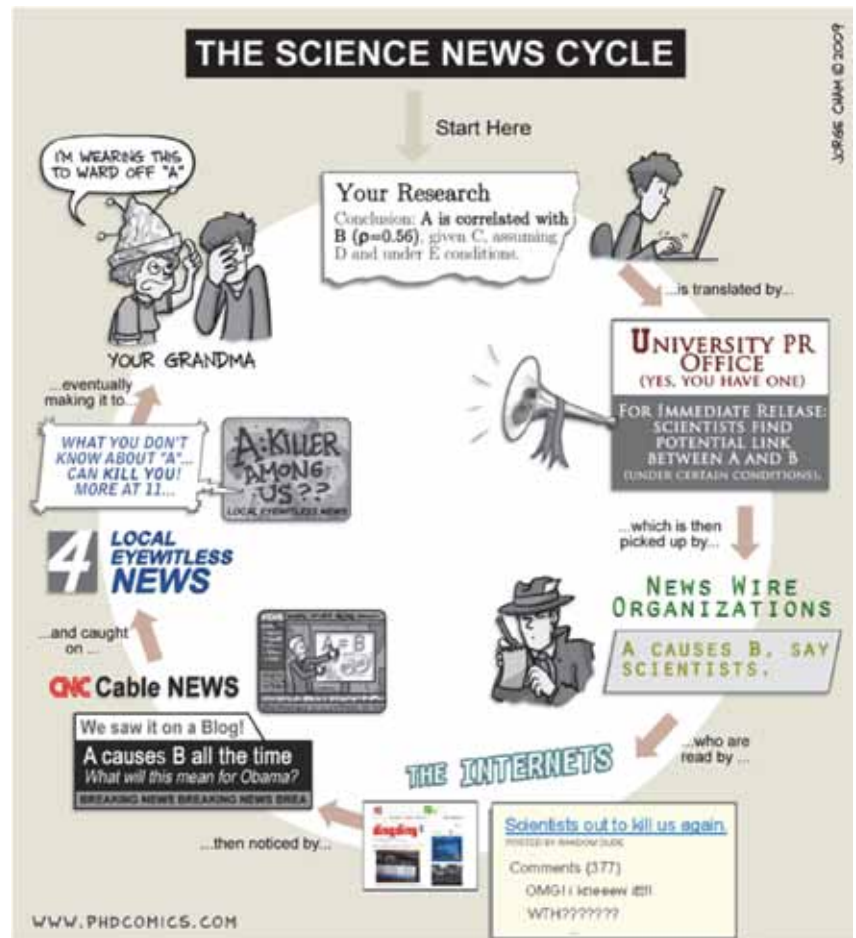
This link between certain types of meat and some forms of cancer – notably bowel cancer – isn't 'new' news – the evidence has been building for decades, and is supported by a lot of careful research.

THE EVIDENCE SO FAR...

There's now a large body of evidence that bowel cancer is more common among people who eat the most red and processed meat.

The most convincing overview of the evidence of a link to bowel cancer comes from a [2011 analysis by researchers at the World Cancer Research Fund \(WCRF\)](#), who combined the results of a number of previous studies, to try to get a clear sense of the overall picture.

They were able to group the data according to those who ate the most red and processed meat and those who ate the least. A key finding from the WCRF analysis is that red meat and processed meat aren't equally harmful: processed meat is more strongly linked to bowel cancer than red meat.



The results showed that those who ate the most processed meat had around a 17 per cent higher risk of developing bowel cancer, compared to those who ate the least.

'17 per cent' sounds like a fairly big number – but this is a 'relative' risk, and everyone's risk will be different as there are many different factors at play.

The WCRF's analysis suggests that, among 1000 people who eat the most processed meat, you'd expect 66 to develop bowel cancer at some point in their lives – 10 more than the group who eat the least processed meat.

continued on page 6



IS RED MEAT REALLY AS CARCINOGENIC AS SMOKING?

WHAT

DOES THE DECISION FROM IARC MEAN?

Whatever the underlying mechanism, there's now sufficient evidence for IARC to rule that processed meat 'definitely' causes cancer, and that red meat 'probably' causes cancer. But to really understand what this means (and doesn't mean), you need to know a bit about IARC's categories.

When IARC assesses the evidence on a particular cancer risk, it assigns it to one of several groups, which – as the graphic (right) shows – represent how confident they are that it causes cancer in people.

Processed meat has been classified as a 'definite' cause of cancer (or Group 1 carcinogen) – the same group that includes smoking and alcohol. And red meat is a 'probable' cause of cancer (or a Group 2a carcinogen).

While this may sound alarming, it's important to remember that these groups show how confident IARC is that red and processed meat cause cancer, not how much cancer they cause.

DOES

RED AND PROCESSED MEAT STILL HAVE A PLACE IN A HEALTHY DIET?

None of this means that a single meat-based meal is 'bad for you'. What it does mean is that regularly eating large amounts of red and processed meat, over a long period of time, is probably not the best approach if you're aiming to live a long and healthy life. Meat is fine in moderation. It's just about being sensible, and not eating too much, too often.

So how much is a 'sensible' amount of meat? The Ministry of Health's 2015 Eating and Activity Guidelines state we should enjoy a variety of nutritious foods every day, including "some legumes, nuts, seeds, fish and other seafood, eggs, poultry and/or red meat with the fat removed." They recommend eating less than 500 grams of cooked red meat a week. The guidelines also state:

"The meat and plant protein food group has been renamed to reflect the stronger evidence for eating plant-, fish- and seafood-based protein foods. Red meat in moderation remains a useful addition to the diet, especially as it is an excellent source of iron and zinc"

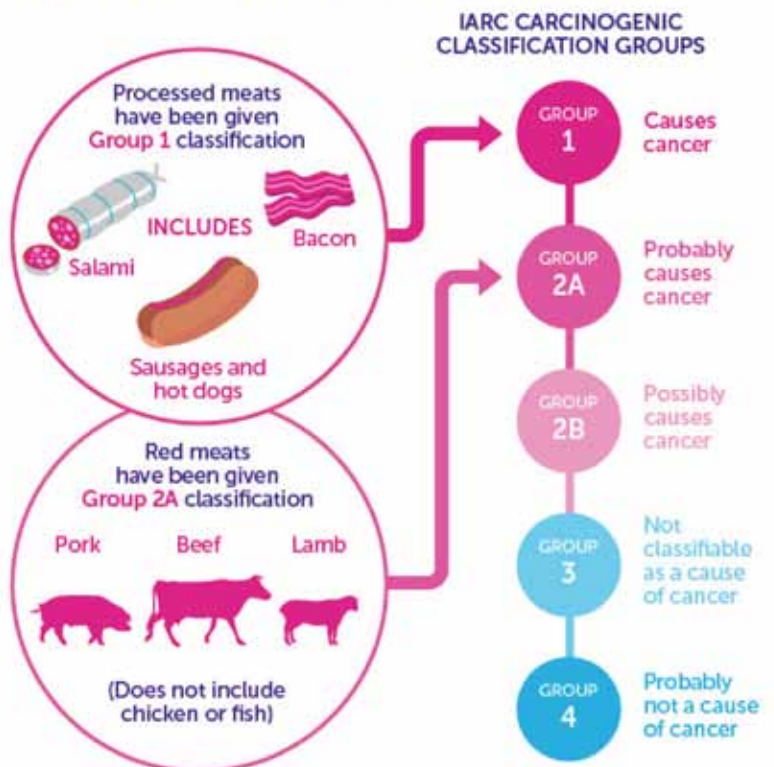
REFERENCES

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108955/>

<http://scienceblog.cancerresearchuk.org/2015/10/26/processed-meat-and-cancer-what-you-need-to-know/>

www.health.govt.nz/our-work/eating-and-activity-guidelines

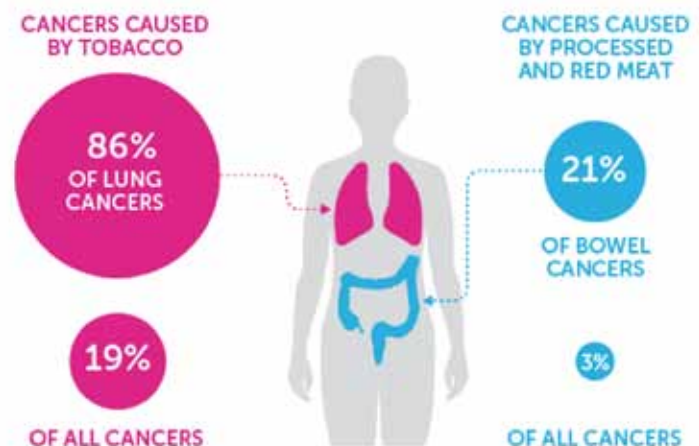
MEAT AND CANCER HOW STRONG IS THE EVIDENCE?



These categories represent how likely something is to cause cancer in humans, not how many cancers it causes.

TOBACCO vs MEAT WHAT'S THE RISK?

The **EVIDENCE** that processed meat causes cancer is as strong as the evidence for tobacco, but the **RISK** from tobacco is much higher...



THE NUMBER OF CANCERS PER YEAR IN THE UK THAT COULD BE PREVENTED IF...



Source: cruk.org/cancerstats

CORPORATE MEMBER NEWS

KELLOGG'S REFORMULATES ITS BREAKFAST CEREALS

Kellogg New Zealand has announced that Nutri-Grain is changing for the better, with the introduction of a new and improved recipe which hit shelves at the end of November.

Nutri-Grain Original is now a source of fibre, and has less sodium and sugar than before while still made with a combination of corn, oats and wheat. The revamped recipe sees Nutri-Grain Original receive a 4 Health Star rating under the government-led Health Star Rating front-of-pack labelling system. More than two thirds of the Kellogg's cereal range in New Zealand has 4 to 5 Health Stars.

The improved Nutri-Grain Original joins the recently launched Nutri-Grain Edge Oat Clusters, a brand new range of chunky

clusters made with oats, wheat and nuts. Launched in September this year, the new Nutri-Grain Edge also has 4 Health Stars.

For more information about Nutri-Grain, visit http://www.kelloggs.co.nz/en_NZ/nutri-grain-consumer-brand.html
To view the health Star rating of Kellogg's cereals visit: http://www.kelloggs.co.nz/en_NZ/health-star-rating.html#HSR



KIWIS' FAVOURITE TOMATO SAUCE RANGE GETS A WHOLE LOT HEALTHIER

Heinz Wattie's are excited to launch a brand new sauce into their range: Wattie's Tomato Sauce with 50% less sugar.



For years kiwis have grown up with their beloved Wattie's Tomato Sauce with that unmistakable taste families love. While taste continues to be top priority for most people, many are now looking for healthier options and are finding it difficult to balance great taste with 'better for you' foods. Wattie's Tomato Sauce with 50% less sugar* is naturally sweetened with extracts of the stevia leaf and also has 35% less salt compared to regular Wattie's Tomato Sauce.

Heinz Wattie's have worked hard on this recipe to ensure the taste has not been compromised, and are delighted with the result.

The existing Wattie's Tomato Sauce Lite product will stay on the shelves. Wattie's Tomato Sauce Lite is also lower in sugar (35% less) and sodium (40% less) compared with regular

Wattie's Tomato Sauce 560g.

Wattie's Tomato Sauce Lite has a less sweet taste* and as a leading food company in New Zealand Heinz Wattie's want to encourage Kiwis to develop a liking for foods that are lower in sugar.

Heinz Wattie's have a long history of continuously improving foods with subtle sodium reduction, and introducing plenty of choices. This new sauce is another such addition they are proud to launch to the market. Wattie's Tomato Sauce with 50% less sugar is now available in supermarkets alongside regular Wattie's Tomato Sauce and Wattie's Tomato Sauce Lite.

If you have any questions or feedback about this range, or any of Heinz Wattie's nutrition initiatives please don't hesitate to get in touch with Penny Bailey, Infant and Corporate Nutritionist, at: Penny.bailey@kraftheinzcompany.com.

*Compared with regular Wattie's Tomato Sauce 560g

#46 out of 57 people surveyed. Sensory Perception Study on behalf of Heinz Wattie's Ltd, Nov 2014

HEALTH STAR RATING –

WHAT IT IS AND WHAT IT ISN'T



There has been quite a lot of noise in the social and print media about the Health Star Rating system and its alleged shortcomings. This table addresses some of the common misconceptions.

WHAT IT IS AND DOES	WHAT IT ISN'T AND DOESN'T DO
It is a system of profiling and ranking packaged foods, based on the composition of risk-associated nutrients, together with ingredients associated with potential health benefits.	It is not equivalent to or a replacement for a health claim. It does not replace the Nutrition Information Panel.
It uses a star rating scale of half a star to 5 stars. For similar packaged foods, those with more stars have better nutritional value.	It is not a rating of anyone's whole diet.
Enables consumers to identify the healthier option when comparing similar packaged foods.	It does not allow comparison of foods across different food categories.
It assists consumers' decision-making re the purchase of packaged foods with multiple ingredients.	It does not replace the Ministry of Health Eating and Activity guidelines or nutrition advice from health professionals.
It is a government-led system developed by FSANZ in collaboration with nutritionists, food industry representatives, and public health experts in NZ.	It is not a food industry initiative.
Health Star Ratings are calculated by food manufacturers using an algorithm-based calculator. The algorithm differs depending on food category.	It does not apply to: <ul style="list-style-type: none"> • alcoholic beverages and kava • formulated products for infants and small children • formulated supplementary foods for young children • formulated supplementary sports foods • unpackaged foods • ready-to-eat foods from restaurants and fast food outlets
It is based on 100g or 100ml of food product.	It is not intended to be used on foods that don't normally have a label e.g. <ul style="list-style-type: none"> • fresh fruit, vegetables, meat and fish • single ingredient products such as flour



FOR MORE INFORMATION GO TO:

For consumers: www.mpi.govt.nz/healthstars

For industry: www.foodsafety.govt.nz/industry/general/labelling-composition/health-star-rating/

FREE FRUIT FOR CHILDREN IN THE SUPERMARKET

Countdown has rolled out a "Free Fruit for Kids" initiative across the country. This should have the dual benefits of increased fruit intake of our children and, by avoiding the need to deal with 'pester power', an easier shopping experience for parents.

What a great idea. Congratulations Countdown.

countdown 

WHAT IS THE FSANZ WORK PLAN?



Food Standards Australia New Zealand (FSANZ) is the independent statutory agency established by the Food Standards Australia New Zealand Act 1991, with a mission to develop effective food standards in collaboration with the Australian and New Zealand governments.

FSANZ standards regulate the use of ingredients, processing aids, colourings, additives, vitamins and minerals. The Code also covers the composition of some foods, e.g. dairy, meat and beverages as well as standards developed by new technologies such as genetically modified foods. They are also responsible for some labelling requirements for packaged and unpackaged food, e.g. specific mandatory warnings or advisory labels.

GOVERNANCE

Overarching food policy is set by the ministers in Australia and New Zealand responsible for food regulation. These ministers make up the [Australia and New Zealand Ministerial Forum on Food Regulation](#). The Forum develops food regulatory policy

and policy guidelines that FSANZ must have regard to when setting food standards. The Forum has general oversight of the implementation of standards. When they develop standards, the Forum has the capacity to adopt, amend or reject them and to ask FSANZ to review them, or create new ones. Jo Goodhew is the current New Zealand Minister for Food Safety and member of this Forum.

WHAT IS THE FSANZ WORK PLAN?

The FSANZ work plan is a 3-year plan for food regulatory measures. It is required to be published by 30 June each year and revised quarterly.

The work plan deals only with applications and proposals, to enable anyone to check on applications of interest. FSANZ does a lot of other work, as is obvious if you peruse its website, [www.foodstandards.govt.nz](#).

The work plan should be read together with the [Corporate Plan](#) (version 2015-19) which describes FSANZ's purpose as being to support the bi-national food regulatory system to achieve:

- a high degree of consumer confidence in the quality and safety of food produced, processed, sold or exported from Australia and New Zealand
- an effective, transparent and accountable regulatory framework within which the food industry can work efficiently
- adequate information relating to food to enable consumers to make informed choices, and
- common rules for Australia and New Zealand and the promotion of consistency between domestic and international standards.



The table below summarises just a few of the over 28 current applications FSANZ is dealing with, and their current status.

APPLICATION	DESCRIPTION	STATUS
Health Claims – Formulated Supplementary Sports Foods & Electrolyte Drinks	To permit sports foods to carry health claims about physical performance and sport-related beneficial physiological effects and to enable electrolyte drinks to make self-substantiated health claims beyond current limited permissions.	Work started 2014. There has been a delay for completion of the approval due to the complexity of issues raised in submissions. Additional round of consultation to be held
Chemical Migration from Packaging into Food	To assess the public health and safety risk of chemicals which may migrate from packaging materials into food, and to identify and manage any risks.	Work started in 2014 2nd call for submissions delayed due to complexity of issues and need for further targeted consultation with small-medium enterprises.
Labelling of Alcoholic Beverages with a Pregnancy Health Advisory Label	To require a health advisory label on alcoholic beverage containers advising of the risks of consuming alcohol when planning to become pregnant and during pregnancy.	Work has been deferred until mid-2016 at the request of the Applicant. (Alcohol Advisory Council of New Zealand) Consultation will follow the release of Draft Assessment Report

continued on page 10

WHAT IS THE **FSANZ** WORK PLAN?

APPLICATION	DESCRIPTION	STATUS
Hydrocyanic Acid in Apricot Kernels & other Foods	To consider an amendment to the Code for hydrocyanic acid in raw apricot kernels, foods derived from them and potentially other foods	Response due 30/11/2015.
Amendments associated with Nutrition Content & Health Claims	To address inconsistencies and lack of clarity associated with Standard 1.2.7 and related standards to ensure that Standard 1.2.7 operates as intended and also to provide exemptions for certain Health Star Rating label elements from Standard 1.2.7 requirements.	Response due 30/11/2015.
Vitamin & Mineral Claims & Sodium Claims about Food containing Alcohol	To address an inconsistency in the conditions for vitamin and mineral claims between Standards 1.2.7 and 1.3.2 and to permit nutrition content claims about salt and sodium in relation to foods (excluding beverages) containing more than 1.15% alcohol by volume.	Response due 30/11/2015.

To view the complete work plan go to: www.foodstandards.govt.nz/code/changes/workplan/pages/default.aspx



'Natural Health Supplements and Vitamins' to be regulated

Until now, supplements and vitamins have been regulated in piecemeal fashion, with little control over ingredients and claims made in support of their efficacy.

The [Natural Health and Supplementary Products Bill](#) will provide much needed clarity and regulation to this industry, separate from those in place for food and medicines. It will control low-risk natural health products such as garlic capsules and Echinacea, and supplementary products such as vitamin tablets. The full regulatory scheme will be phased in over three years after the legislation comes into force.

A 'natural health and supplementary product' is any product that is manufactured for the primary purpose of bringing about a health benefit to the person who uses the product and contains only permitted ingredients. Food, cosmetics and medicines are specifically excluded.

The regime is intended to ensure the natural health and supplementary products consumers use to support their health and wellbeing:

- are safe to use
- the health claims are true
- the products are made and contain what their label says they do.

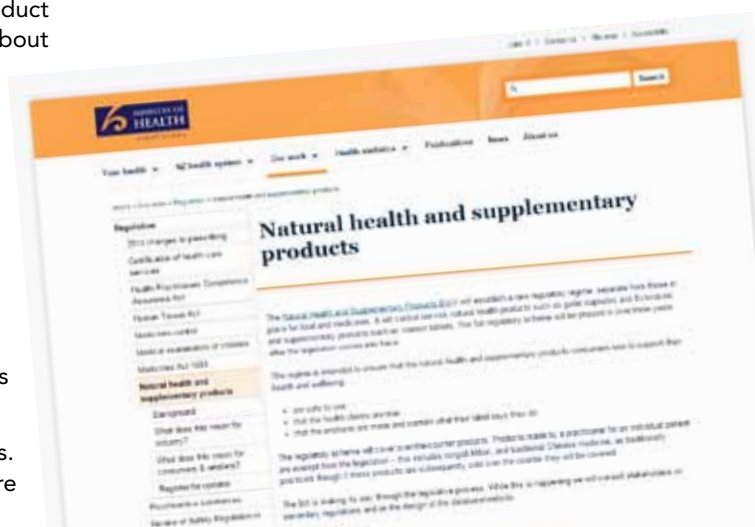
The regulatory scheme will cover over-the-counter products. Products made by a practitioner for an individual patient are

exempt from the legislation – this includes rongo Māori, and traditional Chinese medicine, as traditionally practiced, though if these products are subsequently sold over the counter they will be covered.

To administer this new legislation, a Natural Health and Supplementary Product Authority will be set up as part of the Ministry of Health.

For more information go to:

www.health.govt.nz/our-work/regulation-health-and-disability-system/natural-health-and-supplementary-products





I DON'T NEED BREAKFAST – JUST A COFFEE!

Having only a coffee for breakfast used to be the norm for Uili, but learning to eat proper meals is quickly paying off for the Auckland social worker.

For Uiligitone Vaoesea (aka Uili), breakfast used to be coffee – nothing else. Lunch was usually some kind of takeaway meal and healthy eating was not something he gave much thought to.

But that all changed recently, when Uili and his colleague Manuele Lui completed the Certificate in Pacific Nutrition (CPN) course, run by the Heart Foundation's Pacific Heartbeat team.

Uili is a Social Worker and works out of Mangere Central School in Auckland. He enrolled in the CPN course because he knew he needed to lead by example.

"If I can't look after myself, how could I look after somebody else or support somebody else? With the role I am playing in this community, it is really important to know what I am talking about. That's something I want to offer... to give as much as I can not only to the children in the schools, but their families."

Within just two weeks of starting the course, Uili lost four kilograms. It started with trying new things for breakfast, such as porridge and a banana, followed by



some fruit for morning tea and a healthier lunch. His fitness has also improved thanks to a daily walk.

These are big changes for Uili.

"Before I took this course I would hardly have any breakfast or lunch and wait until I got home and then I'd have two plates of food, then bed."

Pacific Heartbeat's hands-on CPN course shows that healthy eating doesn't have to be expensive or tasteless.

We teach people how to prepare three healthy meals to feed a family of six for a day, on a budget of just \$25.

"People think you can't feed your family of six with \$25? Trust me, I did it on the course. I see it and I experienced it. I recommend it," Uili says.

"If you don't trust what I say, get into the course and find out for yourself."

Uili is now looking at the possibility of teaching parents about menu planning and cooking healthier meals. This all ties in great with his school's 'Garden to Table' project, which has seen the school plant its own vegetable gardens and fruit trees.

Students then get to harvest the fruit and veggies, before using them to cook healthy meals.

Uili has also started up a touch football group for his church and given out 'Kids in the kitchen' cookbooks from the Heart Foundation. He's a man on a mission!

For more information on the Certificate in Pacific Nutrition, go to: <http://www.heartfoundation.org.nz/programmes-resources/pacific-health/pacific-healthy-eating/certificate-in-pacific-nutrition>



WHAT'S ON 2016

World Congress of Public Health and Nutrition

Date: March 10 - 12, 2016

Venue: Madrid, Spain

For information: <http://publichealth.global-summit.com/>

13th International Congress on Obesity 2016

Dates: May 1 – 4, 2016

Venue: Vancouver, Canada

For information: <http://eventegg.com/ico-2016/>

Dietitians Association of Australia Conference 2016

Date: May 19 – 21, 2016

Venue: Melbourne, Australia

For information: <http://daa2016.com.au/>

International Society for Behavioural Nutrition and Physical Activity Annual Meeting

Date: June 8 – 11, 2016

Venue: Cape Town, South Africa

For information: www.isbnpa.org/index.php?r=annualMeeting/index

23rd National Conference, Australian Health Promotion Association

Date: June 19 – 22, 2016

Venue: Scarborough, Australia

For information: <http://ahpa2016.com.au/>

Lipids, Nutraceuticals and Healthy Diets throughout the Life Cycle

Date: November 8 – 10, 2016

Venue: Rutherford Hotel, Nelson

For information: eyresy@gmail.com or www.oilsfats.org.nz

If you attend any of these and would like to write a review for one of our 2015 newsletters please contact us at info@nutritionfoundation.org.nz



Copyright. The material in this Newsletter is protected by copyright. However, unless otherwise specified, all material is available for copying or reprinting provided that;

1. Clear acknowledgement is made to the author, if named, and the source of the material (i.e. the NZ Nutrition Foundation Newsletter).

2. Quotations are verbatim and not presented out of context to support a contrary argument.

It would be appreciated if a copy of such reprinted material could be sent to the Foundation when published.

The views expressed in *Nutrition News* are those of the authors and do not necessarily reflect those of the New Zealand Nutrition Foundation