



March 2017

## 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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What's on



**We face 2017 with a lot of optimism and some trepidation. Optimism as we have great plans in place and are excited about;**

- re-launching our healthy ageing programme
- re-launching our contemporary website
- working with our new partners Potatoes New Zealand and Sealord as well as continuing to work with our long established corporate members
- moving office to a more affordable space
- building our partnership with the Department of Corrections to make our JUST COOK programme accessible to more people in prison
- expanding JUST COOK through innovation in social media
- increasing our media presence by being more responsive
- re-launching our made-over newsletter and healthy ageing bulletin

Trepidation. Like most charities we are existing on a knife edge and funding is always an issue. However, we choose to view this as one of our strengths. We believe our financial precariousness makes us nimble, flexible and innovative. All great qualities for the work we want to do. This year our work focuses on

- Building cooking skills through our JUST COOK programme in
  - Teens
  - High needs communities
  - Prisons
  - Older people
- Improving access to good nutrition information through
  - [www.nutritionfoundation.org.nz](http://www.nutritionfoundation.org.nz)
  - [www.agewelleatwell.com](http://www.agewelleatwell.com)
- Working with our members and partners to ensure they have access to good information to inform and support their decision making.



This year we will take the opportunity to review our business plan and mission statement. Our current mission statement "enhancing the quality of life of all New Zealanders by encouraging informed, healthy and enjoyable food choices as part of a healthy lifestyle" does not adequately reflect the growing needs of today's society where support is needed to build healthier environments and communities. Informed choice is no longer enough. We know the environment (including home, schools, churches, suburbs and cities) needs to change and communities are screaming out for support to do this. We want to work with those supplying the food, those preparing food and those making the food choices every day to be part of the change. Our programmes acknowledge the problems many have with food security and we aim to work with communities to build skills to ease this.

We look forward to working with our partners to be part of building healthier environments and communities. In order to make a meaningful difference we need more support from partners, funders and members. We invite you to be part of the change.

**Sarah Hanrahan, Acting CEO**

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**THE  
NZ NUTRITION  
FOUNDATION  
NEEDS YOUR HELP.**  
**What can you do to help?**  
**Join us as members  
or Donate**

# HEALTH AGEING PROJECT

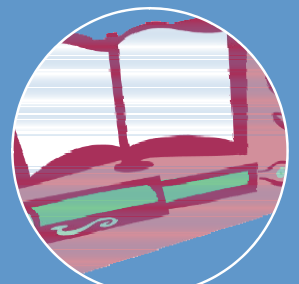
The New Zealand Nutrition Foundation has been working on developing a sustainable healthy ageing programme designed to equip seniors with knowledge and skills to help them maintain maximum health and wellbeing. This programme is based on three components.



JUST COOK 4 Healthy Ageing



[www.agewelleatwell.com](http://www.agewelleatwell.com)



JUST COOK 4 One or Two



## AGE WELL EAT WELL WEBSITE

[www.agewelleatwell.com](http://www.agewelleatwell.com)

Age Well Eat Well offers magazine style content on a wide variety of topics that contribute to staying healthy as we age.

Most of the content will concentrate on food related issues but we will also address lifestyle and physical activity topics pertinent to healthy ageing.



## JUST COOK 4 HEALTHY AGEING

A practical programme designed to build cooking skills, confidence and motivation to cook will include series of four classes with opportunity to attend one off masterclasses for inspiration and advanced skill development.

The four classes will cover basic cooking skills, nutrition knowledge and falls prevention. The classes will have both a practical and a theory component and will be suitable for those with very limited cooking skills. We will deliver the programme in a variety of venues including Marae, church halls and community centres.

We get many requests from older people wanting to join our cooking classes who are really looking for inspiration rather

than developing basic cooking skills. To meet this need and to provide opportunities for graduates of JUST COOK 4 Healthy Ageing we will offer masterclasses – one off stand-alone sessions on topics of interest.

### COOKBOOK / MANUAL

We are aiming to publish a cookbook in conjunction with JUST COOK 4 Healthy Ageing. It will feature simple, delicious, affordable recipes for one or two. The emphasis will be on eating well every day without having to count servings, follow a diet or go without.





# Paying for the price of CONVENIENCE

By Sally Mackay (BCApSc, MSc (Nutrition), PGDip Public Health)

**Cost and time influence our meal choices<sup>1,2</sup>. People often perceive that takeaways are better value for money<sup>3,4</sup>. Takeaways are popular in New Zealand. In 2016, one-quarter of estimated household food expenditure was for restaurant or takeaway meals (Household Expenditure Survey (HES)). Takeaways tend to be energy-dense, low in nutrients and high in saturated fat and sodium so eating too many can be a risk for health<sup>5</sup>. A dietary pattern with meals prepared with minimally processed foods and limited added sugars, saturated fat and salt is associated with good health and lower risk of diet-related disease<sup>6</sup>.**

When the cost of a meal is calculated, the cost of time is not usually included<sup>7</sup>. So a method was developed to calculate the difference in the cost of meals across the spectrum of food preparation, with and without the cost of time. This was tested in New Zealand, as part of my doctoral research to develop the methodology for the food prices module for INFORMAS(1) with the help of a summer student.

## SELECTING THE MEALS

Six popular takeaway meals were identified from the HES and the 2008/09 Adult Nutrition Survey. We matched these to similar, but healthier, home-made and home-assembled meals (Table 1) using common ingredients, requiring basic cooking skills and standard kitchen equipment. The healthier home-made and home-assembled meals selected had at least 600g of non-starchy vegetables, ≤ 24g saturated fat, and ≤ 3600mg sodium.

**Table 1: Takeaway, home-made and home-assembled meals**

TAKEAWAY MEAL	HOME-MADE MEAL	HOME-ASSEMBLED MEAL
KFC family meal: Chicken, chips, potato and gravy + coleslaw	Coated chicken pieces Mashed potato Coleslaw with dressing	Frozen crumbed chicken schnitzel or breast Frozen mashed potatoes Coleslaw with dressing
Fish and chips	Coated fish fillets Potato wedges Carrots & Broccoli	Frozen crumbed fish fillet Frozen potato fries Frozen vegetables
Butter chicken and rice	Chicken pieces Homemade sauce Broccoli, carrots Brown rice	Chicken pieces Pre-prepared sauce Frozen vegetables White rice
Beef Chow Mein	Beef Noodles Fresh vegetables Herbs, spices, sauces	Beef Noodles Frozen Vegetables Flavour sachet
Domino's Value pizza	Home-made base Home-made sauce Toppings vegetarian	Pre-prepared base Pre-prepared sauce Toppings vegetarian (pre-grated cheese)
McDonalds \$20 Value ShareBox Burger and fries	Beef patty – home made Burger bun Fillings	Beef patty – frozen, prepared Burger bun Fillings

1 The International Network for Food and Obesity/NCDs Research, Monitoring and Action Support (INFORMAS) aims to monitor key aspects of food environments related to obesity and non-communicable diseases, including food prices and affordability.

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## TAKEAWAY MEALS

We purchased meals for a family of four from trans-national fast food chains (1 outlet for each meal) and independent outlets (14 outlets for each meal). The only takeaway meal with generous amounts of vegetables was the beef chow mein.



*Takeaway fish and chips*

## HOME-MADE MEALS

We chose the recipes from popular New Zealand recipe books, magazines and websites. We identified the key ingredients and flavours of each type of meal so the meal characteristics were similar to the takeaway meal counterpart. Common components (eg fish) were standardised across recipes. Approximately 8-10 distinct recipes were selected for each meal (e.g. 9 fish and chip recipes).



*Home-made fish and chips*

## HOME-ASSEMBLED MEALS

We replaced the main ingredients of the home-made meals with pre-prepared items wherever possible. For example, fresh seasonal vegetables were replaced with frozen vegetables and fresh fish fillets with frozen crumbed fish fillets. Some preparation and assembling was still required. Combinations of the components were priced (e.g. 6 combinations of fish and chips using 3 frozen crumbed fish and 2 frozen vegetables choices).



*Home-assembled fish and chips*



*Home-assembled butter chicken and rice*

We prepared some of the meals and recorded the preparation time, but not unattended cooking time (as other tasks can be carried out during this time). The cheapest brands of the ingredients were priced at supermarkets. The cost of time was calculated using the minimum wage, as this is similar to the hourly wage of a food preparer.

## COST OF THE MEALS

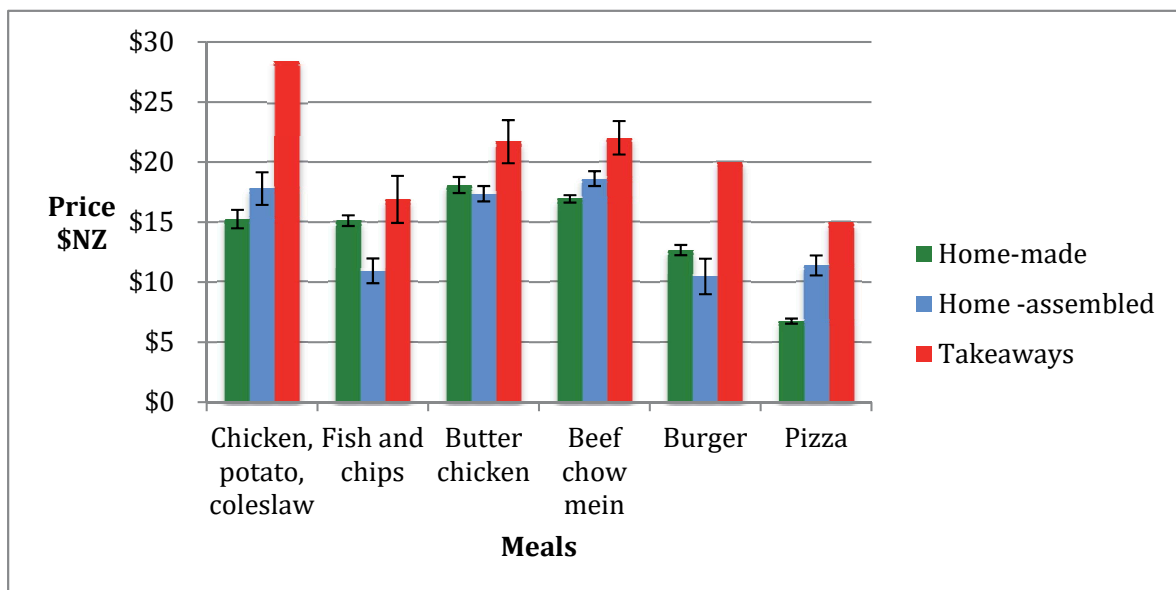
Healthier home-cooked and home-assembled meals were cheaper than their takeaway counterparts for all meals but one (fish and chips). Adding the cost of relevant preparation and waiting time made the home-assembled meals the cheapest option and either the home-made meal (fish and chips), takeaway meal (chicken meal, burger and pizza), or both (butter chicken, beef chow mein) the most expensive option, when considering significant differences. (Refer to Figure 2)

Four of the home-assembled meals took less time to prepare than ordering and waiting for a takeaway meal. All the home-made meals took more time to prepare than the home-assembled meals and the takeaway meals.

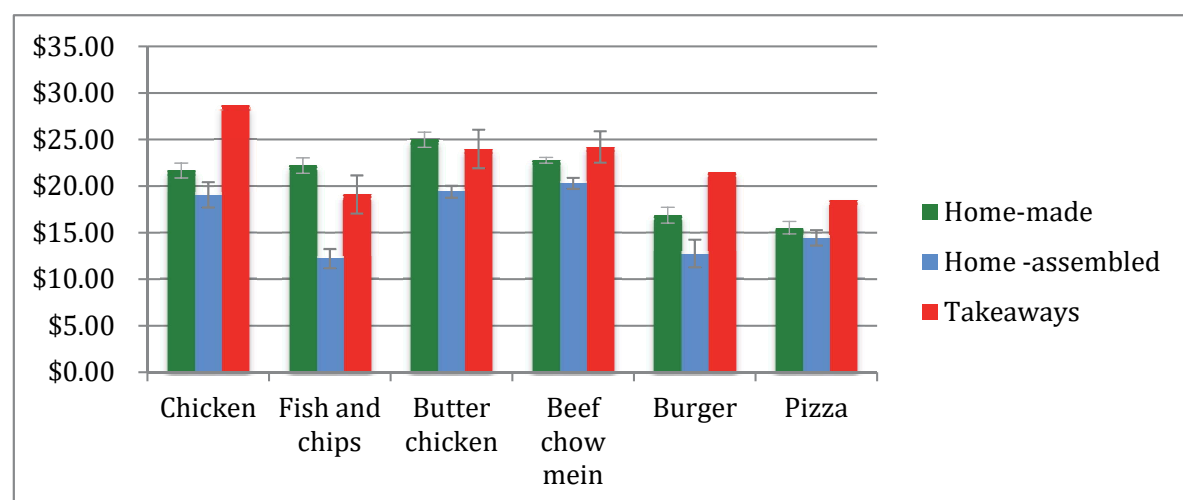
Meal preparation is a trade-off between the cost of purchasing food and time available as well as taste, culture and other factors. The difference in cost between the meals that would influence a household's decision to choose one of the meal preparation types over another will vary with the value placed on nutrition, the provision of a home-made meal and the priority of food in the budget along with available time and income. For some, providing home-cooked meals has benefits such as enjoyment of cooking, social interaction and, a nurturing role. For others, meal preparation is a chore with little time prioritised or available so takeaway meals are tempting. A recent study in Australia found 'feeling rushed for time' lead to eating out more and consuming less fruit and vegetables<sup>8</sup>.

Home-made meals can be healthy and cheap to prepare but do require time. Home-assembled meals are potentially a better option than takeaway meals, as they are cheaper, quick to prepare and can provide a healthy meal if pre-prepared items lower in saturated fat and sodium are chosen along with quick vegetable options. The barrier of time should not be forgotten when encouraging healthier meals.

**Figure 1: Cost of meal without time**



**Figure 2: Cost of meal with time**



- (1) Glanz K, Basil M, Maibach E, Goldberg J, Snyder D. Why Americans eat what they do: taste, nutrition, cost, convenience, and weight control concerns as influences on food consumption. *J American Dietetic Association* 1998;98:1118-1126.
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# EYE ON NATURE

With the vision to 'plant a seed and grow a young mind', the annual event **Eye on Nature** welcomes thousands of school children and families to enjoy activities that promote eco practices. The theme for 2017 is 'Edibles', encouraging children to instigate more sustainable solutions at home and in schools.

The wide range of fun and engaging activities coordinated by Manukau Beautification Charitable Trust and environmental partners will promote the message that 'our environment provides food so let's look after it'.

Children will navigate a bush walk to discover native bugs and insects with Rudd Kleinpaste, get to hang out with their favourite presenters from Sticky TV, plant seedlings in recycled materials and plastic bottles, try their hand at lei making, learn how to use left-over food plus so much more. The NZ Nutrition Foundation will team up with Healthy Families and Heart Foundation at the event to help children create healthy lunch boxes and prepare healthy snacks.

The Eye on Nature creative competitions have also become a highlight for many including the Wearable Art, Cooking and Creative Art competitions involving kindergartens through to secondary schools.

The annual award-winning event takes place at Auckland Botanic Gardens with 1,500 Year 5 and 6 students set to attend school-only days from 28-30th March 2017. The 2017 event culminates in a free Family Day for the whole community on Saturday 1st April.



## Eye on Nature 2017

**Where:** Auckland Botanic Gardens, Manurewa, Auckland (Entry via Everglade Drive)

**When:** Saturday, 1st April 2017

**Time:** 11AM – 5PM

Wearable Arts Fashion Parade and Entertainment  
6PM - 8PM

**Website:** [www.beautifulmanukau.org.nz](http://www.beautifulmanukau.org.nz)

**Phone:** 269 4080



# WORLD IRON AWARENESS WEEK 2017



WORLD IRON AWARENESS WEEK  
1-7 MAY 2017

With its grassroots in New Zealand, World Iron Awareness Week is now in its fourth year with the campaign continuing to encourage New Zealanders to talk about the important issue of iron deficiency.

World Iron Awareness Week 2017 will be focused on increasing awareness around iron during pregnancy and the very real associated risks of iron deficiency during pregnancy for both mother and child.

It's common knowledge iron deficiency remains an ongoing issue among pockets of the New Zealand population. The 2008/2009 Adult Nutrition Survey highlighted a 4.3% increase in iron deficiency among females aged 15 years and over since the previous survey in 1997.<sup>1</sup> We also know the

majority of toddlers are not meeting the recommended daily intake of dietary iron.<sup>2</sup>

Despite pregnant women being one of the "at-risk" groups, there is currently no prevalence data on maternal anaemia and iron deficiency in New Zealand.<sup>3</sup> This is a concern as we know iron deficiency is highest among women of childbearing age and that few women enter conception with sufficient iron stores to meet the extra iron demands of pregnancy. As part of the Growing Up in New Zealand study, it was found 7% of all newborns had iron deficiency and 2% were anaemic. While this doesn't tell us specifically about the mothers iron status, it does provide an indication of the prevalence of neonatal

iron deficiency in New Zealand and as fetal iron reserves are dependent on maternal iron stores; this does provide evidence of an issue with iron deficiency during pregnancy.

The consequences of iron deficiency during pregnancy are serious for both mother and child and include increased risk of premature birth, smaller infants and developmental problems.<sup>4</sup> Some of these problems can be reversed but others may prove long-lasting. A woman impacted by iron deficiency or anaemia may experience maternal depression, fatigue and an inability to concentrate.

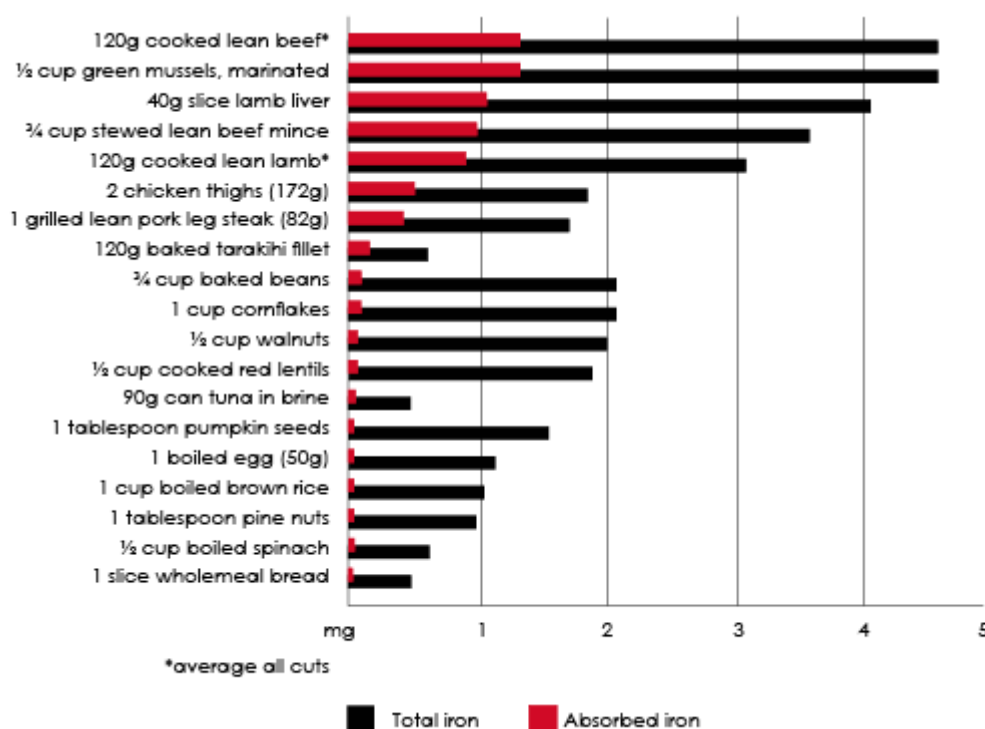
## WHAT CAN BE DONE?

It can be difficult for women to meet increased iron needs throughout pregnancy, especially as fetal iron demands are greatest in the third trimester. Because diet is an important preventative measure but not an effective form of treatment of iron deficiency, women may be prescribed oral iron supplementation during pregnancy. However, if low iron stores are not appropriately identified in early pregnancy, this can have a cumulative effect in the later stages.

Women are offered antenatal blood tests in early pregnancy which includes the complete blood count. However, serum ferritin, an indicator of iron stores, is not routinely tested. This makes it difficult to assess a woman's iron stores in early pregnancy and her risk of iron deficiency and anaemia in later stages. By the time haemoglobin is tested as being low, she is already within the parameters of iron deficiency anaemia.

Iron deficiency anaemia is multi-factorial but diet can play an important preventative role. In fact, one study has shown increasing dietary haem iron maintains iron status better than iron supplements.<sup>5</sup> Women of childbearing age and those who are currently pregnant should be encouraged to:

- Consume foods rich in iron, especially haem iron
- Optimise absorption by including iron enhancers, such as vitamin C
- Decrease the effect of iron inhibitors with careful meal planning and food combining





# WORLD IRON AWARENESS WEEK 2017

It is the continuing aim of World Iron Awareness Week to raise awareness on the importance of dietary iron, recognising the signs of low iron and what can be done about it. Beef + Lamb New Zealand will again facilitate the campaign with support from the likes of the NZ Nutrition Foundation, Dietitians NZ and various individuals and wider organisations.

Currently, there is a health professional's workshop planned for Monday 1 May at Massey University in Auckland titled, Iron in Pregnancy. Further details of this event will be made available over the coming weeks.

If you or your organisation would like to be involved with World Iron Awareness Week, please contact Beef + Lamb New Zealand Nutrition Manager, Emily Parks at [emily@beeflambnz.co.nz](mailto:emily@beeflambnz.co.nz) or on 09 489 0877.

For more information, visit [ironweek.co.nz](http://ironweek.co.nz)

## REFERENCES

1. 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.
2. Wall, CR et al. (2008). Ethnic variance in iron status: is it related to dietary intake? *Public Health Nutr* 12 (9):1413-1421.
3. Morton, S., Saraf, R., Bandara, D., Bartholomew, K., Gilchrist, C., Atatoa-Carr, P., ... Grant, C. (2014). Maternal and perinatal predictors of newborn iron status. *New Zealand Medical Journal*, 127(1402), 62-77. Retrieved from <http://www.nzma.org.nz/journal/read-the-journal/all-issues/2010-2019/2014/vol-127-no-1402/6293>
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# LAMB KEBABS WITH MINTY PESTO

## INGREDIENTS

### LAMB

- 500g Quality Mark lamb rump, cut into 2.5cm pieces
- 8 wooden skewers, soaked
- 2 yellow capsicum, deseeded and cut into similar size pieces as the lamb
- 2 small red onions, cut into thin wedges
- 2 tablespoons olive oil
- 2 tablespoons finely chopped mint leaves

### FRESH MINT PESTO

- 2 cups mint leaves
- 20g shelled unsalted pistachio nuts or blanched almonds
- 1 clove garlic, crushed
- Finely grated zest of ½ lemon
- 3 tablespoons olive oil



## METHOD

Preheat a barbecue grill until hot.

### LAMB

Thread lamb pieces onto the soaked skewers, alternating with the yellow capsicum and adding 2 slices of red onion per skewer.

Mix together the oil and fresh mint and brush over the lamb skewers. Season.

Place on the hot grill and grill for 2-3 minutes on each side until the lamb is medium-rare. If you prefer your lamb not pink in the centre then cook for an extra 2 minutes in total.

### FRESH MINT PESTO

Place the mint, nuts, garlic and lemon zest in a small food processor and process until chopped. Season and drizzle in the olive oil.

## TO SERVE

Serve lamb skewers with the fresh mint pesto. A bowl of baby new potatoes and a crisp green salad is good here too



# A FAMILY OF CHAIN BREAKERS

One Auckland family is so passionate about health and fitness that they've taken their backyard workouts to the wider community. They're even adding nutrition to the mix.

For the Lilo's, staying fit and healthy is a family passion.

Natasha (mum), Joshua (dad), Laelani (daughter), and Uncle David, had all been part of health and fitness groups over the years so they started working out together in their Mangere backyard.

But they soon decided it was time to reach the community so began running free sessions called Fit Club at Mangere East Rugby League Club Park.

"We work well together, keeping the motivation and confidence up to go out there and train others," says Natasha.

"Our classes are a real mixture. In summer we run a session that we call 'Bro Repairs', where different sized tyres are used throughout the workout. Joshua is currently leading a new training called ZUU but we also do boxfit, body workouts and our favourite, Tabata-style workouts."

One thing that makes Fit Club different to many gyms is the family-friendly environment.

"We have our own children attend with us, including our youngest who is aged just four, and that makes others feel like bringing their own kids along too," says



Natasha, who shares six children with Joshua.

Natasha says the Lilo's have built a strong relationship with their local community and that their free training sessions have turned neighbours into friends.

"We have really neat people joining us which makes it easier. I can see real potential for some of our dedicated regulars to go on and become trainers."

However, it's not just about flipping tyres and punching bags; the Lilos are also keen to start sharing their knowledge of healthy eating.

Natasha, Joshua, Laelani and David attended the Heart Foundation's Certificate in Pacific Nutrition (CPN) course as they saw a strong need to increase their nutrition knowledge.

"We believe a healthy, active lifestyle is about 80% nutrition and 20% exercise," Natasha says.

After taking part in CPN, the family members are now looking forward to incorporating nutrition information into their programme. As winter sets in, Fit Club will head indoors to a local community hall, where it will be much easier to hold basic nutrition classes.

"We especially want to support our Pacific and Maori communities to fight against the ongoing battle of obesity-related health issues," Natasha explains.

"We believe we are the generation of chain breakers, family by family. We aim to help our people lead healthy and active lifestyles."



## NUTRITION COURSE WITH A PACIFIC FLAVOUR

The AUT Certificate of Proficiency in Pacific Nutrition is delivered by Pacific Heartbeat | Heart Foundation. It will teach you about the relationship between the types of food we eat and the affect they can have on our health. You will learn how to make every day traditional foods healthier. Every life stage is covered from age 0 - 65+.

The course is delivered over nine evenings (6-9pm) once a week for 11 weeks.

The next course starts in Auckland on 2nd August. Enrol before 6th June, 2017 to secure your place\*. Numbers are limited. Don't miss out.

For more information on this and other Pacific nutrition courses we offer: [www.heartfoundation.org.nz/courses](http://www.heartfoundation.org.nz/courses)



# WHAT'S ON 2017



## MARCH 2017

### 4th International Conference on Nutrition and Growth

Date: March 2-4, 2017

Venue: Beurs van Berlage, Amsterdam, the Netherlands

<http://2017.nutrition-growth.kenes.com/>

## APRIL 2017

### 15th World Congress on Public Health 2017

Date: April 3 – 7, 2017

Venue: Melbourne, Australia

<http://www.wcph2017.com/>

## MAY 2017

### Dietitians Association of Australia Conference 2017

Date: May 18-20, 2017

Venue: Hobart, Australia

<http://daa2017.com.au/>

### 7th Activity and Nutrition Aotearoa Conference

Date: May 30-31, 2017

Venue: Museum of New Zealand Te Papa Tongarewa, Wellington

<http://ana.org.nz/event/7th-activity-and-nutrition-aotearoa-conference/>

## JULY 2017

### 50th Australian Institute of Food Science & Technology (AIFST) Convention

Date: July 17-18, 2017

Venue: International Convention Centre, Sydney

<https://www.aifst.asn.au/annual-convention/aifst-50th-anniversary-convention-17-18-july-sydney>

## AUGUST 2017

### Dietitians NZ 2017 National Meeting

Date: August 31 – September 1, 2017

Venue: Te Papa Museum, Wellington

<http://dietitians.org.nz/news/item/dietitians-nz-national-meeting-2014/>

## OCTOBER 2017

### Public Health Association Conference 2017

Date: October 2-4 2017

Venue: Otautahi, Christchurch

<http://www.pha.org.nz/Events>

### Joint Scientific Meeting of The Australian and New Zealand Obesity Society (ANZOS) and the Obesity Surgery Society of Australia and New Zealand (OSSANZ) in conjunction with the Asia-Oceania Conference on Obesity (AOCO)

Date: October 4-6, 2017

Venue: Adelaide Convention and Exhibition Centre, Adelaide, Australia

<http://www.anzos-ossanz-aoco.org/>

### 21st International Congress of Nutrition

Date: October 15-20, 2017

Venue: Sheraton Buenos Aires Hotel & Convention Center, Buenos Aires, Argentina

<http://icn2017.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](mailto:info@nutritionfoundation.org.nz)



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