



Nutrition News

July 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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Why do we confuse nutrients and food?

Why is much nutrition advice in media - and also from health professionals - about what we should eat to maintain good health couched in terms of single nutrients, not food? We talk about eating protein, and not eating 'carbs.' Saturated fat is in - or out, sugar is categorised 'bad' (sucrose) and 'really bad' (fructose). Hang on - fructose is in fruit and fruit is good for you - and it's also part of sucrose isn't it?

That's another question; why do we insist on advising people what NOT to eat, instead of WHAT to eat. Add that to the current trend promulgated in social media - to avoid certain foods or whole food groups in the mistaken belief it's 'healthier'. Oops - we need all the food groups to achieve a balanced diet! Surely swallowing supplements to make up the deficits is not the way to go. Then there is the confused science - because some people have coeliac disease and can't digest gluten, a gluten-free diet is more healthy for all?

Most of these fads or fashions are promoted, often for commercial gain, by enthusiastic amateurs or bloggers, or your neighbour who swears it has helped him/her, or by an unqualified adviser who does believe in anecdote, but doesn't 'believe' in science. And they are creating confusion, moral panic and fear about food.

I was interested to have my view on a positive approach supported in a small way by recent research findings. Published in the European Heart Journal, the study, led by Auckland City

Hospital cardiologist
Professor Ralph
Stewart, found that
for every 100 people
being treated with
medication for heart

disease, for those eating the highest proportion of the key ingredients of the 'Mediterranean diet' there were three fewer heart attacks, strokes or deaths compared with 100 people eating the smallest quantities of these foods. Interestingly, greater consumption of foods thought to be less healthy and more typical of Western diets, was not associated with an increase in these adverse events, which was not expected.

This research suggests we should place more emphasis on encouraging people with heart disease and those wanting to reduce their risk of heart disease - to eat more of the healthy foods, and focus less on avoiding unhealthy foods. Perhaps that's because when you eat more of the healthy foods you eat less of those which might increase your risk of heart disease....

Positive public health messages are difficult enough to promulgate in all the food noise going on at the moment, and this is not helped when the evidence-based facts are not exciting and world shattering. But we can make it clearer for the hapless consumer, by keeping the messages simple - and the real story is simple. For an example, read what we say about nutrition for older people on page 4.



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Why do we confuse nutrients and food?

Who should we believe? Here at the Foundation we know evidence-based information about the nutrition value of foods and recommendation about how much we need to eat for good nutrition is the key. That is why we base our recommendations on the Ministry of Health guidelines. It's why we have our nutrition and food information reviewed by appropriate experts.

It's why we have the programme *Just Cook*, promoting home cooking to teenagers and families and why we have added a cooking programme for community-living older people to our *Healthy Ageing* programme. We know the evidence shows cooking at home is more likely to help the budget and promote healthier choices than the alternatives, and that eating together

promotes socialisation and is good for family relationships, as well as the well-being of community living older people.

I am somewhat reassured by recent social media comment from Australia saying, "Kale is out, why young women are rebelling against clean eating" and "The sheen of the world of wellness – of sugar-free this, and gluten-free that – is finally starting to wear off." We live in hope – and what is the definition of 'clean eating' anyway....?

Sue Pollard
CEO NZNF



WEBSITE

Just Cook has a new website www.justcook.co.nz. The new design references gaming and Minecraft making it more appealing to our teen/pre-teen audience. Teachers and community health workers can easily find their pages using highly visible buttons at the top of the page. We have made the Challenge entry forms easy to find and use.



COMMUNITY PROGRAMME

Last month, we packed 200 JUST COOK community kits to be sent to community health workers around the country. This is an increase of 25% over last year. As with previous years, the kits have gone to extremely diverse groups, which includes workplace cooking demonstrations, cooking workshops for single parents, shared lunch for children and parents at a kindergarten.

We are also working again with NZ Rugby League, who have expanded their playgroup programme to include Northland and Ngaruawahia / Huntly. We will be doing five demonstrations with the playgroups and following up by helping each playgroup plan its own community activity to build cooking skills.





THE CHALLENGE

There are now two ways to enter the JUST COOK Challenge, either through school or as an individual. There are four category prizes available of \$250 / category for both schools and individuals with an additional \$500 for the winning school. All entries with two or more serves of vegetables go in the draw to win one of five \$100 Prezzy cards.

School entries still require a recipe and photo as this meets curriculum demands, however we have simplified individual

entries to just listing key ingredients on the entry form and uploading a photo of the final dish.

Entries are accepted through the website <http://justcook.co.nz/challenge/> between July 1st and July 31st 2016.

JUST COOK would not be possible without the support of our partners: Beef + Lamb New Zealand, Harraways, Tegel, Wattie's, Sanitarium, Eggs Inc., Maggi, Continental, Tip Top Bakery, Countdown, SunRice and Prolife Foods.

BEEF + LAMB
NEW ZEALAND





HEALTHY AGEING

We publish a quarterly bulletin as part of our healthy ageing nutrition communication strategy. Other nutrition information is provided in our websites: www.nutritionfoundation.org.nz/about-us/Healthy-Ageing and <http://agewelleatwell.com/>

This is an extract summarised from the Foundation's latest bulletin, in which retired dietitian, and member of our Committee for Healthy Ageing, Julian Jensen gets back to the basics and reminds seniors living independently of about how to deal with the nutrition-related issues facing them as they age.

We are inundated in the media with the debate about obesity and diabetes 'epidemics', and the consequent advocacy for a sugar tax, concern about fast food outlets near schools and other issues.

These can make older people anxious about what this means for them. However, while obesity and diabetes are important issues for all ages, by the time older people reach their 70s, the risk of early, untimely death in middle age has past. Their nutrition issues are not so much about obesity and diabetes, as the increasing risk of malnutrition and other nutrition-related risks, as they enter their senior years, maybe on their own.

What older people do with diet and lifestyle can help. The key to a healthy old age is eating well and keeping as fit and active as possible. It's simple really.

1. Cook meals and eat with family and friends
2. Keep active
3. Maintain a healthy weight
4. Prevent unplanned weight loss
5. Eat well.

TIPS FOR A NUTRITIOUS AND BALANCED DIET

1. Eat plenty of fruit and vegetables.
2. Protein-rich foods are important (milk and milk products, such as cheese and yoghurt; meat, fish, chicken, eggs; legumes such as dried peas, beans and lentils; and nuts and seeds). Eat these at most meals and also include in snacks.
3. Choose wholegrain breads and cereals.
4. Choose healthy fats such as olive oil, rice bran oil and canola.

5. Sugar promotes tooth decay and adds to your energy intake – remember this if you are wanting to either lose or gain weight.

6. The old adage of 'a little bit of what you fancy will do you good' is as relevant in older age as ever, and over-zealousness with regard to what you are eating is probably not justified. If you are concerned, talk to your doctor, who can refer you to see a registered dietitian or other health professional who can help.

7. Use supplements only on the advice of your doctor or dietitian. There's no magic nutrition bullet, and anything that makes promises that sound too good to be true probably are!

The full bulletin - with lots more information, including a meal plan - can be downloaded from:

www.nutritionfoundation.org.nz/news-and-hot-topics/latest-news/Healthy-Ageing-Bulletin---June-2016

2016 AUCKLAND SENIOR CHEF PROGRAMMES

The New Zealand Nutrition Foundation has delivered three very successful Senior Chef Programmes in partnership with Age Concern in the Auckland region - at the Milford Baptist Church, North Shore; Avondale Gardens Retirement Village and the Manurewa Baptist Church, with funding contributions from Auckland City Council (Devonport-Takapuna Local Board), Age Concern and Four Winds Foundation. Thanks to a recent grant from Lottery Community we will be scheduling two more programmes in each area over the course of the next six months.

Participants reported in their evaluation that their cooking skills, confidence to cook for one or two people and motivation to cook had improved as the result of attending the Senior Chef programme. Most participants were keen to continue social contact with each other post programmes.

Here are some comments shared by participants

- "We all enjoyed group discussion including opportunities to share strategies, culture and lifestyle"
- "The facilitator has excellent teaching skills and encourages the participants to get involved"
- "Very comfortable and laughter"
- "Everyone participated at their level"

Programme delivery was assisted by students from Auckland University, Massey University and Auckland University of Technology who volunteered their time to help the trained facilitators deliver the programme. The participants enjoyed meeting enthusiastic students who were keen to share their knowledge and experiences. A big thank-you to our student helpers Adam Li, Schynell

Coutinho, Juliana Goodman and Anuradha Sharma.



A big thank-you to our partner, Age Concern and funders for their financial support without which the programmes would not go ahead.



The Age Concern, NZNF Senior Chef Programme at Milford Baptist Church March 17th – May 5th, 2016



Keith Mackintosh, a participant in the Milford programme, shares with us about his experience on the Senior Chef programme.

"Senior Chef in the making.

I must say that I had some trepidation when entering the first class of the Senior Chef program. However in no time I felt comfortable with Anna's welcome and the informal atmosphere.

I needed to learn the basics of cooking - I knew very little! My wife, who is an excellent cook, has some arthritis especially in one hand and cannot hold heavy pots in that hand. This was a good reason for me to pull finger. When we commenced actual cooking, we were to cook in pairs. I was cunning enough to evaluate an experienced cook and Heather was the perfect choice. Slicing parsley and other delicate manoeuvres was no problem to Heather and she gave me a lot of advice. Anna was a superb leader who has a lovely personality as well as being a good tutor.

I got to the stage where I was looking forward to the next class and I became keen to 'get amongst it.'

When I can gain access to the kitchen, I am now able to produce Power Porridge (don't laugh!) Quiches, Omelettes, Pizzas, bean salads, fish pie and stir fries etc.

The printed material is superb reference with quality colour print. I keep all material in a kitchen cupboard and often re-read it to stay in touch with what I have learnt.

I read labels at the supermarket for fat and sodium content and look for bargains. I really hope that this program can expand and other men who have not learnt past the 'boiling of eggs' stage could learn and enjoy what I have."

Adam Li is a Health Science student who volunteered at the Manurewa programme. This is what he has to say about his experience:

"Being a volunteer on the Senior Chef programme was really rewarding. It gave me an opportunity to gain some practical health promotion experience and provided me with a greater insight into some of the challenges older adults face. For me, the most rewarding aspect of the whole experience was seeing the participants gain greater confidence in the kitchen. As the cooking lessons progressed, it was clear the older adults became more confident and enthusiastic about cooking. In fact, towards the end of the programme, it was hard to get them to share the cooking tasks around because they were all so keen to do everything themselves. I also realised that aside from teaching nutrition education and cooking skills, Senior Chef provided important social benefits to the participants. During the programme, it was fantastic to see so many new friendships being formed, as well as contact information being exchanged so people could stay in touch later on. I highly recommend the Senior Chef programme to other volunteers and older adults because it is a worthwhile experience for everyone involved."

MAKING MEALTIMES THE HIGHLIGHT OF THE DAY - AGED CARE DIETITIANS' FIRST SEMINAR

Aged care is one of the fastest growing industries worldwide. As the industry grows, and becomes more competitive, the spotlight is turning to the meals served to residents in aged care facilities. Negative media reports about the quality of food in aged care are common, and cause public outrage. Potential consequences of serving inferior quality food to residents include: malnutrition, dissatisfied residents, an increase in complaints and escalating health care costs.

While the majority of providers, cooks and chefs understand the importance of serving nutritious meals to residents, there are many challenges facing the food service manager – tight budgets, rising

costs, high staff turnover and limited training opportunities, to name a few.

In recognition of these challenges, *Aged Care Dietitians* was established by Sandra van Lill, a New Zealand Registered Dietitian with many years specialisation in aged care nutrition. The mission of *Aged Care Dietitians* is to support aged care providers to enhance the quality of life and well-being of residents through optimising nutrition care; and to empower providers and carers with evidence-based nutrition knowledge and practical skills. *Aged Care Dietitians* works collaboratively with industry experts to provide nutrition seminars, workshops and webinars to aged care providers.

Over forty participants attended the Aged Care Dietitians Seminar on the 18th of May, at the Ernest and Marion Library, Auckland City Hospital. They came from as far as Timaru and New Plymouth to hear speakers and network with colleagues from the aged care sector. The participants were a microcosm of staff employed within this sector; residential managers, nurses, chefs, carers, and dietitians. The challenge put forward to the participants was to use the knowledge gained through the seminar to make meal times the highlight of the day for the residents in their facilities.

Below is a summary outlining the highlights of the day:

Kaye Dennison (NZRD) opened the seminar and chaired the event throughout the day. Her experiences as a dietitian in older person's health offered an important perspective into nutrition in aged care.

Sandra van Lill (NZRD) an aged care specialist dietitian (and director of DietitiaNZ) presented on 'why excellence in age care foodservice matters.' She used her clinical experience to examine the dangers of malnutrition and the importance of food service staff in helping to combat malnutrition. She challenged the audience to consider what the baby boomer generation will demand in the future when they enter aged care. She stressed the importance of resident choice and moving away from institutional style meals. Sandra also presented on the changes to the Dietitians New Zealand Menu Audit Tool, and how a menu audit by a NZRD can support facilities to make quality improvements to their food service. Participants who had experience of being audited found this a valuable insight into the perspective of a menu auditor.

Roslyn Norrie (NZRD), senior foodservice dietitian and director of FoodWhiz, took us back to the basics of making meal times the highlight of the day. Her knowledge around the physiology of eating provided ideas around how a foodservice could be responsible for stimulating the appetites of those living in aged care. She challenged the group to think about dignity in dining. Seminar attendees reported the experience of feeding each other in the seminar led by Roslyn to be a humbling experience and an important reminder of the importance in considering dignity around food and eating for their clients. Roslyn also spoke of emerging trends in foodservice and how these could be practically applied to improve food quality.

Zhuoshi Zhang (NZRD), diabetes and research dietitian, spoke about the catering needs for the Asian residents. This is vitally important as the Asian population is growing rapidly, particularly in Auckland. As the number of Asian residents in aged care increases it is vital that their unique dietary needs are considered. She offered a fascinating snapshot into traditional Asian eating



patterns and how caterers can tailor their menu to meet the needs of Asian residents. Her interesting analogy of "what is the best type of apple?" got the room thinking about how we must consider cultural needs in menu planning.

Terence Austin, executive chef at Ranfurly Village Rest Home and Hospital demonstrated passionately to the audience just how fine dining-quality meals can be produced in aged care facilities. Attendees reported that his 'tips and tricks' for how to train catering staff to produce restaurant quality meals was a highlight of the day. His own experience in transforming foodservices for the aged care facility was a perfect example of the exceptional quality that can be achieved within the parameters of a tight budget.

The Seminar closed with a panel discussion where the floor was opened to attendees to ask questions.

The feedback from attendees was very positive. In addition to learning new information and being inspired, attendees valued the opportunity to network with colleagues from across the sector.

Participants said about the Seminar:

"Thanks - thoroughly enlightening"

"One of the best seminars I have been to"

"I would like to suggest this programme at least once a year"

Due to the success of the Seminar, and the interest expressed by the attendees, DietitiaNZ will definitely be arranging future seminars on aged care nutrition.

Thanks to Sylvia Pyatt, NZRD, who wrote this summary

**For more information contact
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DIETARY FATS AND HEART HEALTH UPDATE

There has been much debate on the topic of dietary fats and heart health in recent years, causing many health professionals and general public alike to become confused, and lose confidence in current dietary recommendations.

To help clear the confusion, last year Unilever facilitated a professional development session called *Dietary Fats and Heart Health: Are the recommendations changing?* - in association with the NZ Heart Foundation, Dietitians NZ and the NZ College of Primary Health Care Nurses. This session reviewed the latest in dietary fats research, nutrition guidelines and insights from experts in the field.

There have been several developments in dietary fats and heart health research since this session. Unilever have compiled a brief overview, gathered from existing reviews and references for further reading, in order to keep you up to date with the latest evidence.



SATURATED FATS COMPARED WITH UNSATURATED FATS AND SOURCES OF CARBOHYDRATES IN RELATION TO RISK OF CORONARY HEART DISEASE (1,2)

The findings reveal people who replace saturated fat (mainly found in meats and dairy foods) in their diets with refined carbohydrates do not lower their risk of coronary heart disease (CHD). On the other hand, those who replace saturated fats with unsaturated fats (found in plant-based oils and nuts) or wholegrains lower their CHD risk.

This is the first prospective analysis to directly compare saturated fat with other types of fats and different types of carbohydrates in relation to heart disease risk. The findings suggest that the low-fat, high-carb nutrition trends of the 1980s and 1990s are not effective in reducing risk of CHD. Dietary recommendations to reduce saturated fats should specify their replacement with unsaturated fats or with less refined carbohydrates, such as wholegrains.

COCONUT OIL CONSUMPTION AND CARDIOVASCULAR RISK FACTORS IN HUMANS (3)

With the growing popularity of coconut oil and its use as a heart healthy alternative, this literature review looks at the effect of coconut consumption on cardiovascular risk factors and outcomes in humans. The review included 8 clinical trials and 13 observational studies, namely looking at the effect of coconut oil and products on serum lipid profiles. Findings showed that coconut oil generally raised total and low-density lipoprotein (LDL) cholesterol to a greater extent than cis-unsaturated plant oils, but to a lesser extent than butter. The effect of coconut consumption on the ratio of total cholesterol to high-density lipoprotein (HDL) cholesterol was often not examined.

Observational evidence suggests that consumption of coconut flesh or squeezed coconut in the context of traditional dietary patterns does not lead to adverse cardiovascular outcomes.

However, due to large differences in dietary and lifestyle patterns, these findings cannot be applied to a typical Western diet. Overall, the weight of the evidence from intervention studies to date 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.

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DIETARY FATS AND HEART HEALTH UPDATE



RE-EVALUATION OF THE TRADITIONAL DIET-HEART HYPOTHESIS: ANALYSIS OF RECOVERED DATA FROM MINNESOTA CORONARY EXPERIMENT (4,5)

This re-evaluation paper attempts to challenge current guidelines by re-examining the Minnesota Coronary Experiment (MCE), claiming an overestimation of the benefits of replacing saturated fat with vegetable oils rich in linoleic acid. The MCE set out to test the traditional “diet-heart” hypothesis in 1968, which predicts that replacing saturated fatty acids (SFA) with vegetable oils rich in linoleic acid (the primary omega 6 polyunsaturated fatty acids (PUFA) in our diet) reduces CHD by lowering serum cholesterol.

The initial results of the trial reported no reduction in mortality as a result of the linoleic-acid enriched diet, however the experiment had serious limitations and was later discredited. Since this early study, there is now much more knowledge on the many pathways between diet and CHD (rather than simply exchanging SFA with omega 6 PUFA), including the importance of including omega 3 PUFAs with omega 6 PUFAs, which was absent from the initial study.

Dr Walter Willett describes the limitations with this re-evaluation study in a recent online article (5), highlighting its irrelevance to current dietary recommendations, which emphasise replacing saturated fat with polyunsaturated fat, including sources of both omega 3 and omega 6 fatty acids.

HEART FOUNDATION OF NEW ZEALAND EGGS POSITION STATEMENT

The Heart Foundation of NZ issued a new position statement on eggs in January 2016 (6). This statement is an update from the 1999 guidelines. It now says those at risk of heart disease including those with Type 2 diabetes, can eat up to six eggs per week as part of a heart-healthy eating pattern. This was drawn from the full evidence-base paper *Eggs and the Heart* (7).



More information and patient resources around dietary fats and heart health are available at www.floraproactive.co.nz/healthcareprofessionals

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SUGAR AND SWEETENERS - NEW RESOURCES AVAILABLE

The Sugar Research Advisory Service (SRAS) has developed two new resources, focusing on some of the common questions seen in the nutrition space around sugar processing and the range of sugar alternatives now on the market. Click on the titles below to download a copy.

Where does sugar come from? A large proportion of the sugar consumed in New Zealand is grown and milled on Australia's eastern coastline. Some of this is then transported to New Zealand for refining at Chelsea Sugar Refinery. This resource explains the process step-by-step and uncovers the many uses of sugar cane.

What kind of sweetener is that? These days there is a lot of confusion around sugars and sweeteners. There are now numerous alternatives to regular table sugar, and many different claims are being made about each of these alternative sweeteners. This resource provides an overview on some of the most popular caloric and non-caloric sweeteners now available.

Further resources, articles, research and news updates are available at www.srasanz.org

The SRAS is a scientific information service for health professionals, academics, media and enthusiastic foodies, which aims to encourage an evidence-based view of the role of sugars in nutrition and health. Founded in 2002, the SRAS is funded through the Australian Sugar Industry Alliance and New Zealand Sugar and is managed by a team of qualified nutrition professionals, including Accredited Practising Dietitians and Registered Dietitians from Australia and New Zealand. The work of the SRAS is guided by independent experts who are highly experienced in human nutrition, dietetics and food science.



URLS for resources:

- **Where does sugar come from** →
http://www.srasanz.org/files/1814/6665/6796/SA_104251_A4_Brochure_06-small.pdf?utm_source=SRASResources%20&utm_medium=NZNF%20newsletter%20&utm_campaign=WhereDoesSugarComeFrom_NZNFquarterlyupdate
- **What kind of sweetener is that?** →
http://www.srasanz.org/files/4414/6665/7468/SA_104184_Infographic_05.pdf?utm_source=SRASResources%20&utm_medium=NZNF%20newsletter%20&utm_campaign=Sweetenersinfood_NZNFquarterlyupdate

NOTHING ELSE

We know that there is a need for food reformulation to improve the nutritional quality of the food supply, for better communication with consumers, to produce food that consumers will buy and eat more than once at an affordable price and to be healthy and sustainable for our planet! A huge, multiplayer ask!

Over the last four years Dave Brown (Branding) and Elaine Rush (Nutrition) at the Auckland University of Technology and Janice Tan at AB foods have spearheaded the team work in the exciting development of a healthier snack bar which is about to become commercial reality. The circle brand **Nothing Else™** requires that all ingredients be named within the circle on the front of pack. This brand and bar almost has it all - natural ingredients your grandma would understand. No preservatives. No additives. The shelf life of 9 months is related to the low water activity. In addition we have produced evidence for a **low glycaemic index and increased satiety**.



This has been a steep learning curve for all concerned. Sales of the bar through the AUT cafes and Sport and Fitness centres have shown that there is a demand for this type of product, particularly with coffee, even though the **initial sensory testing** compared with other popular bars showed (after one taste) that it was the least preferred bar! But when branding and health related nutrition information was provided overall liking of the Nothing Else bar increased. Like young children taste and liking develops after repeated exposure and this is what has been shown at AUT.

The addition to the prototype flavour DATES & ALMONDS, which contains honey, of a second product, CASHEWS & CRANBERRIES which is sweetened by the sweetened cranberries means that there is now a vegan alternative. Furthermore the new packaging and serving size meet district health board requirements for healthy vending. Further enquiries please contact elaine.rush@aut.ac.nz or janice@abfoods.co.nz.

Updating an old favourite

The Heart Foundation is pleased to announce that the [Healthy Heart visual food guide](#) has recently been updated to more closely align with the new Eating and Activity Guidelines from the Ministry of Health. Some other minor changes were also made to make the Healthy Heart more user-friendly. Key changes include:

- Removal of the white lines between the 'Eat some' categories, to reflect there can be greater variance between individual dietary patterns
- Removing 'Use some' at the bottom and so 'Healthy oils, nuts & seeds' fits within the 'Eat some' category. Representing a stronger focus in the Eating and Activity Guidelines on healthy fat.
- Updating the wording (and associated imagery) of the food groups to reflect the changes in wording in the new Eating and Activity Guidelines



The 'Healthy Heart' is based on a cardio-protective eating pattern. It conveys simple, big picture messages about a healthy eating pattern and show the recommended balance and proportion of foods, and foods that can be swapped for each other.

If you were to look at everything you eat in a day, or put into your shopping trolley for a week, the volume of foods should look in roughly the same proportions as shown in the 'Healthy Heart'.

There is a range of resources available free-of-charge from the Heart Foundation website (www.heartfoundation.org.nz/order-resources).

Heart Foundation resources which feature the Healthy Heart will be gradually updated with the new imagery, as new print runs are required.

We hope you find this updated tool useful and a positive way to engage with people around heart healthy eating.

Angela Berrill,
National Nutrition Advisor

Email: angelab@heartfoundation.org.nz



GOVERNMENT DEPARTMENT NEWS

MINISTRY FOR PRIMARY INDUSTRIES - MPI

Operational Research - the MPI science programme is funded by the food safety operational fund to specifically contract research and scientific services, to provide MPI with a scientific evidence base for standard development and market access support. There is an annual call for submission of project proposals, which are screened by the Operational Research team. Those not screened out are evaluated by the appropriate MPI committee, for recommendations to the Director. Current work includes the Total Diet Survey (one of the largest projects), Manuka Honey, supplemented foods, 3-MCPD esters (with FSANZ), the Health Star Rating and NIP for manufactured foods and Souse vide and food safety.

For an example of a research project you can see their report on *Campylobacter* in poultry carried out in 2015 at: <https://www.mpi.govt.nz/document-vault/9641>

MPI is interested in hearing about any ideas for potential projects e.g. Is there a food safety issue that could be addressed within the programme? Any suggestions contact MPI at: operational.research@mpi.govt.nz

The Food Act 2014 came into force on 1 March 2016. It takes a new approach to managing food safety. Find out more about the Food Act at: <https://www.mpi.govt.nz/food-safety/food-act-2014/>

FOOD STANDARDS AUSTRALIA NEW ZEALAND - FSANZ

Corporate Plan - FSANZ is about to consult with stakeholders on their corporate plan for 2016-20. The plan outlines the impact of the combined forces of globalisation, technological innovation, a desire for reduced regulation and increasing impact of lifestyle diseases such as diabetes.

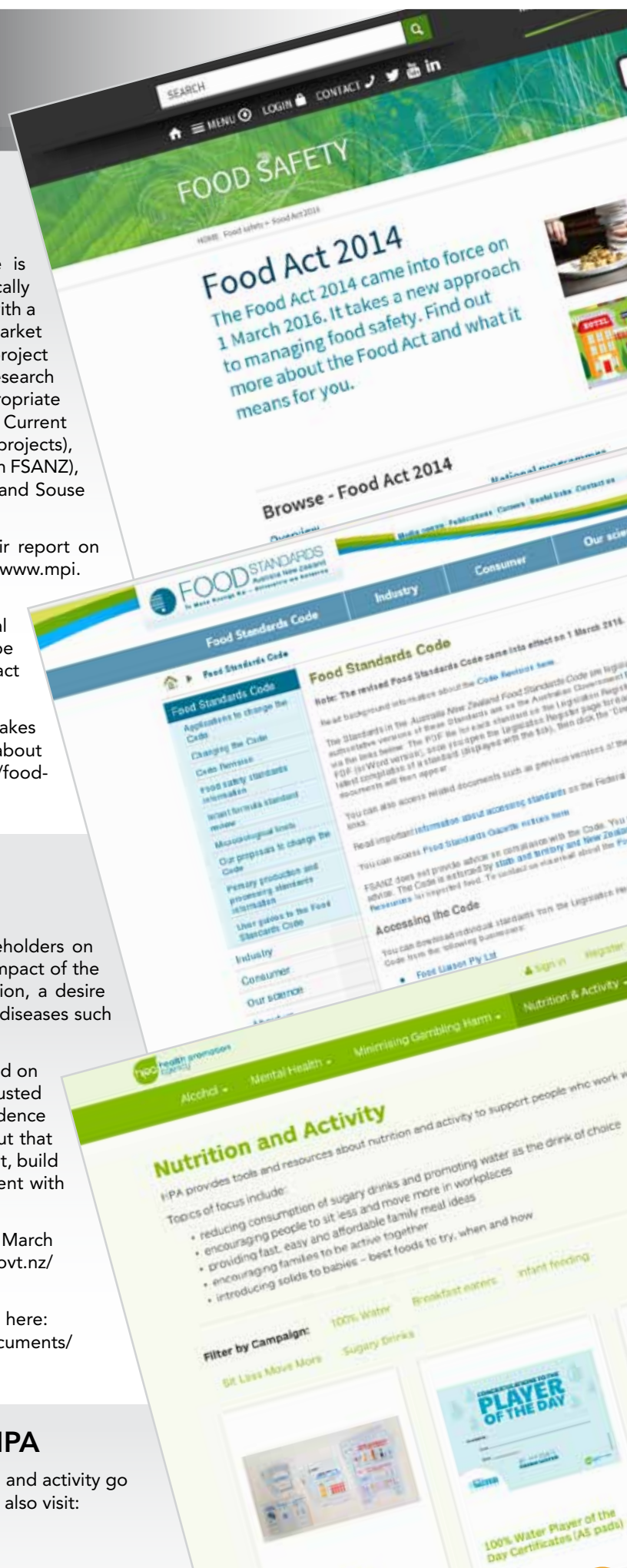
FSANZ proposes that they should be repositioned to build on core strengths and ensure they play a bigger role as a trusted source of evidence and a coherent interpreter or the evidence underpinning food regulation. The draft plan also sets out that FSANZ could contribute more to food policy development, build on its network of trusted experts and deepen engagement with stakeholders.

The revised **Food Standards Code** came into effect on 1 March 2016. For more information go to: www.foodstandards.govt.nz/code/Pages/default.aspx

The FSANZ **June 2016 Annual Work Plan** can be viewed here: www.foodstandards.govt.nz/code/changes/workplan/Documents/Work%20Plan%20LATEST.pdf

HEALTH PROMOTION AGENCY - HPA

For access to their **excellent resources** on food, nutrition and activity go to: <http://order.hpa.org.nz/collections/eating-activity> and also visit: www.healthed.govt.nz



WHAT'S ON 2016-17

Hot Topic Conference: 'Life course influences and mechanisms: Obesity, Physical Activity and Cancer (OPA2)'
Date: September 1 – 2, 2016
Venue: London, England
For information: www.worldobesity.org/what-we-do/events/hot-topics/opac2/

New Zealand College of Public Health Medicine Annual Scientific Meeting and Workshop
Date: September 14 – 16, 2016
Venue: Quality Hotel Elms, Christchurch
For information: www.nzcphm.org.nz/news-events/events/2016-nzcphm-asm

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/>

IUNS (International Union of Nutritional Sciences) 21st ICN (International Congress of Nutrition)
Date: October 15 – 20, 2016
Venue: Hotel Sheraton, Buenos Aires, Argentina
For information: www.icn2017.com/index.php?seccion=information&subseccion=welcome

Australia and New Zealand Obesity Society (ANZOS) Annual Scientific Meeting 2016
Date: October 19 – 21, 2016
Venue: Brisbane, Australia
For information: www.anzos.com/annual-meeting/

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

2016 AICR Research Conference on Nutrition, Physical Activity, Obesity and Cancer
Date: November 14-16, 2016
Venue: The Marriott Bethesda North Hotel & Conference Center, North Bethesda, Maryland, USA.
For information: www.aicr.org/cancer-research/conference/

Postgraduate & Early Career Nutrition Conference 2016
Date: December 7, 2016
Venue: Christchurch
For information: www.nutritionssociety.ac.nz/newsandevents/society-meeting-2016

New Zealand Nutrition Society Annual Scientific Meeting
Date: December 8 – 9, 2016
Venue: Christchurch
For information: www.nutritionssociety.ac.nz/newsandevents/society-meeting-2016

15th World Congress on Public Health 2017
Date: April 3 – 7, 2017
Venue: Melbourne, Australia
For Information: <http://www.wcph2017.com/>

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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