



# Changes to Australian Dietary Guidelines

## Impact on indicators for fruit and vegetable consumption

In 2013 the National Health and Medical Research Council updated the Australian dietary guidelines recommendations.<sup>1,2,3</sup> These new guidelines have now been applied retrospectively across the time series to relevant indicators in HealthStats NSW.

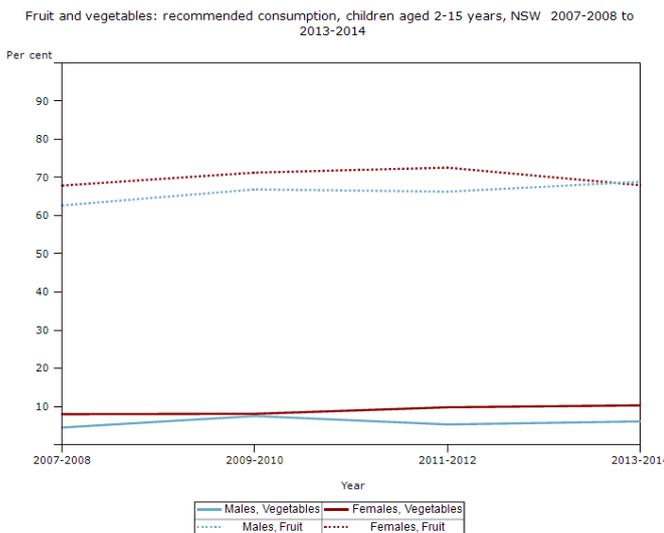
### CHANGE IN GUIDELINES FOR CHILDREN

Recommended number of serves – comparison of 2003 and 2013 guidelines

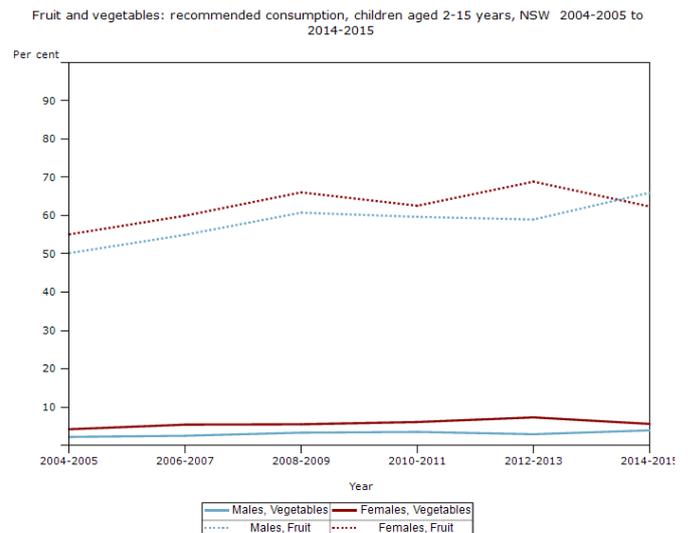
	Age	2003 <sup>1</sup>		2013 <sup>2</sup>	
		Vegetables and legumes/beans	Fruit	Vegetables and legumes/beans	Fruit
Boys	2-3	-*	-*	2.5	1
	4-8	2	1	4.5	1.5
	9-11	3 (from 8 years)	1	5	2
	12-13	3	3	5.5	2
	14-18	3	3	5.5	2
Girls	2-3	-*	-*	2.5	1
	4-8	2	1	4.5	1.5
	9-11	3	1	5	2
	12-13	3	3	5	2
	14-18	3	3	5	2

\*Note for data analysis: the recommended intake for children aged 4 years was applied to those aged 2-3 years.

#### 2003 guideline



#### 2013 guideline



### IMPACT OF CHANGE IN GUIDELINES ON INDICATORS IN HEALTHSTATS NSW

([www.healthstats.nsw.gov.au/Indicator/beh\\_vegkid\\_age](http://www.healthstats.nsw.gov.au/Indicator/beh_vegkid_age))

- Apparent reduction in consumption of fruit overall (68.5% to 63.8%) and for males due to higher number of serves recommended for younger children.
- Apparent reduction in consumption of vegetables for males and females and overall (8.1% to 5.0%) due to higher recommended number of serves per day for all children.

## CHANGE IN GUIDELINES FOR ADULTS

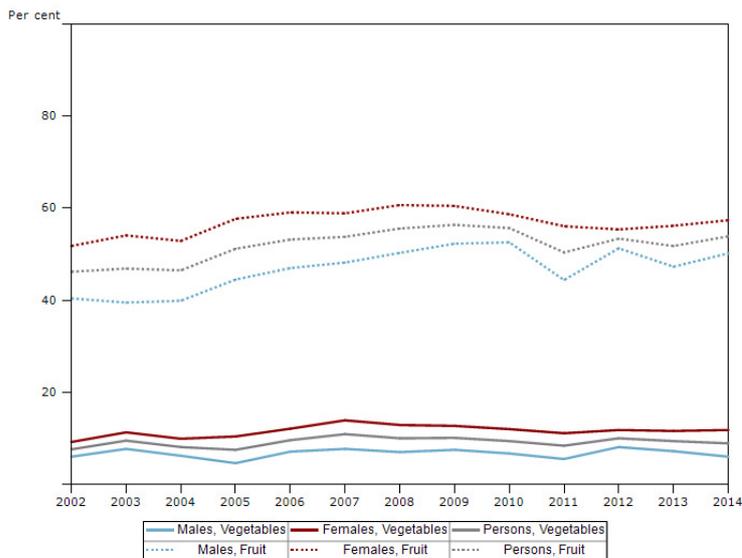
### Recommended number of serves – comparison of 2003 and 2013 guidelines

	Age	2003 <sup>3</sup>		2013 <sup>2</sup>	
		Vegetables and legumes/beans	Fruit	Vegetables and legumes/beans	Fruit
Men	19–50	5	2	6	2
	51–70	5	2	5.5	2
	70+	5	2	5	2
Women	19–50	5	2	5	2
	51–70	5	2	5	2
	70+	5	2	5	2
Pregnant	Up to 18	5–6	4	5	2
	19–50	5–6	4	5	2
Breastfeeding	Up to 18	7	5	5.5	2
	19–50	7	5	7.5	2

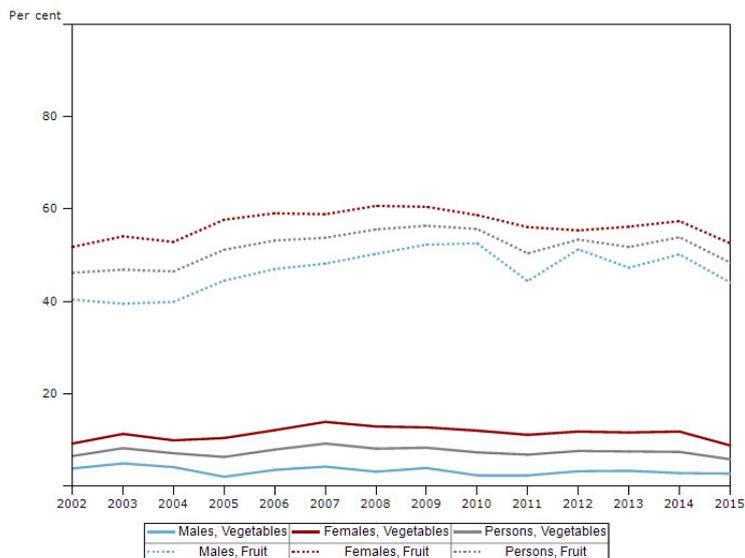
#### 2003 guideline

#### 2013 guideline

Fruit and vegetables: recommended consumption, persons aged 16 years and over, NSW 2002 to 2014



Fruit and vegetables: recommended consumption, persons aged 16 years and over, NSW 2002 to 2015



## IMPACT OF CHANGE IN GUIDELINES ON INDICATORS IN HEALTHSTATS NSW

([www.healthstats.nsw.gov.au/Indicator/beh\\_veg\\_statage](http://www.healthstats.nsw.gov.au/Indicator/beh_veg_statage))

- No change in consumption of fruit for males or females.
- No change in consumption of vegetables for females.
- Apparent reduction in consumption of vegetables for males (in 2014 from 6.0% to 2.8%) due to higher recommended number of serves per day.

## REFERENCES

1. National Health and Medical Research Council (2003). Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers. Canberra: National Health and Medical Research Council.
2. National Health and Medical Research Council (2013). Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.
3. National Health and Medical Research Council (2003). Dietary Guidelines for Australian Adults. Canberra: National Health and Medical Research Council.