



What are Australian children eating?

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Outline

- > Descriptive data on the diets of Australian children and adolescents
- > Focus on “non-core foods”
- > Dietary patterns and diet quality
- > 2007 Children’s Nutrition and Physical Activity Survey

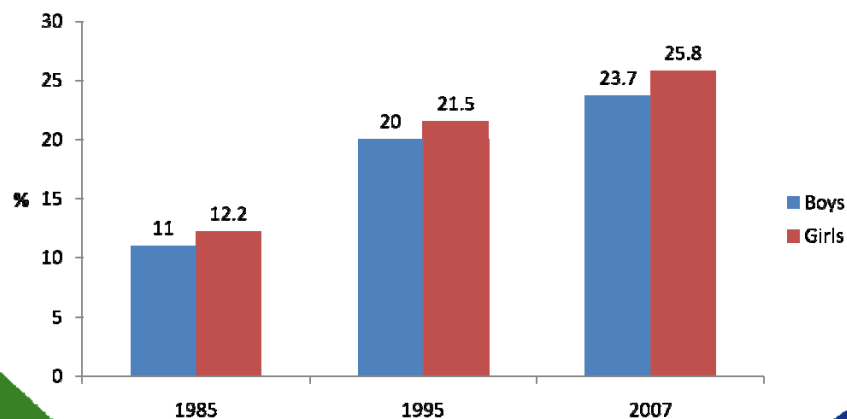


2007 Children's Nutrition and Physical Activity Survey

- > Children and adolescents aged 2–16 years
- > 4,487 participants or their caregivers
- > February to August 2007
- > A computer assisted personal interview (CAPI) was conducted in the child's home and this was followed 7–21 days later by a computer assisted telephone interview (CATI)
- > Dietary intake collected via 24-hour recall
- > Questionnaires covering socio-demographic information
- > Physical activity data was collected pedometer (>5 years) and recall methods (>9 years)
- > Food intake data is summarised into 22 major food groups



Prevalence of overweight and obesity in Australian children aged 7–15 years, 1985–2007

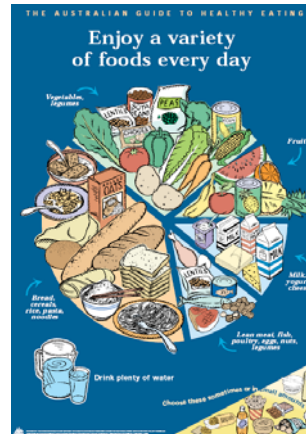


Roberts et al. Med J Aust. 2009;191(1):46-7.

Australian Guide to Healthy Eating

Table 1: Sample servings from the Australian Guide to Healthy Eating suggested for children and adolescents.

CHILDREN AND ADOLESCENTS	BREAD, CEREALS, RICE, PASTA, NOODLES	VEGETABLES, LEGUMES	FRUIT	MILK, YOGURT, CHEESE	MEAT, FISH, POULTRY, EGGS, NUTS/LEGUMES	DRINK PLenty OF WATER
CHILDREN 4-7 YEARS	5-7	2	1	2	$\frac{1}{2}$	1-2
CHILDREN 8-11 YEARS	6-9	3	1	2	1	1-2
ADOLESCENTS 12-18 YEARS	5-11	4	3	3	1	1-3



Australian Guide to Healthy Eating

- > Core foods
 - > Bread, cereals, rice, pasta, noodles
 - > Vegetables, legumes
 - > Fruit
 - > Milk, yogurt, cheese
 - > Meat, fish, poultry, eggs, nuts, legumes

Australian Guide to Healthy Eating

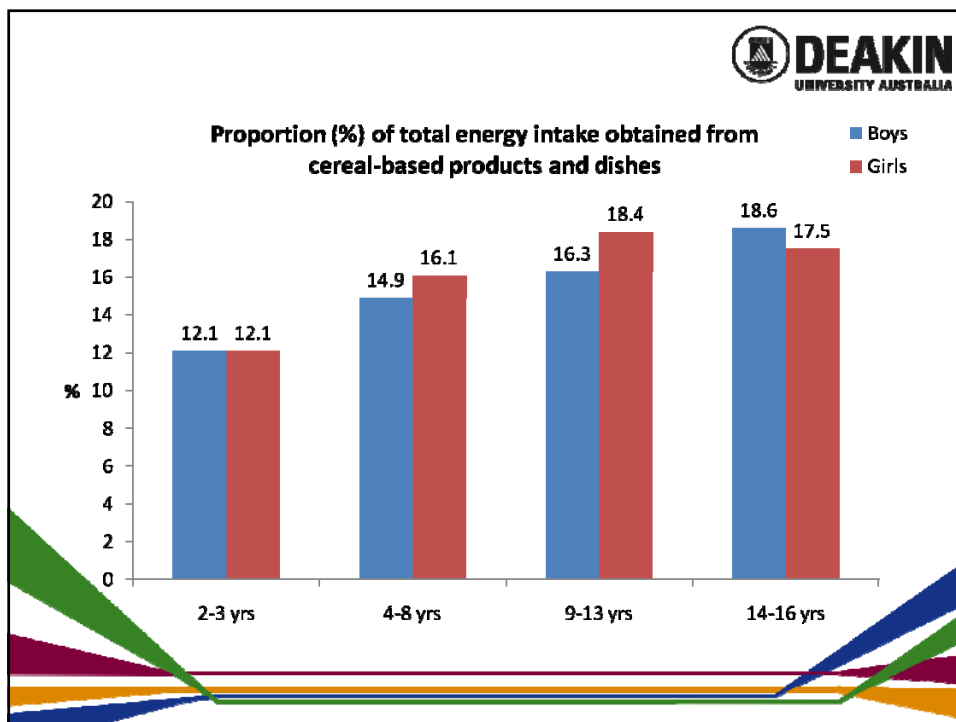
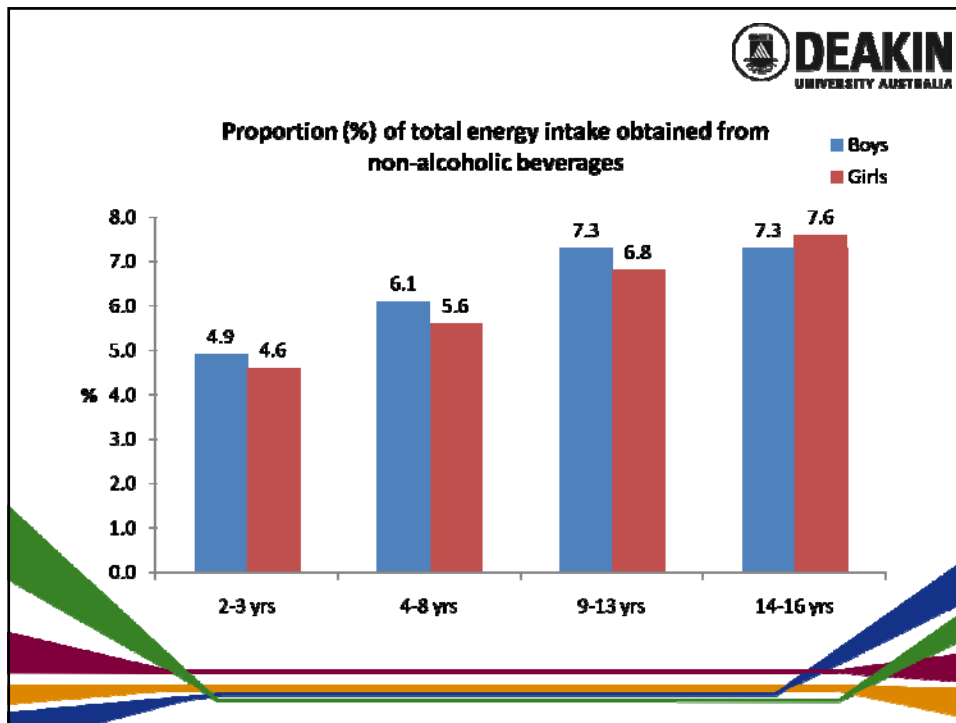
> Non-core foods – “Extras”

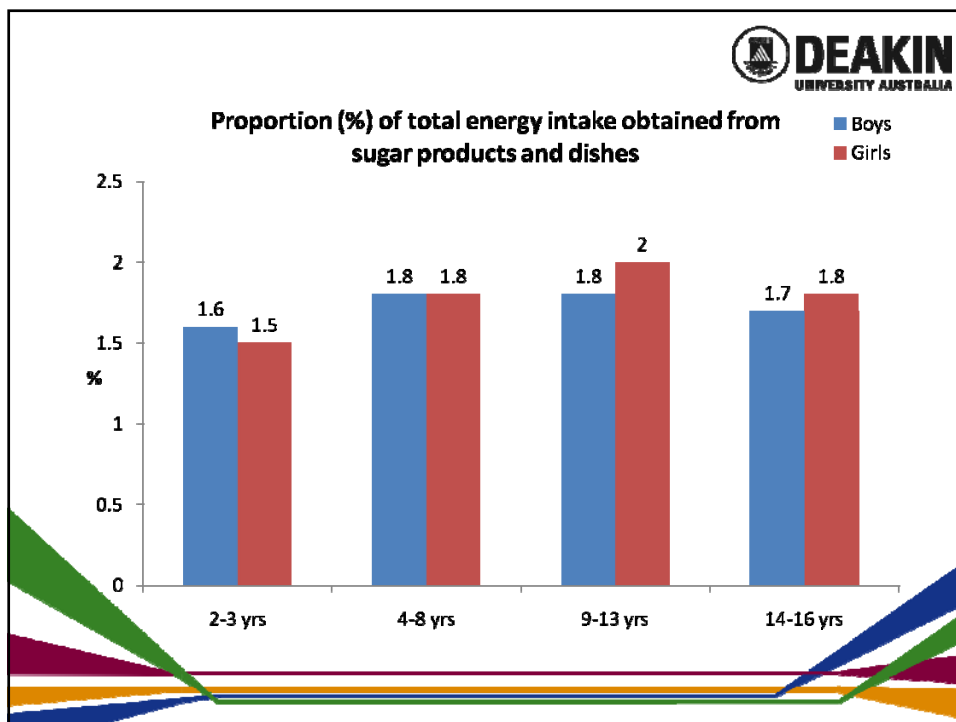
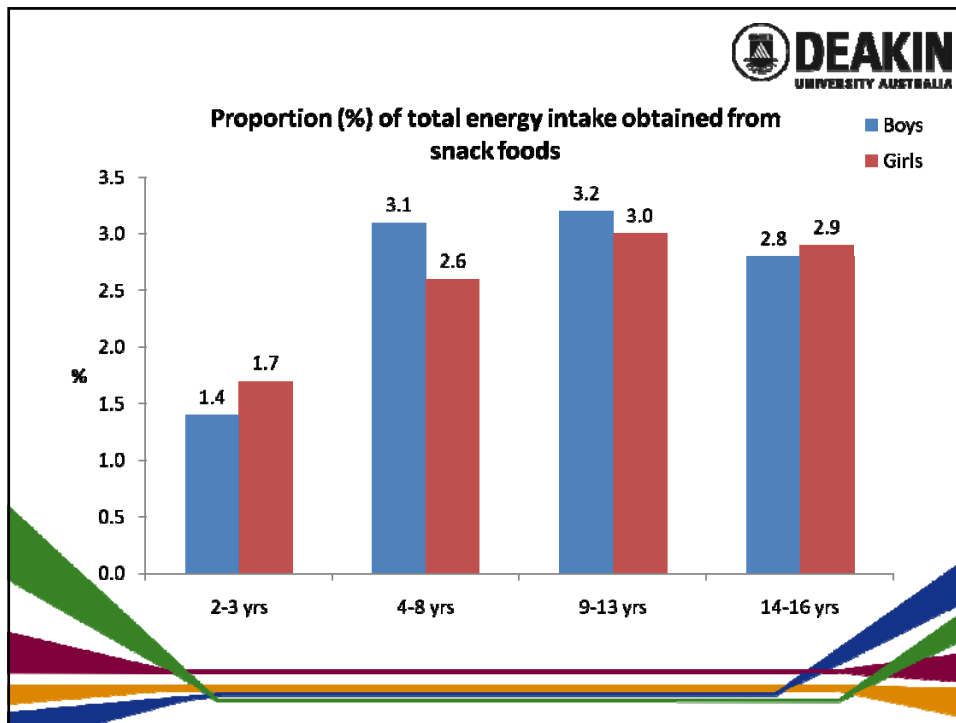
- > not essential to provide the nutrients requirements
- > contain too much added fat, salt and sugars
- > likely to contribute large amounts of energy to the diet
- > biscuits, cakes, desserts, pastries, soft drinks, high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways, lollies and chocolate

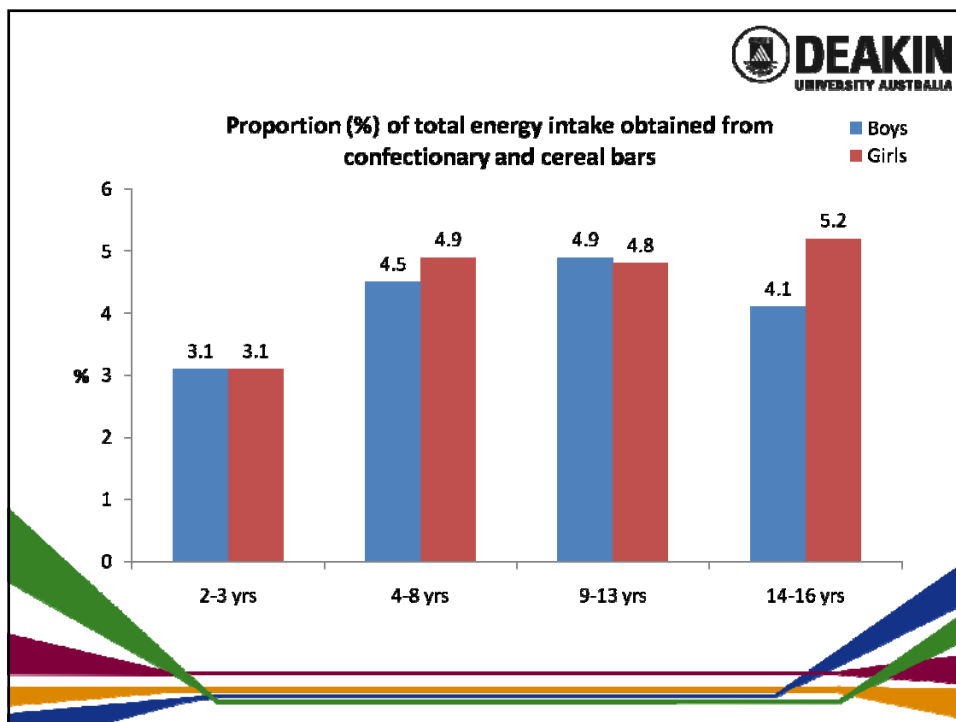
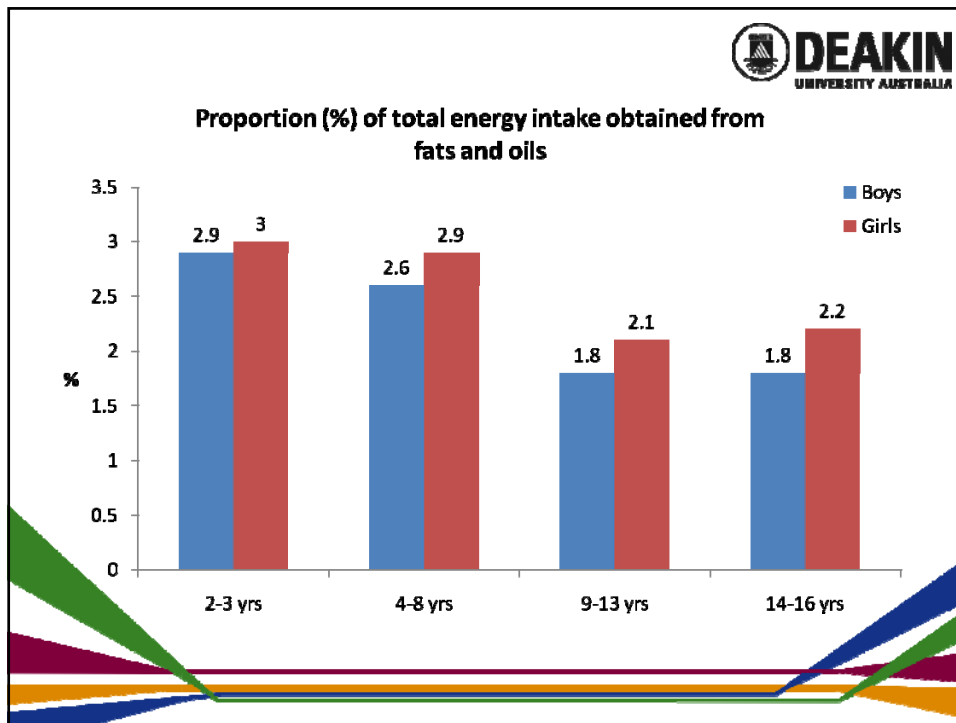
Food intakes

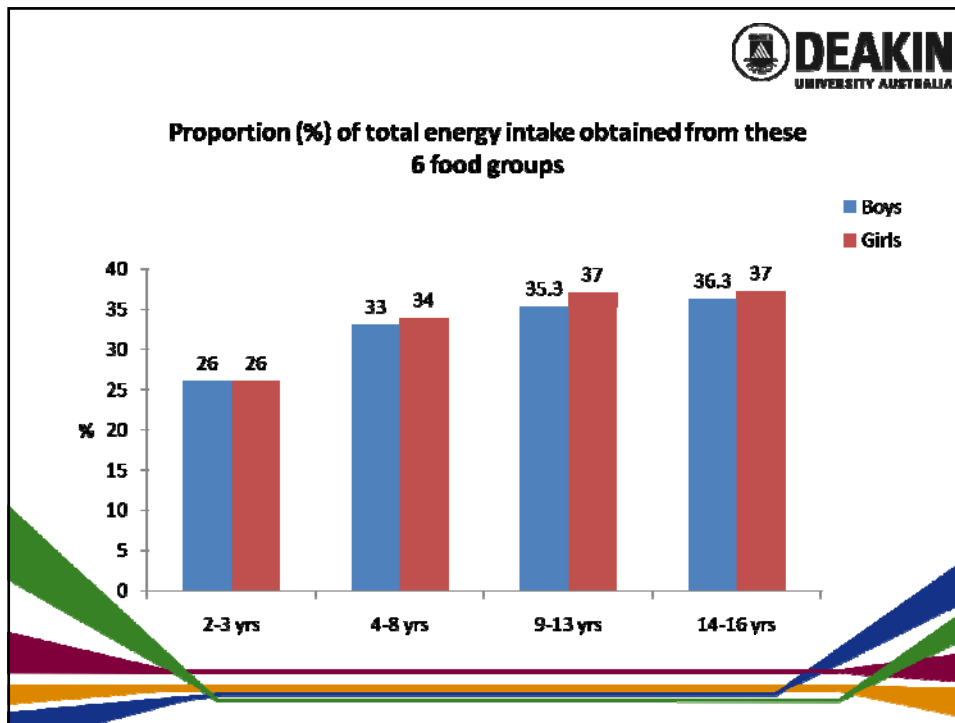
Description of food groups

FSANZ Food Group	Description
Non-alcoholic beverages	Tea, Coffee, fruit and vegetable juices and drinks, cordials, soft drinks, energy drinks, mineral waters
Cereal-based products and dishes	Sweet biscuits, savoury biscuits, cakes, buns, muffins, scone, pastries, pizza, pancakes, doughnuts
Fat and oils	Butter, dairy blends, margarine
Snack foods	Potato crisps, corn chips, pretzels
Sugar products and dishes	Sugar, honey, sweet sauces and spreads, other products where sugar is a major ingredient (jelly, ice confection)
Confectionary and cereal bars	Chocolate, lollies, sweets, muesli and cereal bars









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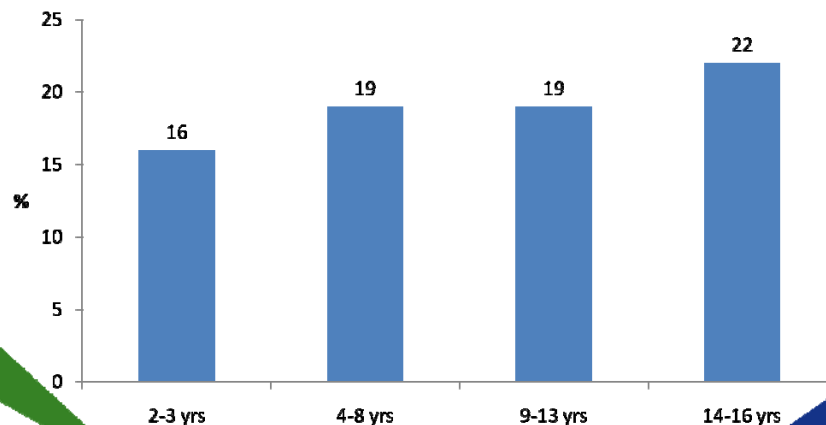
Diet quality

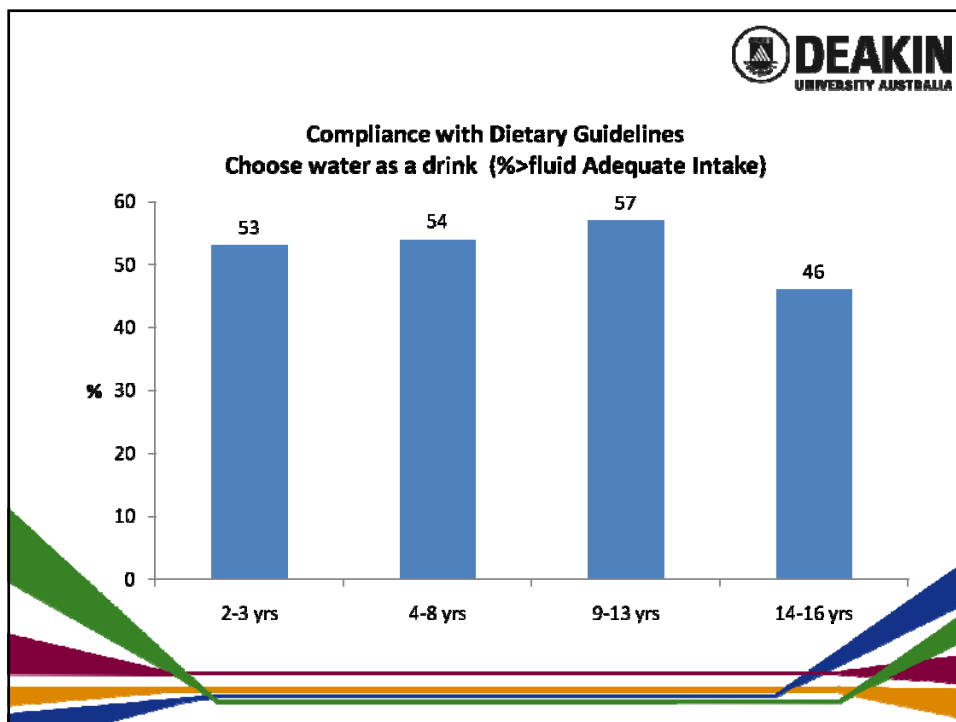
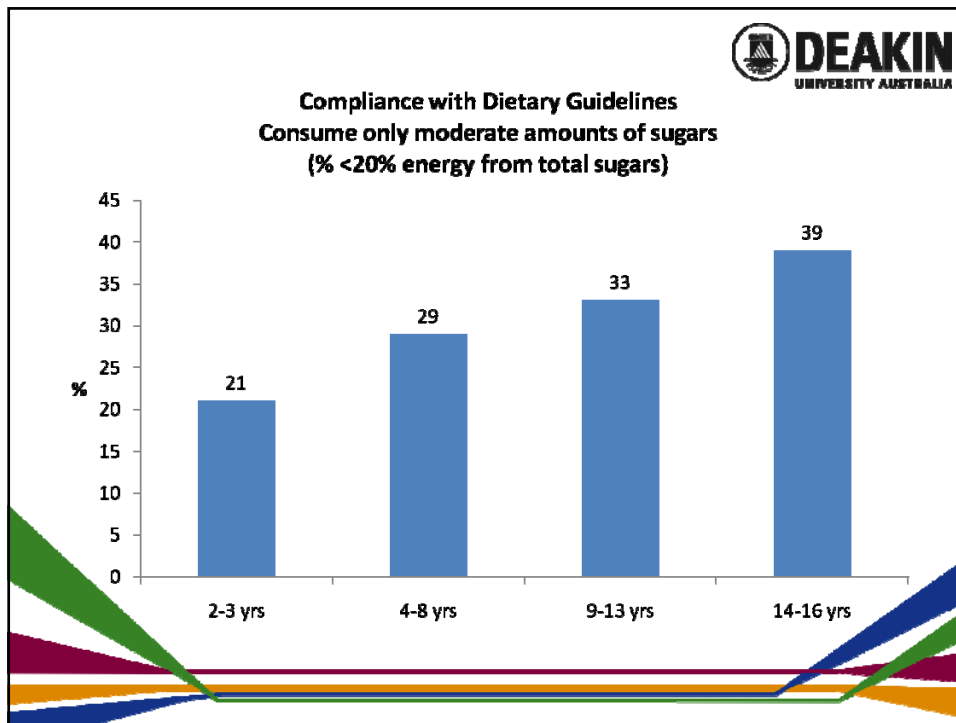
- > Compliance with dietary guidelines
- > Individual guidelines - focus on those relating to non-core foods

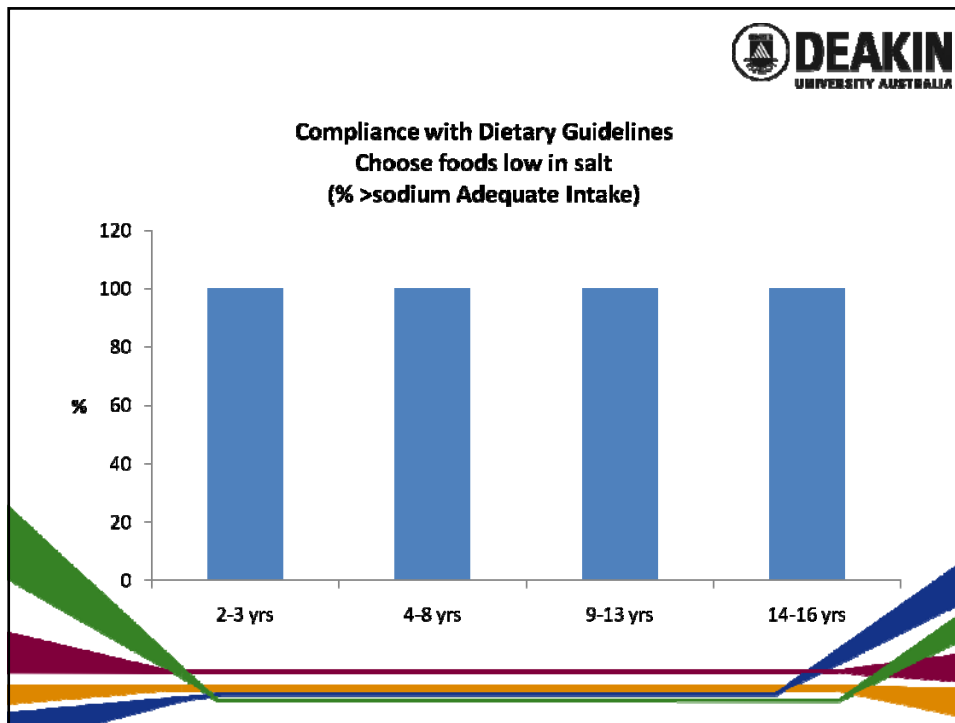
Compliance with Dietary Guidelines

Dietary Guideline	Indicator
Limit saturated fat and moderate total fat intake	Less than 10% of total energy intake as saturated fat
Consume only moderate amounts of sugars and foods containing added sugars	Dietary Guidelines report that up to 15–20% of total energy supplied by total sugars is not incompatible with a healthy diet. Less than 20% of total energy intake as sugars.
Choose water as a drink	Fluid intake greater than the age-specific Adequate Intake for total water which included all fluids from food and beverages.
Choose foods low in salt	More than the age-specific Adequate Intake for sodium.

Compliance with Dietary Guidelines Limit saturated fat and moderate total fat intake (<10% energy from saturated fat)







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Summary

- > Non-core foods provide substantial contribution to energy intake across all ages
- > Compliance with dietary guidelines relating to salt, sugar and fat is poor

