

Food & Nutrition Guidelines Background Papers

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Update on the progress of:

*Food and Nutrition Guidelines for Healthy
Older Adults: A background document*

*Food and Nutrition Guidelines for Healthy
Children and Young People: A
background document*

The Food and Nutrition Guidelines

What?

Who?

Why?

How?

Food & Nutrition Guidelines Background Papers



- Policy Document
- Technical resource to support health practitioners
- Form the basis of the:
 - F& N Guideline Statements and;
 - health education resources for the public

Underlying principles

- Population level policy advice
- Achieving equity
- ↓ burden of non communicable disease
- Up-to-date
- Based-in-evidence
- NZ context

Long Term Outcomes

Improve nutrition

↑ Physical activity

↓ Obesity

Equity of nutrition status between
population groups

Guidelines Process

Initial Stakeholder consultation

Literature review

Consultation Document

Consultation

Analysis of submissions

Specialist input

Final Document

Guidelines for Healthy Children & Young People



Guidelines for Healthy Children & Young People

- Stages 2-3: literature review & development of consultation document
 - Clinical Trials Research Unit
 - Early-development stakeholder consultation
- Proposed timeline
 - Public consultation period: mid 2010
 - Final publication date: early – mid 2011

Key and/or new areas

- Growth – recommended growth charts for monitoring
- Key nutrients – vit A, folate, vit D, calcium, iron, zinc, selenium, iodine and sodium

Key and/or new areas (cont'd)

- Fluids
 - Milk
 - Flavoured milk
 - Sugary drinks
 - Diet drinks
 - Energy drinks
 - Sports drinks
 - Flavoured waters
 - 'Shots'
- Food additives
- Caffeine
- Intense sweeteners

Key and/or new areas (cont'd)

- Family and whanau eating
- The wider environment
- Problems with eating

Contact details

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