



First National Nutrition Survey in 15 years shows importance of grain foods in the Australian diet

The 2011 National Nutrition Survey released on Friday, April 9, shows that grain foods continue to be the main source of fibre and a leading source of key nutrients in the Australian diet.

The Grains & Legumes Nutrition Council™ (GLNC), the independent authority on the nutrition and health benefits of grains and legumes in Australia, welcomes the results of the 2011 National Nutrition Survey, the first comprehensive survey of its kind for 15 years.

The results highlight the continued importance of grain foods in a healthy balanced diet. The newly released data shows that grain foods are leading contributors of 7 key nutrients in the Australian diet, including fibre, folate, thiamine, iron, magnesium, iodine, and carbohydrates.

According to the Survey, grain foods contribute more fibre to the Australian diet than any other food for adults and kids of all ages, providing 44 per cent of the daily fibre intake. The leading sources of fibre are regular breads and rolls, as well as ready to eat breakfast cereals.

Whilst grain foods continue to be the leading source of fibre, 30 per cent of Australians' consumption of these grain foods is from non-core foods such as take-away meals, cakes, biscuits and pastries which tend to be higher in salt, saturated fat or sugar.

"GLNC is delighted to see that Australians are enjoying grain foods as a source of fibre and key nutrients in their diet. We encourage the consumption of grain foods 3 – 4 times a day as part of a healthy balanced diet," GLNC Managing Director, Georgie Aley, said.

"Eating non-core foods regularly is putting Australians at a higher risk of developing heart disease, diabetes and obesity. To improve long term health, Australians should firstly be swapping non-core grain foods with more nutritious 'core' grain foods such as breads, rice, pasta, crispbreads and breakfast cereals."

Ms Aley added: "The second step is to choose better quality grain foods more often by making at least half their grain food consumption whole grain or high fibre options in line with the Australian Dietary Guidelines recommendations."

The 2011 National Nutrition Survey also shows that only 3.6 per cent of Australians are currently eating legumes such as lentils, chickpeas and beans regularly. "This is concerning and falls well short of our recommendation for Australians to be consuming legumes at least 2- 3 times per week which reduces their risk of chronic disease, such as heart disease, diabetes, some cancers and obesity," Ms Aley said.

A full secondary analysis of the 2011 National Nutrition Survey results is currently being conducted by GLNC to obtain nutrient data specific to grains and legumes. The results of this analysis will be released in late 2014.

GLNC has also conducted comprehensive studies in 2009 and 2011 to understand attitudes and behaviours behind consumption of grains and legumes. GLNC recently conducted the 2014 analysis and will release the full report in October 2014.

ENDS

For more information:

Georgie Aley, Managing Director, Grains & Legumes Nutrition Council™

Phone: 0447 680 359 or g.aley@glnc.org.au

Visit GLNC's Newsboost page at:

<http://www.newsboost.com/newsroom/grains-legumes-nutrition-council>

Additional information for editors

- The 2011 National Nutrition Survey forms part of the Australian Health Survey of 35,000 Australians between 2011 and 2012, which investigated dietary behaviour and food avoidance as well as selected medical conditions and physical activity.
- The Australian Bureau of Statistics released the first results from the National Nutrition Survey on the 9 May 2014. This release included nutrient data as well as data on the type of diet Australians are following and food avoidance due to allergies, intolerance or other reasons.
- <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.007~2011-12~Main%20Features~Key%20Findings~1>
- GLNC are available for comment on the 2011 National Nutrition Survey on the nutrition and health benefits and consumption patterns of grains and legumes.

References

1. NHMRC. Australian Dietary Guidelines Providing the scientific evidence for healthier Australian diets. 2013 Accessed online January 2014