



April 2016

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.

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CEO UPDATE:

WHAT ARE WE DOING TO IMPROVE NUTRITION FOR NEW ZEALANDERS AND IS IT WORKING?

It is ten years since we celebrated our twenty-fifth anniversary and I have been thinking about what we were engaged in then and what we are doing now.

The Foundation's activities for the first 25 years aimed to enable New Zealanders to have access to accurate information to enable them to make informed choices about food and the effect it has on their health. Activities included campaigns, seminars, educational programmes, newsletters and the development of resources. This is still an important part of our work – our nutrition communication strategies reaches an ever-increasing audience and now include websites, e-news and other social media.

OUR CURRENT PROGRAMMES

In 2010 our Dietitian, Sarah Hanrahan started looking at the value of cooking family meals - and what we could do to promote this as a means to improve the nutrition of New Zealanders. The Health Promotion Agency was supportive and conducted research on cooking and meals of lower income families ¹. This informed our planning and Just Cook was born in 2011.

Around the same time a review of our Healthy Ageing activities suggested the nutrition education seminars for care givers in aged care facilities we had been providing since 2003 had served their purpose. The report recommended we should change our target audience to community living older people, in particular those who lack cooking skills or who have lost interest in cooking. The Canterbury DHB Senior Chef programme was recommended. We have been working on this change of direction with pilot courses in 2014 and this year we have a programme of at least five courses, thanks to a partnership with Age Concern and funding from a variety of sources.

SO HOW HAVE THESE PROGRAMMES FARED?

Just Cook has gone from strength to strength and are delighted to report our Healthy Ageing programme is now also gathering momentum (see pages 4-5). We attribute the popularity of these initiatives to our ability to engage with a variety of communities across the country and work in partnership with them - and also of course the support of our corporate members and other funders, without whom we could not have started let alone expanded our reach.



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CEO UPDATE:

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THE VALUE OF COMMUNITY INITIATIVES

Recent research undertaken for the government Social Policy Evaluation and Research Unit (SUPERU) and the Ministry of Social Development (MSD) into community level initiatives, identified the success factors for community-led initiatives as being:

- A shared vision, owned by the community and where communities participate in the design and implementation of initiatives.
- The community is ready for change.
- Strong leadership that is trusted, skilled and supported.
- Outcomes are identified and it is clear what changes are needed to achieve them.
- Adaptable funding arrangements are needed because initiatives can take time to design and implement.
- Power imbalances must be managed, especially when working with minority groups.

The report noted there is a lack of formal evaluation, with most evaluation that is carried out being qualitative². Given there is a growing demand for community input into the delivery of services³, this is problematic. But it is also understandable – those undertaking the activities may lack the resources to undertake quantitative research, the numbers may not be large enough for statistical significance and in any case good results are usually the result of a multitude of factors of which a programme may be part only.

MEASURING SUCCESS

So are we succeeding?

Our current Strategic Plan's shorter term goals to measure include:

- Client satisfaction levels and reported improvements in cooking skills and nutrition.
- Participation numbers in our programmes.

If you count numbers and geographic reach or look at qualitative measures such as participant feedback – yes we are.



We know the Canterbury DHB undertook a formal evaluation of their Senior Chef programme in 2012 which demonstrated a high level of success, including maintenance of improved dietary changes a year after completion of the course, contributing to keeping older people healthy and living in their own homes for as long as possible.⁴.

A longer term goal for us is to be able to demonstrate more meals are being cooked and eaten at home, resulting in improved nutrition of two specific groups - families and community living older people. The challenge will be in measuring this. The University of Auckland is researching the health benefits of the Senior Chef cooking programme for older people coupled with an activity programme, but it will be some time before this is completed and published.

In the meantime we will keep on communicating the real story about food and nutrition in multiple media and engaging with colleagues, stakeholders, funders and community groups to together promote healthy and enjoyable food choices as part of an active lifestyle.

Sue Pollard
CEO

GO TO OUR WEBSITES:

www.nutritionfoundation.org.nz

www.justcook.co.nz

<http://agewelleatwell.com>

REFERENCES

1. *Encouraging more preparation of evening meals at home (2010):* www.hpa.org.nz/sites/default/files/Encouraging%20More%20Preparation%20of%20Evening%20Meals%20at%20HomeAn%20In-home%20Family%20Partial%20Ethnographic%20Study.pdf
2. *Effective community-level change: What makes community-level initiatives effective and how can central government best support them?* www.superu.govt.nz/research-evidence
3. *MSD briefing to the incoming Ministers, July 2014:* www.msd.govt.nz/documents/about-msd-and-our-work/publications-resources/corporate/bims/msd-bim-october-2014.pdf
4. *Senior Chef Cooking Classes for Older People (2012) unpublished. For copies email: info@nutritionfoundation.org.nz*



Ten plus years of Energize – Eat Healthy Be Active Have Fun

The school environment provides an ideal setting for programmes to improve child health by encouraging daily moderate and vigorous physical activity and healthier eating patterns. Project Energize has been operating in Waikato region since 2005 and in Northland since 2013. The programme, delivered by Sport Waikato and Sport Northland, currently includes 60,000 children, 433 New Zealand early childhood and primary schools, 33 “Energizers” and 3 dietitians. Energizers are assigned 8-12 schools each and act as a “one stop shop” to support activities that promote and coordinate improved nutrition and physical activity within schools.



We have a dream – that all children in Aotearoa will be able to “Eat Healthy, Be Active and Have Fun”. The barriers are huge and complex but the mission is one that all parents, grandparents and families want for their children. In 2016 more than 60 000 children are receiving the Energize treatment – through their schools and preschools.

Last year, 2015 was the celebration of 10 years of action and we published a paper about the journey <http://bmccresnotes.biomedcentral.com/articles/10.1186/s13104-016-1849-1>. This paper, which can be downloaded for free, was written so that the real-life translation of Energize into a public health service could be shared and that the Energize way could serve as a model for similar practices, initiatives and policies in other places.

Two features are emphasised in the paper 1. The sheer scale of the kaupapa of Energize – the numbers of children, educators, families and communities and 2. What makes it doable.

When I say we I refer to a cast of thousands but specifically the Waikato and Northland District Health Boards, the Ministry of Health as funders and Sport Waikato and Sport Northland as doers and the Auckland University of Technology as evaluator, researcher and supporter of dissemination.

All leadership activities, cooking, gardening, fundamental movement skills, nutrition-absolutely everything is 100% aligned to and supports the Health and Physical Education curriculum. The way it is presented to teachers and the context of how it is offered is innovative and regularly refreshed. The goal is happy, healthy kids of all shapes and sizes.

NUMBERS:

Number of children **60,000**

Primary Schools in the Waikato **242**

Preschools in the Waikato **121**

Primary Schools in other areas of New Zealand **70**

Schools in Cork Ireland **7**

Total cost/primary school child/year **\$45**,
total cost/preschool child/year **\$100**

WHY THE ENERGIZE WAY IS UNIQUE:

The approach to schools is initially face to face to share vision and goals

A memorandum of understanding between Energize and the school explicitly stating expectations of who will do what, where and when including the assignment of a lead teacher as the point of contact for the Energizer.

It is very clear that the Energizer will not take over the role of the teacher but will provide practical professional development sessions, role modelling and will work with the school to improve the nutrition and physical activity environment.

A school physical activity and nutrition stocktake is undertaken and then with the lead teacher an action plan for the year agreed.

Action plans are renegotiated each year.

At the start Energize was a randomised controlled trial but given change in the right direction and more importantly that the schools really wanted to be involved, it became a programme

The Waikato District Health Board recognised the need in 2003 and has been funding Energize in the Waikato region ever since – this promotes stability of the workforce

The people on the ground are Energizers, who are school-specific (up to 14 schools each, 25 for Under 5 Energizers) and tailors the service to the needs of each school.

No child is left out, no school is left out (in the Waikato region) – the Energize treatment is for the school not for individual children.

ECONOMIES OF SCALE

Around 1500 children attend the schools that one Energizer looks after.

In the Waikato there are 27 primary schools Energizers – a diverse team (dietitians, fundamental movement skills specialist, teachers, sport science graduates) but trained as a team to translate the Energize messages into action.

There is a critical mass to produce resources and support the team.

If only all our children could be Energized!

Elaine Rush
Professor of Nutrition, AUT University



Senior Chef

Cooking classes
for older adults



nznutrition
FOUNDATION



The New Zealand Nutrition Foundation is delighted to report that it is currently running three Senior Chef cooking and nutrition classes in partnership with Age Concern.

The Auckland based programmes are being held on the North Shore, West Auckland and in South Auckland. The North Shore and West Auckland programmes are fully subscribed and underway while the South Auckland programme is scheduled to start May 4th.

We recently received a Lotteries Commission grant which will enable us to continue and extend our Senior Chef project. The continuance of this programme is entirely dependent on funding.

Senior Chef is a fun, practical and FREE course for older people who want to re- kindle an interest in cooking or who want to learn to cook.

- Three hour classes held over eight consecutive weeks, including morning tea and lunch
- An ideal opportunity for people to make new friends and have fun while they learn.

Each weekly class includes:

- Healthy eating for older people, menu planning, shopping tips and budgeting
- Preparing and cooking a meal in pairs
- Sharing the meal with the group.

Criteria for attendance:

- 65 years or older, 55 years or older for Maori and Pacific people
- Live alone or with one other person
- Want to improve skills, motivation or confidence around cooking.

THE AVONDALE SENIOR CHEF PROGRAMME

Who said cooking was a drag?!! The Avondale Senior Chef programme has been a success from day 1. The group is multi-cultural with 3 of Romanian, 1 of Irish and 1 of American ethnicities and 5 true blue Kiwis. All have enrolled with a desire to develop confidence and skills in the kitchen and deepen nutrition knowledge associated with ageing. A pleasing spin off from the programme are the new friendships that are being formed.



CONSUMER TRENDS SYMPOSIUM

15th March, University of Auckland

"Big Food, Bad Food": Opportunities for New Zealand

Dr. David Hughes, Emeritus Professor of Food Marketing, Imperial College, London.

Dr Hughes gave an extremely entertaining and informative seminar on trends in food marketing and the opportunities these present for New Zealand. Interesting trend emerging were:

- Japan has declining populations of children and dogs but an increasing number of cats as pets.
- The pet food market is growing faster than other packaged food markets.
- 30%+ of households in Norway, Germany and Britain are one-person households.
- Milk powder is now sold alongside perfume in duty free stores.
- Extreme weather events are routinely interrupting global food trade (between 1980 and 2014 disasters caused by weather and climate tripled from approx. 300/ year to approx. 900/year).
- Animal welfare concerns and use of hormones etc. are important for higher income groups who also like a story with their food. Dr Hughes described this as "how do you like your meat?" "With adjectives please."
 - o Known provenance
 - o Grass fed, suckler....
 - o Single estate
 - o Free from....

o Happy.

- Food and drink trends identified for 2016 by J Walter Thompson were
 - o "Natural" junk food – confectionary, drinks
 - o the rise of flexitarians – non-meat meals for omnivores
 - o by-product brands
 - o savoury sweets – vegetable ice cream / yoghurts
 - o inhalable cocktails
 - o algae – as a protein, cooking oil etc
 - o microbe-based, fermented cocktails
 - o ancient ingredients – baobab
 - o exotic authentic drinks - cachaça from Brazil
 - o chefs as "thought leaders" – Jamie Oliver.

Dr Hughes went on to discuss the impact of rising obesity on food manufacturing and choices. You can see a full copy of the presentation at <https://cdn.auckland.ac.nz/assets/foodandhealth/News/Prof%20David%20Hughes.pdf>

Dr Andrew Zhu from the University of Auckland Asia Institute followed Dr Hughes, presenting insights into China's on-line shoppers (high speed consumers). Dr Zhu defined these consumers as "optimistic, middle to upper-middle class, active online shoppers." These households are expected to generate 90% of digital consumption between 2015 and 2020 and can easily spend approx. \$200,000 NZD / year. They want NZ products...

- 64.7 % of Chinese E-commerce platforms carry NZ made products.
- 58.8% of E-commerce operators prefer only to stock well-known NZ brands.
- 41.2% of them don't have a specific brand preference but they are looking forward to having more exclusive distribution rights to new NZ products.
- Dairy and honey are the most sought after products followed by meat and nutrition supplements.

Dr Zhu described the channels used to sell NZ products as:

- The Sunshine Channel – an official channel used by distributors, often Chinese students in NZ, straight into China and
- The Grey Channel – which uses social media and is often described as "buying on behalf of". Often this product passes through Hong Kong.

Both channels are popular as Chinese consumers like buying outside China because these products are seen as less likely to be counterfeit. They are both also heavily reliant on Chinese social media generated by Chinese migrants, and students in particular, rather than traditional advertising.

You can see a full copy of the presentation at <https://cdn.auckland.ac.nz/assets/foodandhealth/News/Dr%20Andrew%20Zhu.pdf>

Sarah Hanrahan
Dietitian New Zealand Nutrition Foundation

WEBSITE REVIEW

www.authoritynutrition.com

Authority Nutrition is an USA based website promising daily articles about nutrition, weight loss and health. With 10 million visits / month there is clearly an appetite for their information and it's easy to see why. Each article is evidence based, referenced and prepared by one of the team of 11 dietitians, nutritionists and doctors. The topics addressed

are varied, including (from the last week and most popular); Eggs and cholesterol – how many eggs can you safely eat, 26 Weight loss tips that are actually evidence-based, Good carbs, bad carbs – how to make the right choices and What is Diatomaceous earth and is it good for you (never heard of it but good to know!). All the articles are written in plain English and include a summary statement the bottom line and a take home message. For fans of lists they're there too, like; '29 healthy snacks that can help you lose weight', '26 weight loss tips that are actually evidence based' etc. For those who are wondering about how to apply their new knowledge there are a limited number of meal plans.

We are also trialling their relatively new Science of Diet service. For a very modest fee you get access to a members-only area, "Science of Diet". Each week the Authority Nutrition team publish an overview of everything interesting (to them anyway) published on the science of nutrition, diets and weight loss. 2-3 times per week some of the more interesting or significant studies are reviewed in detail. As we are new to this service I'm not sure of the breadth of journals covered or the quality of the material but for \$7.71 / month we're happy to trial the service for a couple of months and then evaluate its usefulness.

So, the bottom line – well worth a look for an evidence based consumer friendly summary of current nutrition issues with a slight tilt toward the Paleo / low carb end of the healthy eating spectrum. Science of Diet appears to be a great idea if you have limited access to journals or time to filter through the plethora of studies available.

Sarah Hanrahan, Dietitian New Zealand Nutrition Foundation



NEW MEMBERS

We are delighted to welcome two new corporate members Harraways and Progressive Enterprises.

HARRAWAYS

Harraways is an iconic New Zealand company based in Dunedin, best known for their locally grown and processed rolled and scotch oats. Founded 140 years ago Harraways has passed through several hands but to this day remains locally owned and operated. Harraways products include

- Rolled oats
- Oat Singles
- Muesli
- Organic oats
- Organic Muesli
- Commercial grains

And newly released.... Steel Cut Oats.

Harraways has been a supporter of JUST COOK since inception providing oats and recipes using oats for our community programme. In 2015 with the support of Harraways we were able to extend the JUST COOK community programme to New Zealand Rugby League's community network. Harraways has been providing breakfast cereals to league clubs throughout NZ for several years ensuring young league players are able to start the day with a warm, filling healthy breakfast. We look forward to working with Harraways on their future projects.



PROGRESSIVE ENTERPRISES

For us supermarkets are where the rubber meets the road. While many of us like the idea of Farmer's Markets and leisurely selection of food for a carefully thought out menu, the reality is most of our food is purchased in a hurry at the supermarket and the supermarket is the one retail outlet most of us visit at least once a week. Progressive Enterprises owns and operates Countdown supermarkets and is the franchisor of Fresh Choice and Supervalu supermarkets. Each week 2.5 million New Zealanders make their food choices at a Progressive store. We are therefore delighted Progressive Enterprises is our newest corporate member. Recently Progressive has introduced free fruit for kids in stores nationwide and we look forward to working with them on other food and nutrition programmes.

McDonald's NZ commits to improving menu nutrition and choice

McDonald's New Zealand has announced a multi-million dollar investment programme to deliver nutritional improvement across its menu and increased choice and flexibility for customers.

As part of the company's 'Journey For Good' corporate responsibility framework, McDonald's carried out extensive research with New Zealanders, asking them what changes they would like to see in the menu. Further reductions in the levels of saturated fat, sugar and sodium across food and beverages were amongst the top ranking priorities. McDonald's has also spent over a year consulting with subject matter experts regarding its role in improving New Zealanders' meal choices.

"While fundamentally we sell burgers and fries, the McDonald's of 20 years ago is very different to the McDonald's of today and the future," explains Patrick Wilson, managing director, McDonald's New Zealand. "We listen to our customers, as well as those who form opinion and policy, and we continue to change and show leadership, particularly when it comes to the food and drinks we offer."

"We recently announced our move to free range for all our fresh eggs. In the last few

years we have significantly reduced the levels of sodium in our cheese and fries. Before that we reduced saturated fat by moving to a sunflower and canola based cooking oil.

"Over the last few years sugar has increasingly come under the spotlight and we have looked at how we can make further reductions in sugar. When we look at our menu, the reduction of sugar consumed in our hot and cold drinks is an area of opportunity, but it has to be done in a way that works for our customers.

"In 2014 we trialed a variety of different options with our drinks. These included offering a 'zero' sugar drink as the default in combos, showing a range of options on menu boards, and offering the opportunity for customers to swap their soft drink for bottled water for no extra cost.

"The trial ran for 20 weeks across 50 restaurants, over which time around six million people passed through those restaurants. This real world data has given us a very clear view of what works in the short term and what initiatives need to be worked on over time.

"Our research clearly tells us that New Zealanders do not want to be told what

to drink, or have options taken away. It's important to offer a range of genuine choices, reformulate products without impacting quality and taste, and ensure pricing delivers value to the customer.

"We now offer the option of a 600ml bottle of water instead of a soft drink in combos for no extra cost. It is priced at two dollars on the normal menu, therefore offering good value. We have also transitioned to a new version of apple and blackcurrant drink, which is thirty percent lower in sugar and calories and uses natural flavours and colours.

"We have set ourselves a five year plan to reduce sugar consumed in our menu, and we will share progress and commitments as we move forward".

Another initiative announced in March is a trial, at eight restaurants across the country, of the inclusion of a free NZ Royal gala apple in all Happy Meals and the additional choices of yoghurt as a side and organic milk as a beverage option. Assuming the trial is successful, McDonalds will roll out the new Happy Meal to all restaurants, keeping the free fruit as a permanent addition.



IT'S TIME TO THINK ABOUT IRON

World Iron Awareness Week is an annual campaign encouraging conversation around iron deficiency, recognising the signs of low iron, and tips for prevention.

The World Health Organisation describes iron deficiency anaemia as the most common and widespread nutritional disorder in the world, affecting more people than any other health condition. New Zealand is not exempt from the impacts of iron deficiency and at the last national nutrition survey, 5% of the New Zealand population had low iron stores and 4.2% were iron deficient. More importantly, low iron levels were evident in one in 14 adult women over 15 years old.

Tiredness, lack of focus and lethargy are common symptoms of iron deficiency, however new research has led to discussions about the role of iron in brain and mental health.

Guest speaker Dr Helen O'Connor, from The University of Sydney, will present the Food, Mood and Mind public lecture at Massey University on Thursday 21 April. Dr O'Connor is currently researching the impact of iron deficiency and obesity on cognition among her other research interests. Her lecture will cover the role of general nutrition in brain health, iron and its potential role, and iron deficiency and cognition/brain health.

WHAT'S ON?

The 2016 World Iron Awareness Week campaign has strong support from a range of New Zealand organisations including a dedicated focus on iron at Massey University for the week of the campaign. Massey University is set to host a number of activities for health professionals and the public in the lead up, and during World Iron Awareness Week.

- MONDAY 18 APRIL**
GIRLS NIGHT OUT

Entertainment and education rolled into a night of fun for girls aged 13-21 (and their Mums).

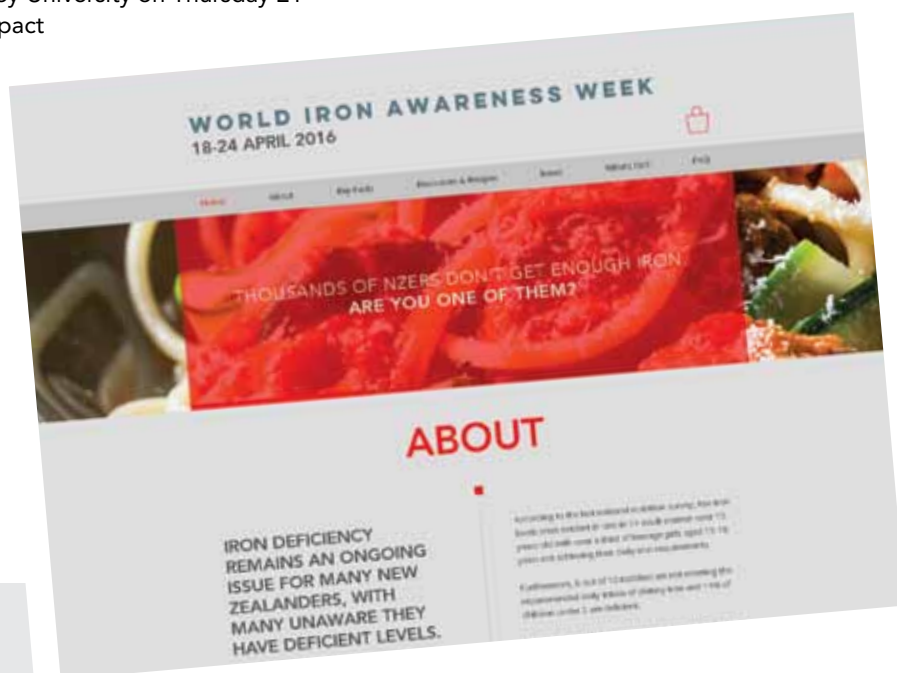
- WEDNESDAY 20 APRIL**
HEALTH PROFESSIONALS SEMINAR – IRON IN PREGNANCY

A half-day seminar for health professionals working with pregnant women, especially relevant to midwives, GPs, obstetricians and practice nurses.

- THURSDAY 21 APRIL**
FOOD, MOOD AND MIND – A PUBLIC LECTURE

An opportunity to hear the latest research on the role of iron in the brain – how does iron deficiency affect your mood and cognitive ability?

For more information or to register for events,
visit <http://goo.gl/HedVso>



RESOURCES

To order resources or for more information on Iron Awareness Week, visit www.ironweek.co.nz or contact Emily Parks at Beef + Lamb New Zealand emily@beeflambnz.co.nz

WORLD IRON AWARENESS WEEK

18-24 APRIL 2016

Are you getting enough?



80%

of toddlers don't meet the recommended daily intake of dietary iron¹

AT 7 MONTHS

a baby needs more iron than her dad.

Iron is crucial for brain development in babies and toddlers.

14%



of **children** under the age of 2 are **iron deficient**²

1 in 14
New Zealand women
are low in iron³



over a third
of teenage girls
don't achieve
their daily iron
requirements³

Symptoms of iron deficiency are commonly associated with a busy lifestyle or a bug. If you can tick any of the following symptoms you may be suffering from low iron levels.

● tiredness ● grumpy and irritable ● frequent infections ● difficulty concentrating ● feeling the cold

To find out more visit the website or your GP
ironweek.co.nz | [#WorldIronWeek](https://twitter.com/WorldIronWeek)

1: Wall, CR et al. (2008). Ethnic variance in iron status: is it related to dietary intake? Public Health Nutr 12 (9):1413-1421. 2: Grant, CC et al. (2007). Population prevalence and risk factors for iron deficiency in Auckland, New Zealand. J Paediatr Child Health 43: 532-538. 3: University of Otago and Ministry of Health. (2011). A Focus on Nutrition: Key findings of the 2008/09 New Zealand Adult Nutrition Survey. Wellington: Ministry of Health.



EGGS AND THE HEART

Daily egg consumption has been a hot topic recently, after the New Zealand Heart Foundation updated its recommendations for people at increased risk of heart disease.

Previously, the Heart Foundation recommended those in the high risk category should limit their egg intake to three eggs per week, based on findings from its original (1999) evidence paper. This paper found that while dietary cholesterol had little effect on blood cholesterol levels and risk of heart disease, it was thought that an intake of dietary cholesterol higher than 300mg/day was a more important determinant of total and LDL cholesterol, when saturated fats accounted for more than 15% of total energy intakeⁱ.

Average saturated fat intakes at the time were high enough to consider it prudent to advise limiting eggs for people at high risk of heart disease. However, since the Heart Foundation's original position paper was published, most organisations* around the world have relaxed their advice on eggs, based on scientific evidence that is currently available.

In line with this, the Heart Foundation last year commissioned an independent scientific report titled, 'Eggs and the Heart,' which was issued in January this year. This report assessed the impact of dietary cholesterol from the food we eat, with a particular focus on eggs. The paper considered whether recommendations should continue to limit dietary cholesterol from eggs for people at high risk of heart disease. Systematic reviews, meta-analyses and recent RCTs assessing the impact of eggs on heart disease or risk factors were included in the report.

Whilst the evidence was not clear enough to say that there is no association between dietary cholesterol and heart disease risk, it was also not strong enough to warrant continuing recommendations to limit egg intake to three per week.

The weight of evidence suggested that eggs have only a very small effect on blood cholesterol levels, especially at normal levels of intake. For most people, any such increased risk is not likely to be clinically meaningful.

There has been a limited amount of research, since 1999, in people with hyperlipidaemia, however, epidemiological research suggests a prudent limit for them is 6-7 eggs per week. When sub-groups of hyper-responders to dietary cholesterol were identified, the increases in blood cholesterol levels were still small.

Based on current evidence, the Heart Foundation now recommends that New Zealanders at increased risk of heart disease can eat up to six eggs per week, as part of a heart-healthy diet. This amount is unlikely to have any substantive influence on their risk of developing heart disease. The general healthy population can eat eggs as part of a heart healthy dietary pattern.

The Heart Foundation suggests there are more important changes people should be focusing on. This includes increasing vegetable intake, eating more whole and less-processed foods and further reducing saturated fat intake. Eggs are a nutritious whole food which are an inexpensive source of protein and contain other nutrients such as carotenoids, vitamin D, B12, selenium and choline.

While the evidence paper focused specifically on eggs, the greatest effect on



reduction of heart disease risk will be from eating an overall heart-healthy pattern of foods. Thus, care should be taken with the company that eggs keep that is, the combination of foods often eaten with eggs such as processed meats, refined white bread, salt or butter.

A heart healthy dietary pattern is high in vegetables and fruit, contains whole grains in place of refined grains, legumes, nuts and other sources of healthy fats such as oily fish, and can contain non-processed meats, poultry and/or dairy.

For more information, the full 'Eggs and the Heart' evidence paper can be found [here](http://www.heartfoundation.org.nz/uploads/Nutrition_evidence_paper_eggs_1.pdf) (http://www.heartfoundation.org.nz/uploads/Nutrition_evidence_paper_eggs_1.pdf).

**Other organisations that have relaxed their recommendations on eggs include the Australian Heart Foundation, British Heart Foundation and American Heart Association. Also, the latest Dietary Guidelines for Americans have removed dietary cholesterol as a cause of concern for overconsumption.*

ⁱ Mann J, Truswell S. *Essentials of Human Nutrition*. Oxford: Oxford University Press; 2007.

ARTICLE IN OXFORD JOURNAL ADDS WEIGHT TO COCONUT OIL DEBATE

An article in the April edition of Nutrition Reviews has added weight to the debate surrounding the healthfulness of coconut oil for heart disease¹.

The findings of a New Zealand research team were published in the Journal, along with their conclusion that coconut oil generally raises total and low-density lipoprotein cholesterol to a greater extent than healthy cis – unsaturated plant oils.

The team's findings were based on a review of 21 research papers comprising 8 clinical trials and 13 observational studies. The majority of the papers examined the effect of coconut oil or coconut products on serum lipid profiles.

Overall, the weight of evidence from existing intervention studies suggests that replacing coconut oil with cis unsaturated fats would alter blood lipid profiles in a manner consistent with a reduction in risk factors for cardiovascular disease.

In-line with that finding, the Heart Foundation recommended last year that people use unsaturated plant oils over coconut oil which is high in saturated fat.

Despite coconut oil 'basking in the sunshine' of the whole food movement, the results of the literature review clearly concluded that for cardiovascular health, there are healthier oils to include in the diet.

The review provides an independent and credible information source for health professionals.

The Heart Foundation expects that the paper will support further research into some of the more far-fetched health claims that are being used to promote the healthfulness of coconut and coconut oil.

The paper can be accessed at: <http://www.ncbi.nlm.nih.gov/pubmed/26946252>

i Eyres L, Eyres MF, Chisholm A, Brown RC. Coconut oil consumption and cardiovascular risk factors in humans. Nutr Rev. 2016 Apr;74(4):267-80.

2016 GLOBAL UPDATE on Nutrition Labelling published

The European Food Information Council's latest 'Global Update on Nutrition Labelling' is now available for purchase. This yearly report is produced in collaboration with Landmark Europe and other five partner food organisations:

- China Food Information Centre
- CISAN (Consejo para la información sobre la seguridad de los alimentos y nutrición),
- International Food Information Council (US)
- New Zealand Nutrition Foundation
- South African Association for Food Science and Technology

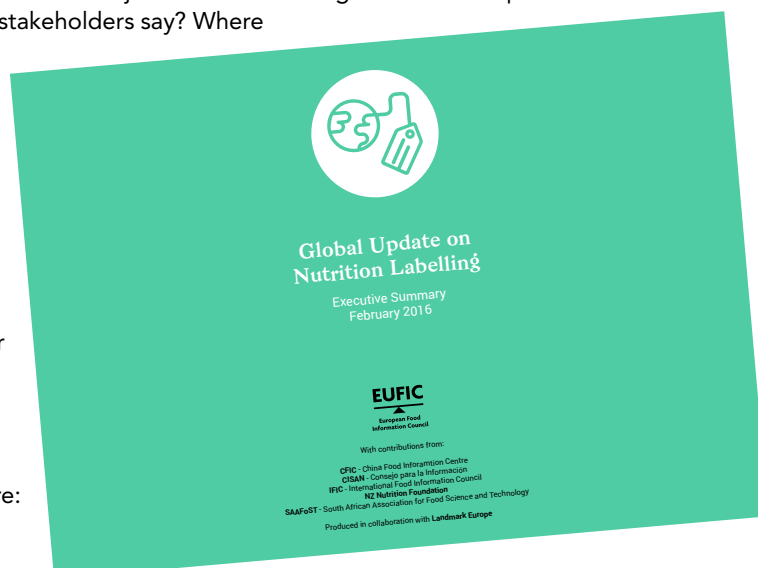
The Global Update provides a comprehensive overview: What are the major nutrition labelling initiatives adopted or in the pipeline to date? How do they work? What do the various stakeholders say? Where is the debate heading? What does the research show?

The report:

- Provides an up-to-date, comprehensive snapshot of the food situation worldwide.
- Evaluates research and practical experiences to date.
- Highlights emerging trends and remaining knowledge gaps.
- Suggest ways forward, particularly with respect to consumer research.

The Executive Summary can be downloaded here: www.eufic.org/upl/1/default/doc/ExecutiveSummary.pdf

The full report can be purchased on the Eufic website here: www.eufic.org/index/en/show/media/



WHAT'S ON 2016

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/>

EOS 2016: European Obesity Summit

Date: June 1 – 4, 2016

Venue: The Swedish Exhibition and Congress Centre, Svenska Massan, Gothenberg, Sweden

For information: www.obesity-summit.eu/

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/>

2016 NZIFST Conference: 'Setting direction – journey from a position of strength'.

Date: July 4 – 7, 2016

Venue: Rotorua

For information: www.nzifst.org.nz/conference.asp

2016 New Zealand Association of Gerontology conference, 'Making active ageing a reality'

Date: September 15 – 17

Venue: James Cook Hotel Grand Chancellor, Wellington

For information: <http://confer.co.nz/nzag2016/>

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 newsletters please contact us at info@nutritionfoundation.org.nz



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