

**Story opportunities at the International Life Sciences Institute (ILSI) Symposium**

**Tuesday 19 March 2013**

**MEDIA RELEASE**

**Grains are key to warding off disease and maintaining weight say Australian researchers**

**Embargoed Tuesday 19 March 2013:** Leading health experts are encouraging Australians to increase their intake of whole grain and high-fibre cereals as an effective way to maintain weight and reduce the risk of chronic diseases.

Speaking at the International Life Sciences Institute (ILSI) symposium, co-hosted by the Grains & Legumes Nutrition Council™ (GLNC), a range of Australian experts in nutrition and dietetics discussed the health benefits and current Australian attitudes towards carbohydrate intake.

Peter Williams, Adjunct Professor of Nutrition and Dietetics at the University of Canberra, addressed delegates about the newly revised dietary guidelines from the National Health and Medical Research Council (NHMRC). It is now recommended that 45-65% of Australian's daily diets should comprise of low energy density carbohydrate food sources like whole grains and cereals.

This recommendation comes at a time when researchers are urging caution around "low carb" diets popularly adopted by many Australians for short term weight loss. A recent meta-analysis [<http://www.biomedsearch.com/attachments/00/23/37/28/23372809/pone.0055030.pdf>] found that long-term exposure to low carbohydrate diets were associated with a higher risk of all-cause mortality and cardiovascular disease.

"Many people, especially women, continue to follow strict low carbohydrate diets thinking it's the best way to achieve weight loss. What they don't realise is they are depriving their bodies of nutrients that can only be delivered by whole grains and low energy cereals," said Professor Williams.

"Australians could be inadvertently putting themselves at higher risk of serious health issues by cutting out grains and cereals."

Professor Amanda Lee of Queensland University of Technology believes the development of new resources like the products launched with the government [Eat For Health](#) program will help Australian consumers make better food decisions.

"Food recommendations aim to answer one question – *what should we be eating?* As people don't choose to eat nutrients like carbohydrate but rather choose to eat foods, our guidance should reflect this. The revised dietary guidelines provide clear recommendations on what types of foods people need to consume to get the best source of carbohydrates and all other nutrients," said Professor Lee.

**ENDS**

For all media enquiries, please contact:



Karina Durham  
Palin Communications  
0402 307 056  
[karina@palin.com.au](mailto:karina@palin.com.au)



**Grains &  
Legumes  
Nutrition  
Council**

*Cultivating Good Health*

Lauren Sharkey  
Palin Communications  
0439 404 200  
[lauren@palin.com.au](mailto:lauren@palin.com.au)