



Wednesday 11<sup>th</sup> May 2016

## New ABS data: Australians still not eating enough nuts

Today the Australian Bureau of Statistics released its food group analysis of the Australian Health Survey.

The analysis looks at whether Australians are meeting the daily requirements of each food group as set out in the 2013 Australian Dietary Guidelines. They found that most Australians did not usually meet their recommended minimum number of serves of any of the Five Food Groups from non-discretionary food sources that the population should usually consume to satisfy their nutrient requirements and minimise diet related chronic disease risk.

This finding reaffirms that despite their numerous health benefits, Australians are not eating enough nuts.

The analysis found just 1 in 7 Australians (14%) met the recommended daily serves of the Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans group\*. Of the types of foods eaten in this food group, just 11% was consumed as nuts and seeds. This analysis supports previous work that found on average, Australians eat 6g of nuts a day, well short of the 30g recommended serve in the Australian Dietary Guidelines.

By comparison, over one-third (35%) of total daily energy came from foods and beverages classified as discretionary.

Nuts for Life Program Manager and Dietitian, Lisa Yates APD says it is disappointing Australians aren't eating enough nuts.

"There are clear, proven links between the consumption of nuts and heart health including a reduced risk of cardiovascular disease, as well as a reduced risk of lifestyle diseases such as type 2 diabetes.

"A handful, or 30g of nuts a day in a healthy diet contributes to heart health without the risk of weight gain which may surprise some.

"In fact, we know from our own research that fear of weight gain is the number one reason 98% of Australians don't eat the recommended 30g or a handful of nuts every day. This is despite extensive research showing that eating nuts as part of a healthy diet does not cause weight gain."

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For more information about the ABS analysis, [click here](#).

For more information on nuts and their health benefits, [click here](#).

*\*Note: Nuts for Life prefers to use the full name for this food group rather than "Meat and Alternatives". Why put the emphasis on meat and ignore the other foods in the group when it is nuts and legumes we need to be eating more of. The dietary modelling that underpins the Australian Dietary Guidelines found Australian adults need to increase nut consumption by 350% and for children 250%.*

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