

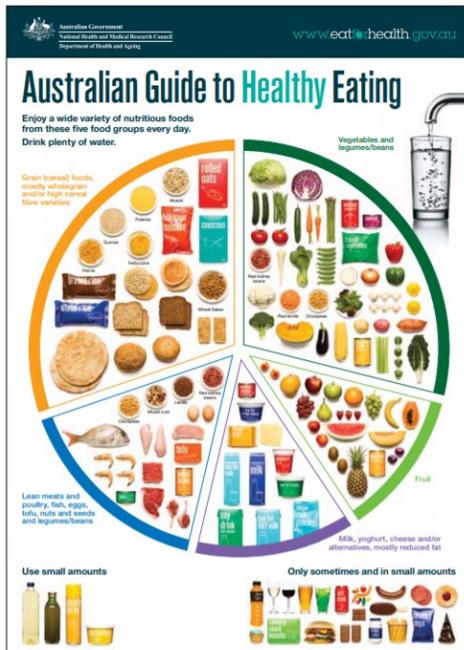
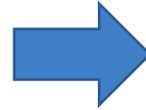
NHMRC AUSTRALIAN DIETARY GUIDELINES REVIEW – DAIRY INDUSTRY POSITION

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BACKGROUND

- Australian Dietary Guidelines (ADG) – pivotal public health document that guides policy, regulation and education
- Published in 2013, with underpinning scientific evidence to 2009.
- Review announced July 2020 – due completion: early 2024.
- Appointment Expert Committee – due: Q1 21.
- **Stakeholder Scoping Survey (1st-round public consultation): closed 15 March.** Collated responses available via NHMRC website



Review activity	Anticipated timeframe
Establishment of contact list	Final quarter 2020
Horizon scan for new evidence	First quarter 2021
Expert Committee appointed	First quarter 2021
Online scoping survey	First quarter 2021
Review scope finalised	Second quarter 2021
Procurement of evidence reviewers	Third quarter 2021
Call for supporting evidence on finalised review topics	Final quarter 2021
Evidence review	Second quarter 2022
Guidelines drafted	Final quarter 2022
Targeted and public consultation	Second quarter 2023
Independent expert review	Third quarter 2023
Final revision of Guidelines	Final quarter 2023
Development of implementation plan	Final quarter 2023
Guidelines released	First quarter 2024

DAIRY INDUSTRY POSITION

- The dairy industry **supports the review** of the Australian Dietary Guidelines (ADG) and is a **meaningful part of the critical conversations throughout the review process**
- **Dairy foods are recognised as an integral part of a healthy, sustainable eating pattern due to their contribution to the health and wellbeing of Australians, with dairy defined as milk, cheese, yoghurt and custard – plain and flavoured, regular and reduced fat**
- The **ADG must reflect the latest scientific evidence and consumer insights, 4 existing areas and 3 new areas** proposed as part of the review:

Existing areas for review:

1. Whole foods, holistic nutrition and food matrix
2. 'mostly reduced fat' dairy recommendation
3. Plant-based products that qualify as 'dairy alternatives'
4. Cheese consumption limitations of 2-3 times per week

New areas:

1. Sustainable eating patterns
2. Processing and the role of safe food production
3. Life-stage nutrition, including cultural and social elements of food

- This means, the review would recognise:
 - **'whole food is greater than the sum of its parts' on health outcomes, and the importance of the food matrix** [food matrix = nutrient matrix + physical matrix]
 - The **solid bank of evidence and health outcomes for dairy foods** that span heart, bone, weight, diabetes
 - **All types of dairy** – removing reference to the recommendations 'mostly reduced fat', and 'limit cheese to 2-3 times per week'
 - What **plant-based products are defined as a 'dairy alternatives'** and on what basis.
- **A regular review period – every 5-years**
- The revised guidelines **reflect positive language and actions** (i.e., what can/ should do) and provide **realistic, practical recommendations**



DAIRY RESPONSES TO KEY NHMRC SURVEY QUESTIONS

RECOMMENDATIONS FOR UPDATING EXISTING ADG

1. **Topic 1: Whole foods, holistic nutrition and food matrix**

A review of the food vs nutrient recommendations that underpin the ADG, to better reflect whole foods, holistic nutrition and the food matrix (nutrient matrix + physical matrix).

2. **Topic 2: ‘Mostly’ reduced fat dairy recommendation**

A review of the evidence and health outcomes supporting the inclusion of regular fat milk, cheese and yoghurt in the diet – recommending dairy is redefined as milk, cheese, yoghurt, custard – plain and flavoured, regular and reduced fat.

3. **Topic 3: Plant-based products that qualify as ‘dairy alternatives’**

A review of the evidence and definition of ‘dairy alternatives’ to understand which plant-based products are appropriate to include, considering (but not limited to) nutrient quality and quantity, bioavailability, established health outcomes and product innovation

4. **Topic 4: Cheese consumption limitations of 2-3 times per week**

A review of the recommendation to limit cheese to two-three times per week, as per the 2013 Eat for Health – Educators Guide, recommending this be deleted based on the available science and existing portion/serve size consumption guidelines for cheese.

RECOMMENDATIONS FOR NEW CONTENT (TOPICS NOT IN THE ADG)

1. **Topic 1: Sustainable eating patterns**

Sustainable dietary patterns, including the role of dairy foods in a healthy, sustainable eating pattern – needing to define what is meant by ‘sustainable eating’ (i.e., the nutrition, social, economic and environmental considerations).

2. **Topic 2: Processing and the role of safe food production**

Processing and the need to take a holistic approach to eating when providing recommendations, understanding how food systems work and the necessary steps to produce safe, nutritious and fresh food along the spectrum of food processing.

3. **Topic 3: Life-stage nutrition, including cultural and social elements of food**

Healthy dietary patterns across the life-stage that reflect Australian cultural diversity and the social aspect of food – from infants → ageing. What does this look like, why and how do the ADG better reflect this? E.g. Dairy and aged care fractures trial, benefits to public health and health care cost savings.

RECOMMENDED UPDATES TO TOOLS AND INFORMATION RESOURCES

To increase the reach and uptake of future Australian Dietary Guidelines (ADG), the following principals are recommended:

- **Clearly define the ADGs, versus supporting resources with consistent language** and recommendations across all documents.
- **Simplify the number of key messages** and number of ADG resources.
- Use **positive language** around dietary recommendations to encourage a positive relationship with food i.e., what to eat and how to eat it, rather than what not to eat (aware 35-41% of energy intake is coming from discretionary foods).
- **Better understand and invest in supporting marketing and communications activities to promote the guidelines.** This may involve appointing a communication agency at the outset of the review and engaging end-users (i.e., consumers through to health professionals).
- Commit to **more frequent reviews of the guidelines (5 years)** given the pace at which research is evolving and to ensure currency of science and dietary recommendations.
- Ensure there are **visual aspects to the guidelines** to help with interpretation whether this be displaying different foods in each food group or demonstrating relatable portion sizes, such as the palm of your hand.
- **Show whole foods in their natural state**, rather than packaged, such as pasta and cheese without packaging.
- Develop **digital education tools, such as podcasts and apps** to bring the guidelines to life and increase accessibility.
- **Support consumers** with the practical application of the guidelines, for example, in the form of recipes.
- Consider the **multiple applications and opportunities for the guidelines and tools to be leveraged** such as in the Australian Curriculum for health and nutrition education/core education competencies as well as use by health agencies geared to improving food literacy and cooking skills in vulnerable groups/communities.