

(This electronic copy is Dad's somewhat improved version of the original talk, a resource for others)

TALK TO YEAR 3 BOYS AT THE SCOTS COLLEGE, Robertson Junior (Age 7) Sydney, 22 February 2013

Good morning,

My job today is to talk about a recent news event. Does everyone have a copy of my handout? Start with the newspaper article from *The Sydney Morning Herald* (p.4)

On Monday 18 February 2013, the Australian Government published its new *Australian Dietary Guidelines*.

The *Australian Dietary Guidelines* are a book that explains what is **good** and **bad** to eat and drink - what will help keep us kids **healthy** and what is **unhealthy**.

These healthy eating *Guidelines* foods are updated only once every decade - only once every 10 years - after reviewing all of the latest scientific evidence.

On the way to finalising the 2013 *Guidelines*, researchers employed by the National Health and Medical Research Council (NHMRC) – Australia's main health advisor - reviewed 55,000 - 55 thousand! - scientific papers on nutrition. [Nutrition is a branch of science focussed on food, the body and what makes us healthy.]

Okay, so what did NHMRC researchers discover in those 55,000 nutrition studies?

Well, versus 10 years ago, researchers found stronger evidence that it is healthy to:

- drink more milk;
- eat less added sugar <http://www.abc.net.au/news/2013-02-19/sugar-re-think-an-evidence-based-decision/4527312?section=business>
- eat more whole grains rather than refined grains in bread, pasta, rice, cereals;
- eat more green vegetables like broccoli, bok choy, brussel sprouts, lettuce, spinach and cauliflower, carrots, capsicum...

Hey, hang on! Cauliflower and carrots aren't green! Not to worry - nutritionists say **most vegetables are healthy, not including hot and cold potato chips**.

There also is new scientific evidence that **eating fruit is good for us**, but perhaps two pieces a day, versus five serves of vegetables. Apples, oranges and bananas all are excellent and there are plenty of others as well, including melons and berries. Did you know tomatoes and avocados also are fruits, and in fact are super-foods?

So, the new *Australian Dietary Guidelines* found stronger evidence that we should eat more fresh vegetables, fresh fruits and whole grains, and drink more milk. The scientists also found stronger evidence that **some things are very bad for us, making us fat and unhealthy**.

- In particular, scientists found new, stronger evidence that **added sugar** and especially **sugary softdrinks** - like cola and lemonade - are very bad for us.
- So too are **fruit juices**. My Dad says eat the whole fruit – the chunky bits and the juice – not just the juice. Like sugary softdrinks, fruit juices are junk foods.
- **"Milk and water are the [only] recommended drinks for children"**.

In general, the new evidence from those 55,000 studies over the past decade seems to be saying: For better health, eat plenty of fresh vegetables, fruit, whole grains, meat, fish and poultry, and drink water and milk, but limit your intake of unhealthy added sugar, added salt and unhealthy added fats and oils in processed foods.

Added sugar is the only foodstuff for which the NHMRC highlights new stronger evidence of a need for reduced consumption. (Page 6 has a summary of the latest science.)

In particular, the new *Australian Dietary Guidelines* explain that we should: "Limit intake of foods and drinks containing added sugars such as confectionery [for example, lollies, chocolates, muesli bars, biscuits, ice-cream and flavoured yoghurt], sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks".

Scientists are very concerned that too many Australian kids and adults are getting fat and sick from eating sugary foods and drinks, so they now are - for the first time - instructing kids like us to "limit" our consumption of sugary foods and drinks in the same way they long have been telling our parents to "limit" their intake of alcohol in beer and wine.

Again, Canberra's new dietary advice is that us kids should "limit" added sugar in the same way our parents should "limit" their consumption of alcohol in beer and wine: <http://www.australianparadox.com/pdf/canberradietary.pdf>

- One good rule is that "Sugary foods are for parties, not for everyday eating".
- Another rule is "If it is sweet, we should not eat - unless it's a piece of fruit".
- Kids should not drink softdrinks, 'sports drinks', 'vitamin waters', cordials, fruit drinks or energy drinks. And plain milk is a much better choice than flavoured milk. "Milk and water are the [only] recommended drinks for children".

The bottom line is that foods and drinks with added sugar - sweet-tasting foods and drinks - are mostly party foods, mostly "one treat a week" foods.

CLASSWIDE DISCUSSION OF YUCKS AND YUMS IN THE LIST BELOW

We have a few more minutes, so let's have a quick discussion about some of the foods we know are healthy and some of the foods we know are unhealthy.

1. Healthy everyday foods and drinks

- fresh meat from cattle, sheep, pigs, chicken, ducks, turkeys and fish, etc
- **fresh vegetables, especially green vegetables - five serves a day**
- **fresh fruit, including tomatoes and avocados - two pieces a day**
- whole grains or less-processed grains in bread, pasta, rice, cereals, etc
- eggs, (hard) cheese, and nuts – but be **very careful** with nuts and allergies
- milk and plenty of water

2. Unhealthy occasional foods and drinks - party foods and junkfoods

- **softdrinks** - like cola and lemonade – and cordials
- **fruit juices** (from oranges, apples, etc), especially those with added sugar
- lollies, chocolates, sweet biscuits, cakes, muesli bars and muffins
- ice-cream and sweet/flavoured yoghurts
- potato chips, both hot and cold
- sausages, commercial meat pies and processed meats
- non-home-made pizzas, burgers and many other takeaway foods

In summary, Australia's best nutritionists reckon us kids should be eating heaps of nutritious foods from the Healthy list above, to help us to grow and develop normally.

Foods cooked at home generally are much healthier than foods bought ready to eat, like processed foods and takeaways. Processed foods and takeaways often have far too much unhealthy added sugar, added salt and/or unhealthy added oils.

It's best to eat "**whole foods**" including meat, poultry, fish (even sharks!), and fresh vegetables and fruit. **Processed foods are best without added sugar, salt and oils. Your parents may have other foods to add to my short lists above.**

In terms of **amounts**, scientists reckon we should eat maybe 5 lots of vegetables and 2 pieces of fruit each day. Fruit is a great **between-meal snack**, and so is bread, cheese, a carrot, nuts, a boiled egg or potato, or a well-cooked lamb chop (for morning tea).

And drink plenty of water. Milk and water are the only drinks us kids should be drinking. "**Milk and water are the [only] recommended drinks for children**".

Remember, softdrinks and fruit juices are **junkfoods** in the same way that ice-cream, yummy yoghurts, lollies, biscuits, chocolates, muesli bars and most of the stuff at takeaway shops are junkfoods.

As well as eating healthily, scientists say - and this is really important – scientists say us kids should be physically active every day. That means walking and running and jumping and playing every chance we get.

Maybe starting in a few minutes? (Time for questions?) Is that the bell? Let's go!

THE SYDNEY MORNING HERALD

Food guide gets tough on sugary drinks, salt and fats

Date: February 19, 2013

Dan Harrison

AUSTRALIANS are being urged to choose the right kind of fats, cut down on sugary drinks and avoid adding salt to food, in new national dietary guidelines.

The National Health and Medical Research Guidelines are the most authoritative source of information on nutrition, a reference for health professionals, policy makers and educators and the subject of intense debate and lobbying by the food industry, health campaigners and academics.

For the latest version, the first update in a decade, researchers reviewed 55,000 pieces of scientific research and modelled about 100 dietary patterns.

Much of the advice is little-changed from the 2003 version, with people encouraged to eat plenty of vegetables and fruit, wholegrain foods and legumes, lean meats and fish and reduced-fat dairy products.

But the latest guidelines mark a change of emphasis on fat, with a move away from calls to cut fat intake, and a distinction between foods containing mainly unhealthy saturated fats such as butter and cream and those containing mainly beneficial polyunsaturated and monounsaturated fats such as olive or canola oil, nut butters and pastes and avocados.

The shift was welcomed by the Heart Foundation, which said while it was important for people to reduce their intake of bad fats, they should replace these with good fats.

"People should not cut all fats from their diet," foundation chief executive Lyn Roberts said.

"It's good to eat some healthier fats and oils such as canola oil, nuts and fish, as they provide essential nutrients for heart health and protect against disease," Dr Roberts said.

The council resisted calls to make beneficial fats a separate food group. The chairwoman of the dietary guidelines working committee, Amanda Lee, said the committee had decided against this because it thought this would be confusing, given healthy fats could be found in foods such as meats and avocados, which belonged in other groups.

The guidelines take a stronger line on foods containing added sugar. While the 2003 guidelines said people should "take care to consume only moderate amounts" of these foods, the new guidelines urge people to "limit" their intake of sweetened soft drinks and lollies.

Rosemary Stanton, a public health nutritionist who also served on the committee, said this had been driven by stronger evidence about the link between sugary drinks and weight gain.

The advice on salt has also been toughened, from "choose foods low in salt" to urging people to limit their intake of foods containing added salt, reading labels to choose lower sodium products, and not adding salt in cooking or at the table.

The council says 60 per cent of Australian adults and 25 per cent of children are overweight or obese and, if trends continue, by 2025, 83 per cent of men and 75 per cent of women over the age of 20 will be overweight or obese. <http://www.smh.com.au/national/food-guide-gets-tough-on-sugary-drinks-salt-andfats-20130218-2enjz.html>

Related reports on the internet:

- <http://www.abc.net.au/news/2013-02-19/new-diet-guidelines-spark-debate-onsugar/4526174>
- <http://www.abc.net.au/news/2013-02-19/sugar-re-think-an-evidence-baseddecision/4527312?section=business>
- <http://www.nytimes.com/2011/04/17/magazine/mag-17Sugar-t.html?pagewanted=all& r=0>
- <http://opinionator.blogs.nytimes.com/2013/02/27/its-the-sugar-folks/>



Australian Government

National Health and Medical Research Council

Department of Health and Ageing

EAT FOR HEALTH

Australian Dietary Guidelines

*Providing the scientific evidence for
healthier Australian diets*

2013

NEW SCIENTIFIC EVIDENCE OVER PAST DECADE

Specifically, the evidence base has strengthened for:

1. “The association between the **consumption of sugar sweetened drinks** and the risk of excessive weight gain in both children and adults”
2. “The association between the **consumption of fruit** and decreased risk of heart disease”
3. “The association between the **consumption of non-starchy vegetables** and decreased risk of some cancers”
4. “The association between the **consumption of wholegrain cereals** and decreased risk of heart disease and excessive weight gain”
5. “The association between the **consumption of milk** and decreased risk of heart disease and some cancers”
6. “The health benefits of **breastfeeding**”

[http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/adg_media_briefing.pdf (p.2) By contrast, the 2003 sugar and alcohol advice was: "Consume only moderate amounts of sugars and foods containing added sugars" and "Limit your alcohol intake if you choose to drink...".

http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n33.pdf]

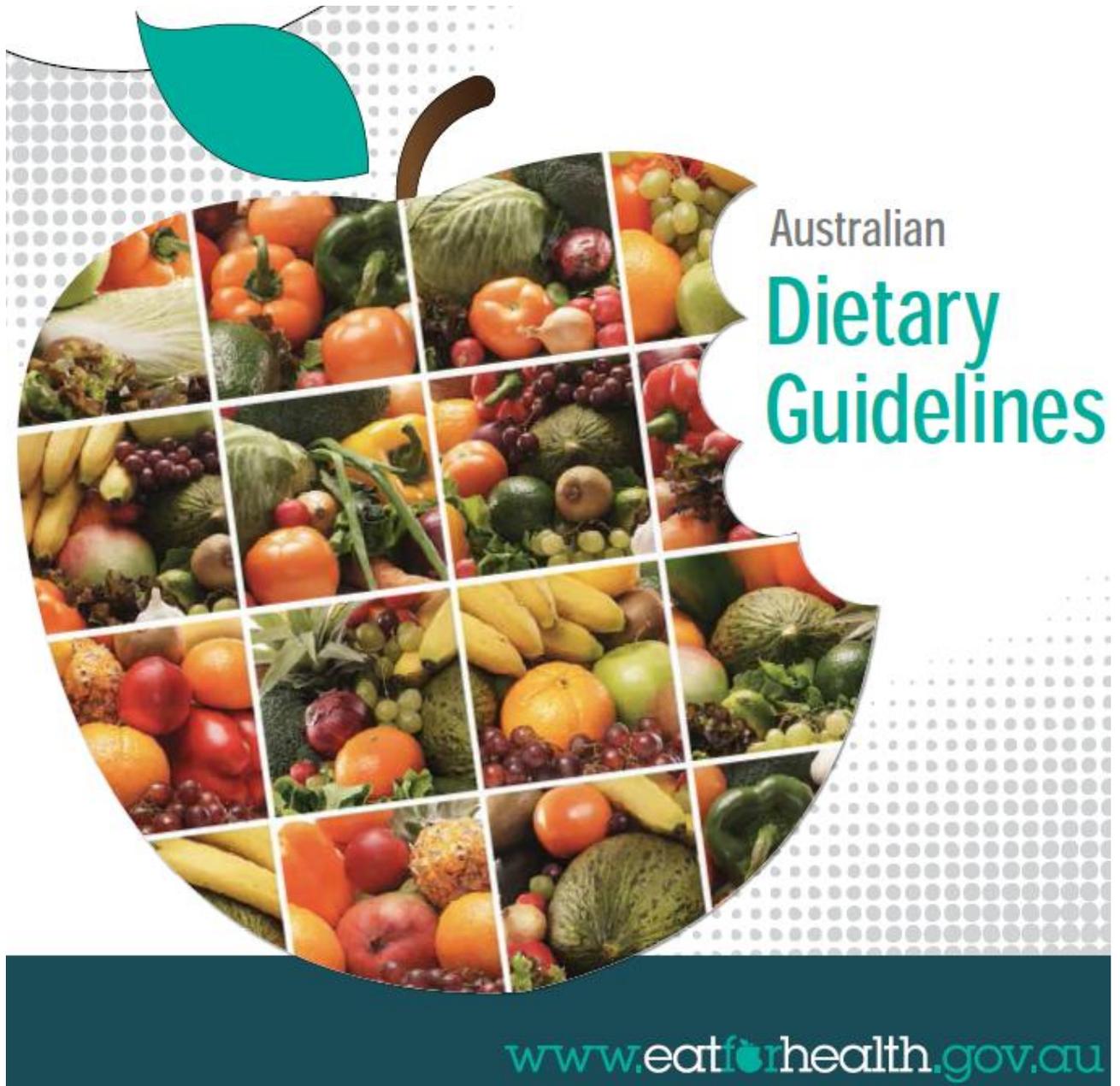
In summary, there is stronger evidence - versus a decade ago - for the health benefits of increased consumption of milk, fruit, green vegetables and whole grains in the form of rice, barley, cereals, and breads, and for minimising the consumption of added sugar.

These findings now are reflected in the 2013 Guidelines.

Added sugar is the only foodstuff for which the NHMRC cites new stronger evidence of a need for reduced consumption.

That is, a key feature of the 2013 Guidelines is the toughening of official advice against added sugar, **encouraging Australians for the first time to "limit" our consumption of added sugar, in the same way we long have been encouraged to "limit" our consumption of alcohol.**

The key driver of new tougher official advice against added sugar was Canberra's concern that the increased risk of overweight/obesity tends to boost one's risk of diabetes and heart disease, not to mention various other maladies including cancer.



Most Australians need to eat less:

- ▶ Meat pies, sausage rolls and fried hot chips
- ▶ Potato crisps, savoury snacks, biscuits and crackers
- ▶ Processed meats like salami, bacon and sausages
- ▶ Cakes, muffins, sweet biscuits and muesli bars
- ▶ Confectionary (lollies) and chocolate
- ▶ Ice-cream and desserts
- ▶ Cream and butter
- ▶ Jam and honey
- ▶ Soft drinks, cordial, energy drinks and sports drinks
- ▶ Wine, beer and spirits



https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_australian_dietary_guidelines.pdf



EATFORHEALTH

FOLLOWING THE RECOMMENDATIONS IN THE AUSTRALIAN DIETARY GUIDELINES

The sample meal plan outlined below provides the nutritional and energy requirements for a MAN aged 19-50 years of average height, healthy weight and light activity

BREAKFAST

Wholemeal toast with baked beans and grilled tomato
(2 slices of wholemeal bread, ½ can of baked beans, 1 medium tomato)



Glass of milk
(1 cup/250ml reduced fat milk)



MORNING BREAK

Apple
(1 medium apple)

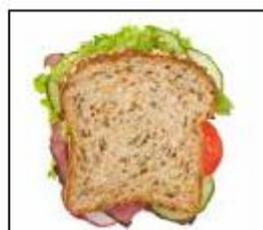


Coffee with milk
(200mL – small/medium size)



LUNCH

Roast beef, salad and cheese sandwich
(2 x slices of wholemeal bread, 65g roast beef, 20g/1 slice reduced fat cheese, 1 cup mixed salad)



AFTERNOON BREAK

Coffee with milk
(200mL- small/medium size)

Unsalted mixed nuts
(30g – small handful)



EVENING MEAL

Grilled fish on rice with lemon juice and vegetables
(100g fillet of fish, 1 cup cooked rice, squeeze of lemon, 1 small boiled potato, ½ cup cooked zucchini, ½ cup cooked broccoli)



EVENING SNACK

Fruit salad (tinned or fresh) and reduced fat yoghurt
(1 cup mixed fruit plus small tub/100g yoghurt)



Drink plenty of water throughout the day



This is a sample of meals for MEN. Healthy, lean, growing boys can eat a smaller version of what Dad might eat - swapping the coffee for full-fat milk or water and keeping the nuts for snacks at home!

FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt, or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks and sports drinks.

It is also important to remember that young children (less than 3 years of age) can choke on hard foods. To prevent this from happening:

- Sit with them when they eat and don't give them hard foods such as popcorn, nuts, hard confectionery or crisps.
- Cook or grate hard fruit and vegetables to soften them.
- Remove all bones from fish or meat.



Good Calories, Bad Calories, a.k.a. Good Science, Bad Science

Parents and teachers: This is the **best-available history of nutrition science**, spanning recent centuries and written by the former science writer for *The New York Times*. If you have the time and an interest, maybe start with Chapters 23 and 6.

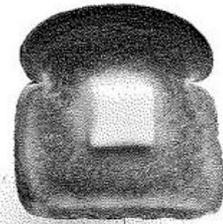
The pro-carbohydrate foundations of modern “nutrition science” – especially the hapless embrace of sugar and other refined carbohydrates as harmless - seem so poorly based that it’s not only fascinating but seriously eye-opening and disturbing. Finally, there’s a reproduction of a **scientifically approved and proven obesity-reversing diet** at #30 on the LHS of <http://www.australianparadox.com/>

“A vitally important book, destined to change the way we think about food.”

—MICHAEL POLLAN, AUTHOR OF *IN DEFENSE OF FOOD*

“Gary Taubes is a brave and bold science journalist who does not accept conventional wisdom.” —*THE NEW YORK TIMES*

GOOD CALORIES,



BAD CALORIES

FATS, CARBS, AND THE CONTROVERSIAL
SCIENCE OF DIET AND HEALTH

GARY TAUBES