



Mission Statement

Kia whakareia te ōranga o
ngā tāngata o Aotearoa mā
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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Sue Pollard: On leaving the New Zealand Nutrition Foundation

This is my last editorial comment for Nutrition News. I resigned from my role at the New Zealand Nutrition Foundation (NZNF) earlier last month. After more than ten years, I would like to first of all acknowledge the contribution Sarah Hanrahan has made for the past eight years, and continues to make.

Many or most of our most successful activities have arisen from her ideas and succeeded because of her skills and energy. She has been a personal friend, valued colleague and loyal supporter of NZNF. Others I have worked with who are currently still involved include Carolyn Cairncross, Jane Petrie, Andrea Ler and Anna Mrkusic. There is insufficient space to acknowledge you and others (including the many volunteers) separately but we could not have achieved what we have without all of you – and you will be needed even more in the future.

When I joined NZNF way back in November 2004, I had been working as a hospital health manager for over ten years, so my knowledge of the current public health nutrition environment was somewhat outdated. In the 1980s I had served a two year term as President of the NZ Dietetic Association (now Dietitians NZ), when the NZNF was in its infancy. Both organisations recognised the need to inform New Zealand consumers on issues of nutrition and I recall going public about misleading nutrition supplement advertisements.

As I was brought up to date in 2004, I discovered that, in spite of the advances in science and the passage of time, nothing much had changed. The evidence around nutrition supplements was still being misquoted and consumers were still confused. It was the new days of websites and ours was a small effort. Social media was on the rise, but it was not until 2011 we were able to get the funding to develop our own website and turn this into a comprehensive source of evidence-based nutrition. Now in 2016 we have an emerging social media presence, with several websites, Facebook pages and a blog, and we are again seeking funding to modernise our website's content, accessibility and design.

But the more things change the more they stay the same. To quote, Niki Bezzant of Healthy Life Media. "We've never had more information available to us about how to eat healthily. And we've



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Sue Pollard: On leaving the New Zealand Nutrition Foundation

arguably never been more confused about it. The media is a powerful tool and an incredible resource. But it's also a source of much consumer confusion. Between the 24-hour news cycle; the gravitation to social media; the emergence of everyone-as-expert and the drastic changes in the modern media landscape, getting science-based messages about healthy eating out to the world has become increasingly difficult"¹.

So as I leave my role as CEO, what are my parting words?

Three things about the food we eat and its effect on our health:

- Individual foods are not 'bad' unless they are poisonous or rotten. It's the 'dose' (serving size) and overall diet that matter.
- There is not much that is new - it's usually just that there is more evidence to be put into perspective.
- Listen to the real experts – those who understand the research and put it into perspective.

To give some examples of my definition of 'real experts':

In a recent issue of the New Zealand Listener², a section "The fault in our carbs" discussed low carb diets, sugar and DNA analysis. To me there seemed to be some obvious questions about the validity of some of the statements. What is new about an 800 calorie diet and carbohydrate intake management for Type 2 Diabetes? It's what we dietitians used in the 1960s. Why did they suggest vinegar to improve insulin sensitivity based apparently on one study? Was the science about sugar intake accurate and in perspective? Were the effects on health quoted really attributable to what the article said? Should we all get our DNA analysed?

Fortunately, some experts were consulted by the Listener.

Professor Lyn Ferguson³ from the University of Auckland, whose work focuses on genetics, was quoted on using DNA analysis for informing personalised advice on exercise and diet, "While there are certainly gene-diet interactions, I still feel it's quite early days to be doing this. I think I'd spend the money on a personal trainer"

Jim Mann⁴, professor in human nutrition and medicine at the University of Otago and adviser to the WHO and FAO, warned against pitting one macronutrient against another or pitching simplistic messages that fats are good and carbohydrates are bad – and noted it's the quality of the food we should be concentrating on.

An expert organisation that was not consulted was the **Royal Society**⁵, possibly because their 2016 expert advice papers on sugar, were not released until mid-September. This is a comprehensive expert review, with over 100 references. One key recommendation made was that more intervention studies are needed to prove any causal effects from sugar consumption on health. This will not please everyone, but highlights the fact not all hypotheses are proven – and they may never be. Thus the real debate is about the question - when is action justified where there is (relative) absence of evidence and when is it not?

It has also been valuable to follow **Dr. Ben Goldacre's**⁶ work that focuses on unpicking the misuse of science and statistics. I first heard about him from one of my sons who was living in London in 2008 and who had read his book *Bad Science*⁷, quoted on the First Edition cover as being, "The most important book you will read this year (2008) and quite possibly the funniest too." He was in New Zealand recently. *Bad Science* is also the title of his column in The Guardian and his website.

Always in the news is **Professor David Katz**⁸ who NZNF was privileged to host in New Zealand in 2013. He is an Associate Professor (adjunct) of Public Health Practice at the Yale University School of Medicine. In 2015, Professor Katz established the *True Health Initiative*⁹ to help convert what we know about lifestyle as medicine into what we do about it, in the service of adding years to lives and life to years around the globe.

The need for evidence-based nutrition promotion is increasing while the job has become more challenging. Not only are we dealing with the communication issues put so succinctly by Niki Bezzant, we are also in a different political environment. Government funding and charitable funding models have changed, making the financial viability of the smaller charities like NZNF somewhat precarious.

It's time for a new person to lead NZNF into the future. I am confident that with the range and depth of professional skills of the current staff – and their commitment, and the support of Chairman, Tania Watson and the Council, as well as our expert colleagues and friends, NZNF will grow and thrive. I wish them all the best.

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JUST COOK CHALLENGE



Thank you to all who entered the JUST COOK Challenge.
We are really impressed with all the creativity, time and effort put
into your meals. Congratulations to all the category winners.

INDIVIDUAL WINNERS

EGGS WINNER: ARABELLA LAYTON

Bella's Delicious Crustless Corn Quiche



Ingredients:

- 6 eggs
- 1 cup milk
- ½ cup self-raising flour
- ½ teaspoon salt
- 1 can creamed corn
- ½ onion, finely chopped
- 1 cup of frozen peas
- 1 ½ cups grated tasty cheese

Optional extras: Add any of the following:

- Sliced tomatoes to decorate the top
- Any leftover cooked vegetables from your fridge, e.g. 1-2 chopped cooked potatoes, cubes of pumpkin, broccoli etc.
- If you eat meat you can add some chopped ham or 1-2 sliced cooked sausages and/or decorate the top with bacon.

Method:

1. Preheat oven to 200 degrees Celsius.
2. Find a large baking dish (about 25 cm square) and grease the dish.
3. Break the eggs into a large bowl; add milk, flour and salt. Beat until smooth.
4. Stir in the creamed corn, frozen peas and about 1 cup of the cheese, and then add any optional extra ingredients from the fridge you want to use.
5. Pour carefully into the greased dish, decorate with tomato slices and bacon if using, and sprinkle the top with the rest of the grated cheese.
6. Cook until it is set and golden brown on top (about 45-50 minutes)

Serve with a salad. Left overs can be used in school lunch box.

SANITARIUM WINNER: BROOKE MOORE



Roasted garlic and potato filled beetroot ravioli with balsamic rocket, grilled capsicum and root vegetable salad

SANITARIUM WINNER: OLIVIA MOORE



Moroccan spiced lentil salad with pita bread and poached eggs

TEGEL WINNER: OLLIE CREBA



Sweet chilli Dorito coated chicken with sweet & sour sauce, rice and vegetables

BEEF + LAMB NZ WINNER: TONI BUTLER-BAIRD



Mince and cheese bacon bombs

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JUST COOK CHALLENGE



SCHOOL WINNERS

SANITARIUM WINNER: MEGAN CLEMENT

Corn fritters with chickpea salad and homemade sweet chilli sauce



Corn fritters recipe

Ingredients

- 1 ½ cans of 410g cream-style sweetcorn
- 1 cup frozen corn kernels
- 2 cups self-raising flour
- ¾ cup low fat milk
- 2 eggs, separated
- Salt and freshly ground black pepper to taste
- 3 tablespoons chopped parsley
- ¾ cup frozen capsicums (red or green)
- 2 tablespoons oil, to cook with

Method

1. In a large bowl, mix the cream-style sweet corn, corn kernels, flour, milk, egg yolks, capsicum, salt and freshly ground black pepper and parsley together. In a separate bowl, beat the egg whites using an electric stick whisk until stiff and fluffy. Fold these gently into the corn mixture.
2. Heat the oil in a large non-stick fry pan over medium to high heat. Cook spoonfuls of mixture for approximately 3 minutes each side until puffed up and golden brown. Drain on paper towels. Keep warm in the oven while you cook the remainder of the batch. Serve with sour cream and chickpea salad.

Chickpea salad recipe

Ingredients

- 1x 390g can chickpeas (drained)
- ¼ cucumber (medium, diced)
- ¼ green capsicum (seeded and diced)
- ¼ red onion (diced)
- ½ tomato (diced)
- 2 T parsley (chopped fine)
- 6 T lemon juice
- 2 tsp olive oil
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp Italian seasoning
- ¼ tsp smoked paprika
- 50g feta cheese

1. Add all your ingredients to a large mixing bowl and stir with a wooden spoon until all ingredients are combined. Taste and adjust flavours as needed.

Sweet chilli Sauce recipe

Ingredients

- 6 large garlic cloves, peeled
- 4 red chillies, deseeded
- ½ cup white distilled vinegar
- 1 cup sugar
- 1 ½ cups water
- 1 tablespoon salt
- 2 tablespoon corn starch or potato starch
- 4 tablespoons water

Method

1. In the blender, purée together all the ingredients, except for the last two.
2. Transfer the mixture to a saucepan and bring to a boil over medium-high heat. Lower the heat to medium and simmer until the mixture thickens up a bit and the garlic and chilli bits begin to soften, about 3 minutes.
3. Combine the corn starch and water to make a slurry. Whisk in the corn starch mixture and continue to simmer one more minute. The corn starch will help the sauce to thicken slightly.
4. Let it cool completely before storing in a glass jar and refrigerate.



**TEGEL
WINNERS:**
GLORIA HICKEY
& YUJIN CHOI

Teriyaki Chicken
Noodles with
cabbage



**BEEF + LAMB
NZ WINNER:**
JESSICA
GOLDSACK

Lamb and veggie
meatballs with roast
veggies on crispy
wraps

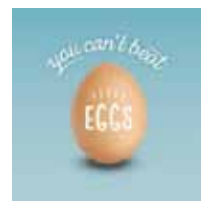


**EGGS
WINNERS:**
HAYDEN
CHITTENDEN
&
ETHAN CORRY

Spaghetti filled
eggy cases

Thank you to all our JUST COOK partners.
JUST COOK would not be
possible without them.

BEEF + LAMB
NEW ZEALAND



STUDENT PROJECTS



We have been extremely fortunate this year to have two groups of Massey University Master Of Science (Nutrition and Dietetics) students working on projects for us.

1. Cooking on a Budget (Alex Lawn, Saskia Stachyshyn, Nicole Taylor, Amanda Whitford and Vicki Williams)

Last year a group of Massey students prepared a resource, Cooking at Home on a Budget, for our JUST COOK programme with New Zealand Rugby League (NZRL) playgroups. This year we wanted to evaluate the resource and finalise the content. After extensive consultation with playgroup parents, the following feedback were received:

- Unfamiliar ingredients such as lentils are unlikely to be used without a practical cooking demonstration and taste testing. Some expressed the desire to introduce healthy new foods, however hesitation was due to the likelihood of food waste.
- Mothers were unlikely to use canned beans and canned tomatoes.
- Most of the mothers did not know what couscous was, or had never cooked it. Instead, potatoes, rice, and pasta were commonly used.
- Mothers reported that chicken was the most common meat option for home-cooked dinners, often using local specials such as \$5 chicken breast trays. Canola was their main cooking oil.
- Home cooked dinner meals usually cost \$15-25 to feed 2 adults and 3 children.
- Mothers reported they were unlikely to have a vegetarian dinner, and some reported they would only consider this if they had a big portion of meat for lunch that day.
- Unfamiliarity with the use and consumption of legumes, except for chili beans in meals such as "chilli mince" and tacos.
- Parents/caregivers preferred the option of a hardcopy booklet, instead of an online version.

The resource was revised taking into account the feedback with particular emphasis on updating recipes and the "ten ways" lists. The final resource covers the following topics.

1. Portion Control – How much should we eat?
2. Healthy Ingredient Swaps
3. Healthy Breakfast and Lunch Ideas
4. Main Meal Recipes
 - a. Feed a family of 6 for less than \$16
5. 7 Day Main Meal Plan and Shopping List
6. Making Meat Go Further
7. Ten Ways with Chicken
8. Ten Ways with Canned Tuna
9. Spruce Up the Staples

10. Grow Your Own Greens

11. Label Reading Made Easy

The next step is to have the resource laid out and printed so hard copies are available.

2. A Guide to Health and Nutrition for Older Adults (Bani Ichpuniani, Nitasha Walia, Samantha Ansell, Corey Payne)

We are currently delivering the Senior Chef cooking skills programme in Auckland. Working with many older people we saw the opportunity to develop a resource for older people based on the Cooking at Home on a Budget work carried out by the first group of students. After a focus group and discussions with older people; time constraints, lack of knowledge / cooking skills and financial restrictions were the most commonly mentioned barriers to achieving and sustaining a healthy lifestyle. Key findings were

- Change in lifestyle situation and ageing directly impacts meal organisation especially meal planning/shopping, portion sizes and meal preferences.
- Older adults wish to learn how to plan their meals in a convenient manner e.g. use of leftovers and canned foods.
 - o It was also identified that older adults should be provided with tips and information about food safety.
- Older adults would benefit from practical tips regarding bulk meals for freezing. This should be accompanied by templates for a frozen food 'master list', as it was identified that memory can be a major barrier to bulk cooking (i.e. remembering when something was cooked, and use-by dates).
- Recipes with only 1-2 serves, simple instructions, fewer ingredients and low preparing/cooking time were preferred.
 - o Basic recipes such as soups, sauce and gravy should also be included.
- Muscle and mental health were identified to be important health concerns, and older people would like nutritional advice to address these issues.
- Money, motivation levels, limited social interaction, inability to read food labels and energy levels were identified as key barriers to cooking for self.
 - o It was mentioned that the pension alone would not be enough to sustain weekly food/shopping.
- Large font size, light background, use of pictures, and ample white space were some of the key features highlighted for a compact booklet/resource.

Financial strain was a common theme in discussions with older people so a priority in preparing material was to address the significant role that financial burden plays in the health inequalities experienced by older people and provide information and tools to help older people manage their meals and nutrition within a restricted budget.

The final resource covered the following

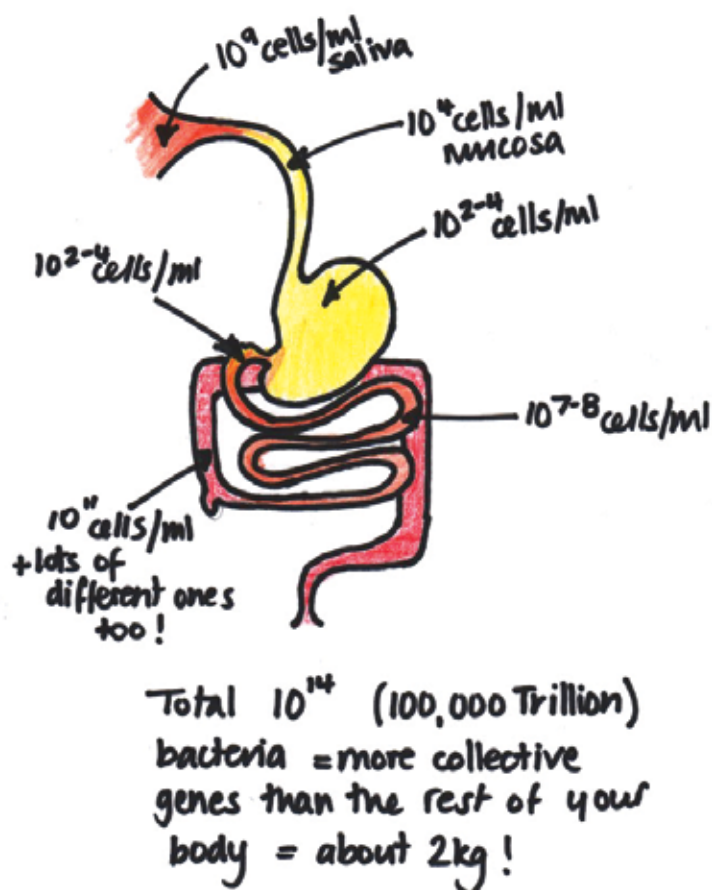
Title	Description
Food for Thought	This is a brief introduction to nutrition and its link to common health related issues among older people. It highlights the importance of nutrition for muscle, eye and bone health, cognitive function, and weight management. It sets out to be a lay introduction and provide the background to the subsequent sections.
Let's Get Active!	This section provides an overview of the importance of physical activity for the maintenance of health and functionality in later life. It provides information on incidental exercise, and ways of increasing movement through everyday tasks. Structured exercise is not particularly appealing to our target audience. Therefore it was important to show ways in which older adults can still incorporate movement into their everyday lives, and also introduce the concept of social exercise.
Portion Size Guide	A descriptive page targeted towards those who may be struggling to lose weight, and therefore need reminding of the general healthy eating guidelines, with examples of appropriate portion sizes.
Stretching Your Food Budget	Consistent with the theme of shopping on a budget, this page provides some simple tips to maximise savings.
Tips for Canned Tomatoes, Tuna and Beans.	These have been adapted from the previous resource to suit older people. This has been included as the focus group participants highlighted the need for tips on what to do with canned products such as tomatoes. Furthermore, these items are staple foods with a long shelf life that can be bought in bulk and stored, allowing for significant cost savings.
Charged up Choices	This section includes tips/meal suggestions on fortifying foods to increase the protein and energy content. The focus group participants highlighted that with ageing their portions sizes have become much smaller and their appetites have diminished. This is a common problem in older age, which often leads to unwanted weight loss and frailty. Therefore, information on increasing the energy and protein of smaller portions has been included.
Soups to Square Meals	This is a practical section promoting the consumption of a "nutritionally complete" soup. The focus group identified a preference for soups in older age, hence including them in this resource was crucial. While older adults prefer soups, they can be light in nutrition. Strategies to bulk up traditional soups and turn them into complete meals were deemed important. Substantial soups are also an easy way to increase nutrition for older people with dentition /or oral issues.
Ideas for the Pantry and Refrigerator	A focus on pantry and refrigerator staples was needed to provide some flexibility with meals, which was identified as a significant requirement in the initial needs assessment. This section aims to promote home cooking even with low energy/motivation levels, as it removes dependence on constant grocery shopping. Furthermore, shopping for these staples in bulk is budget-friendly.
Seasonal Fruit and Vegetable Charts	These charts indicate the types of fruits and vegetables available throughout the year. They aim to make it easier to identify which fruits and vegetable are in season and hence are cheaper, further supporting the concept of cooking on a budget.
Tips for Better Food Safety	This section consists of practical tips on food safety. It was identified that food safety is important in the target group as immune function declines with increasing age. This makes the target audience extremely vulnerable to food borne illness from food spoilage and cross contamination. Furthermore, cognitive decline generally increases with age and hence issues such as memory loss could also increase risk.
Cookbook: Serves 1-2	The focus group highlighted the need for quick and convenient recipe ideas that are budget-friendly and nutritious. Each recipe is priced at approximately \$4 or less per serve for lunch/dinner meals and approximately \$2 or less for breakfast meals. This section includes tips, variations and serving suggestions as appropriate.
Cookbook: Bulk Recipes	Participants from the focus groups highlighted that energy levels fluctuated immensely during the week. Therefore, it was decided that a section of bulk recipes, that freeze well would be very useful in allowing the target group quick access to nutritious meals. This section of the cookbook provides meals that serve between 4 and 8 portions. They remain consistent with the concept of budget-friendly and are very easy to make.
Exemplars and templates for Grocery/ Shopping list, Weekly Lunch/ Dinner Planner and Master List for Frozen Foods	<p>These have been designed to support shopping on a budget and help with common health issues such as memory loss. The weekly lunch/dinner planner includes meals from the cookbook designed, providing a varied, nutritious and balanced week of lunch/dinner meals. The grocery list exemplar is a corresponding shopping list based on all the ingredients required from the weekly lunch/dinner planner and thus providing the target group with a quick, go-to grocery list when there is little motivation or energy.</p> <p>Finally, a master list for meals stored in the freezer is provided in order to promote safe and timely storage. Accompanying this is an information sheet with storage times and guidelines for common foods stored in the refrigerator and freezer.</p>

We will be applying for grants to get the resource laid out and printed with objective of having it ready for distribution early in 2017.

GUT BACTERIA: FEEDING OUR FRIENDS WITHIN

Let's start at the beginning with a few basics: 'Microbiota' is the new name for what we used to call "gut flora". Although in layman's terms we often use the phrase "gut bacteria", the term microbiota encompassed more than just bacteria. It includes bacteria, yeast, fungi and viruses all found in our bodies.

For ease, we will just refer to bacteria as they make up the largest proportion of microbiota. Another word you might hear is 'microbiome'. This is the term given to the genetic material of the microbiota. And there is more of them than you! The largest concentration of gut bacteria are found in the large bowel, however there are bacteria found all throughout the digestive system – from the mouth down.



The majority of bacteria that we find in our intestines are of the phylum Bacteroidetes and Firmicutes. Actinobacteria, proteobacteria and verrucomicrobia are found in lesser amounts. What seems to be critical is the types of bacteria found as well as the ratio of one to another.

For example, although Bacteroidetes and Firmicutes are both good, if there is too much of the Firmicutes phylum in relation to Bacteroidetes then inflammatory markers in the body can be increased. Some Clostridia bacteria are good and some are definitely not (for example Clostridium difficile causes dreadful diarrhoea), and the same with E. coli.

With environmental, dietary, psychological and pharmacological factors affecting our gut bacteria it is becoming harder to know what a healthy or normal bacterial picture is in the Western world.

We now know that people with certain diseases or conditions have similar features in growth patterns and diversity of gut bacteria. For example, research has shown that people with Irritable Bowel Syndrome have different bacterial populations than healthy individuals. The diversity of bacteria is reduced and the balance of gut bacteria species is changed. Mental health conditions are where we see gut bacteria playing an unexpectedly important role.

The gut-brain axis is the biochemical signalling that takes place between the gastrointestinal tract and the central nervous system. Much of this communication takes place with the help of gut bacteria. Chronic stress in adults can also affect gut bacteria growth and favours the growth of bacteria that influence inflammation.

Chronic stress also loosens the tight junctions between epithelial cells in the intestines ('leaky gut'). A new treatment for some mental health disorders has been labelled "Psycho-biotics". These are probiotic strains that enhance brain function and act as therapies for psychiatric disorders. Gut bacteria have also been shown to play a part in the development of allergies, asthma and eczema, obesity, diabetes (both type 1 and type 2), skin conditions and liver disease.

PREBIOTICS

With research showing how much our gut bacteria can affect our health we are starting to learn how to keep our gut bacteria happy and healthy. The aim is to have a microbiota that is diverse; present in the right amount, not too much, not too little; has the correct ratio of Bacteroidetes to Firmicutes and a low number of pathobionts, or bad bacteria. Research has shown us that diet can have a huge impact on the health of our gut bacteria. Too much fat changes the ratio of bacteria to favour inflammatory conditions, and a diet high in processed fat and sugar diet reduces bacterial diversity.

We call foods that help feed good bacteria “prebiotics”. Research has shown us that a diet that is high in fibre or is of a Mediterranean-style favour bacterial diversity. A Vegan diet has been shown to help reduce pathobionts (bad bacteria). Carbohydrates from fruit, vegetables and legumes and wholegrain products are the main source of food for gut bacteria.

PROBIOTICS

Whereas prebiotics are the food for bacteria, probiotics are actual bacteria which may be taken in capsule form or as a probiotic food. The evidence for the use of capsule probiotics can be variable as to their effect on gut bacteria and composition. Often results vary because of the strains of probiotics given, study methods and the lack of a definition of what comprises healthy or normal microbiota.

Studies have shown benefits of taking probiotic capsules for post infective diarrhoea, constipation, IBS, asthma and eczema. Probiotics can help reduce the attachment of pathogenic bacteria by promoting production of mucins, provide competition for growth materials and edge out pathogenic bacteria (by sheer volume of probiotics) and might change intestinal eco-system to one that favours good bacteria.

PROBIOTIC FOODS

There is a huge public interest in fermented foods and natural probiotic foods. Kefir is a traditional fermented milk drink, similar to yoghurt. The bacteria digest the lactose and the resulting liquid is sour to taste and virtually lactose free. A pilot study published in 2014 in the Turkish Journal of Gastroenterology indicated that there might be benefit for people suffering with chronic constipation to take 500ml/day of milk kefir.

Stool frequency was significantly increased, stool consistency was improved and laxative consumption was decreased. Colonic transit time was accelerated in the slow transit time constipation

group and bowel satisfaction scores were increased. Kimchi is an Asian version of sauerkraut where cabbage is fermented usually with daikon radish, ginger and garlic.

It is quite spicy! Typically it is served alongside Korean meals and traditionally it is thought to help reduce weight. Human research has now shown that eating kimchi can change gut bacteria to favour weight loss. Sauerkraut is a European form of kimchi based on fermented cabbage. The main bacteria found in sauerkraut is *Lactobacillus plantarum*. *L. plantarum* has been shown to breakdown oxalates (kidney stones), antioxidant activities and maintain intestinal permeability. *L. plantarum* also produces neurotransmitters that may reduce depression.

Kombucha is a fermented black tea drink which has been shown to have anti-microbial and antioxidant properties. It has also been studied in relation to reducing diabetes risk, treating gastric ulcers and reducing cholesterol.

FINALLY

There are three main things to remember. Firstly, treat dysbiosis: IBS, depression, chronic inflammatory may all respond well to a Mediterranean-style diet. Stress can change your gut bacteria for the bad: Don't stress. Relax. Be mindful. Take time out. Smell the roses.

Consider food based probiotics & prebiotics. Feed your gut bacteria the right food for your needs at that time, and your health will benefit in the long run.

This article was written by Katrina Pace, who also recently spoke at the Foundation's Nutrition Update Breakfast Meeting. Katrina's presentation titled '**More than a gut feeling: The practical application of cutting edge microbiota research**' can be found in the Members Area under the *Nutrition Update Presentations* section. <http://www.nutritionfoundation.org.nz/Members>

Katrina Pace is a Registered Dietitian with over 20 years' experience in the UK and New Zealand. Katrina specialises in helping people with gastrointestinal disorders, weight management and food intolerance.

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Boomers Set Their Own Food Standards:

Survey Shows How Generations Differ in What They Look For in Food

Perceptions of the healthfulness of certain foods vary dramatically between generations, especially Boomers versus Millennials. Boomers are also looking for different health benefits from their food compared to other generations. Boomers have a distinct definition of a healthy eating style compared to other generations. Boomers are also reporting that their opinions on sweeteners are changing.

This article was written by The International Food Information Council (IFIC) Foundation. IFIC is dedicated to the mission of effectively communicating science-based information on health, food safety and nutrition for the public good.



It's no secret that Millennials are changing the food and nutrition landscape. But Boomers have their own set of unique ideas about what they want on their plate. The International Food Information Council (IFIC) Foundation dug deep into what Boomers think about food and nutrition in the [2016 Food and Health Survey](#).

According to [new insights from the 2016 survey](#), perceptions of the healthfulness of certain foods vary dramatically between generations, especially Boomers versus Millennials. Boomers are more likely than Millennials to rate whole grains (80 percent vs. 70 percent), protein from plant sources (75 percent vs. 63 percent), and omega-3 fatty acids (71 percent vs. 59 percent) as healthy.

Boomers are also looking for different health benefits from their food compared to other generations, particularly Millennials. Boomers are more likely than Millennials to be interested in health benefits associated with foods such as weight management, cardiovascular health and digestive health. Millennials are more likely to be interested in benefits such as mental health, muscle health and immunity associated with foods.

"IFIC's consumer research continues to provide valuable insights into consumer

perceptions on a number of issues related to food and nutrition," said Joseph Clayton, chief executive officer of the IFIC Foundation. "These results further show how diet is not 'one size fits all.' This is especially apparent across the generations."

Boomers have a distinct definition of a healthy eating style compared to other generations. Boomers (32 percent) are more likely than the general population (22 percent) to define a healthy eating style by moderation/serving size and portions. Additionally, Boomers (30 percent) are more likely than Millennials (17 percent) to define a healthy eating style as including certain foods they define as healthy.

Boomers are also reporting that their opinions on sweeteners are changing. Almost four in ten Boomers (37 percent) believe "added" sugars are less healthful than they used to believe, with nine in ten of those who have recently changed their opinion on added sugars reporting they are now consuming less. Of those who report changing their opinion of added sugars within the last year,

Boomers are more likely than Millennials (37 percent vs. 29 percent) to view them as less healthful than they used to. Additionally, Boomers are more likely to

agree that low-calorie sweeteners can play a role in weight management (31 percent) than Millennials (14 percent) and the general population (18 percent).

Boomers are more likely to trust their personal healthcare professionals (HCP) for information on the types of food to eat, compared to other generations.

- Boomers are more likely to trust registered dietitians/nutritionists (75 percent) and personal HCP (73 percent) than Millennials (65 percent RDN, 58 percent HCP) and the general population (67 percent RDN, 61 percent HCP).
- Boomers are less likely to trust fitness professionals (16 percent), farmers (11 percent), and bloggers (8 percent) than Millennials (27 percent fitness professional, 21 percent farmer, 18 percent blogger) and the General Population (26 percent fitness professional, 9 percent farmer, 15 percent blogger).

The results are derived from an online survey of 1,003 Americans ages 18 to 80, conducted March 17 to March 24, 2016.

For more information on IFIC and this article, please visit their website <http://www.foodinsight.org>.

PACIFIC NUTRITION AND CULTURAL ENGAGEMENT COURSE

Malo e lelei, , Bula, Kia Orana, Talofa, Greetings,

Pacific Heartbeat invites you to register for their Workforce Nutrition courses: Pacific Nutrition and Cultural Engagement

For more information and to register now click here (link: <http://www.heartfoundation.org.nz/programmes-resources/pacific-health/pacific-healthy-eating/workforce-nutrition-course>)



JUST COOK PILOT PROGRAMME AT WIRI WOMEN'S PRISON

The New Zealand Nutrition Foundation has received a SKYCITY Auckland Community Trust Grant to develop and pilot a nutrition and cooking skills programme for inmates at Wiri Women's Prison.



The foundation entry level programme is intended to build financial and food literacy and provide offenders with a potential pathway towards employment in the catering and hospitality industry. The pilot will target 20 low risk prisoners many of whom have children and are Maori.

The 6 week programme includes a combination of practical and theory-based experiences which aims: to improve skills, motivation and confidence to cook; improve knowledge of healthy food choices; how to plan and cook meals on a restricted budget and increase fruit and vegetable intake by 25%. Topics to be covered include What is Kai- what should I be eating; Start the day with Breakfast; Eating well and spending less; Wahine nutrition related health issues; Making healthy main meals and Cultural foods as part of a healthy diet.

The programme, the first of its type at Wiri Women's Prison, has the potential to positively influence women inmates and their families.

Warm Pacific Greetings



Do you work with Pacific Communities?

Pacific Heartbeat invites you to a
'Pacific Nutrition and Cultural Engagement course'*

You will learn:

- Nutrition and Health from a Pacific perspective
- Role of food in Pacific culture
- Impact of food choices on Pacific health
- Practical steps to improving Pacific health
- Healthy conversations the Pacific way

Enjoy a cooking demonstration and food sampling

Register now
and receive a FREE Pasifika Flavours cookbook

When: Wednesday 26th October, 2016
Where: Heart Foundation
9 Kalmia Street, Ellerslie, Auckland
Time: 9:00am - 4:00pm
Register: by 17th October, 2016
Cost: \$30 per person
Email: info@pacificheart.org.nz or
Phone: Nini Knight on 09 571 9189

* selection criteria applies



WHAT'S ON 2016-17

Toward a Sugary Drink Free Aotearoa Symposium

Date: October 11, 2016

Venue: University of Otago – Wellington, Wellington School of Medicine

For information: <https://www.iticket.co.nz/events/2016/oct/toward-a-sugary-drink-free-aotearoa>

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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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.

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