2017 symposium and webinar

Nutrition in Action:
Making everyday meals, healthy meals
Quiz

Attend the symposium or listen to the webinar, answer the questions and assess the accuracy of your responses.

This assessable self-study activity is eligible under the "Professional Education-Assessed" CPD module.

Associate Professor Anna Rangan, What's on the plate in Australia?

1. What is the best way to increase vegetable consumption in the population?
    a. Eat vegetables at more eating occasions
    b. Eat more vegetables as snacks
    c. Eat more vegetables at lunch
    d. Eat more vegetables at dinner

2. The portion size (amount usually consumed at a meal) of red meat for adults in the Australian diet is:
    a. 65g cooked weight
    b. 100g raw weight
    c. 130g cooked weight
    d. It varies from 0.5 serve to 2 serves

Professor Mike Reid, "Are you talkin' to me? You want me to do what?" Seeing the world as gatekeepers do

3. 'Personas' are a method used in social marketing to 'humanize' data that describes the life experiences and tensions of the target market.
    a. True
    b. False

4. Food-based recommendations are a positive step towards bridging the gap between rational dietary guidelines and the consumer's reality. The next step is to base recommendations around meals.
    a. True
    b. False

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Professor Caryl Nowson, Active Ageing – from evidence to action

5. The healthy weight range for those 65 years and is:
    a. 22
    b. 20
    c. 23-30
    d. 26

6. The amount of protein recommended for active individuals aged 65+ years to minimise muscle loss is:
    a. 0.84g/kg/d
    b. 1- 1.2g/kg/d
    c. 1.3g/kg/d
    d. 1.2-1.5g/kg/d

Dr Dominik Alexander, Are red meat consumers unhealthy?

7. Lifestyle behaviours do not alter the risk of cancer among red meat consumers.
    a. True
    b. False

8. Confounders are diet and lifestyle risk factors that are unevenly distributed between high and low consumers of the food being studied. However, statistically controlling for these confounders does not tell us if risk varies within the level of the factor. In this case, epidemiologists can use stratification to determine whether the effect of eating food is modified by certain behaviours.
    a. True
    b. False

Dr Brad Riddoutt, Sustainable consumption – finding solutions for health and the planet

9. Dietary strategies for reducing environmental impact need only to focus on reducing greenhouse gas emissions (GHGE)
    a. True
    b. False

10. The dietary strategy most likely to reduce greenhouse gas emissions (GHGE) and improve diet quality is:
    a. Eating according to the Australian Dietary Guidelines
    b. Reducing intake of discretionary foods
    c. Reducing portion size
    d. Eating according to the Australian Dietary Guidelines and reducing food waste

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Ms Shari Tompsett, Nutrition information: a user-friendly approach

11. Which dataset is composed primarily of high quality analytical data?
    a. AUSNUT
    b. NUTTAB
    c. Nutrition Panel Calculator (NPC)

12. The Measures dataset contains information on:
    a. Different package sizes of commonly available foods
    b. Commonly used household measures such as a cup or teaspoon
    c. Commonly reported measures for foods consumed during the 2011–13 Australian Health Survey

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Answers:

1. a) Evidence shows that Australians who eat vegetables on more eating occasions are more likely to meet their recommended vegetable intake.
2. d) The Australian guide to healthy eating recommends a flexible approach for meeting the red meat recommendation of 65g/day e.g. 130g every second day. In reality, the amount of meat consumed by adults as part of typical meals can vary from 0.5 (32.5g) to 2 serves (130g) cooked weight, depending on the type of meal.
3. a) True. Social marketing strategies are developed from an indepth understanding of the target audience's life experiences – their daily challenges, tensions, habits, sources of information related to a specific context e.g. Family meals.
4. a) True. Dietary advice which reflects the context in which it is eaten is more likely to be adopted. Food tends to be eaten as meals and meal patterns are mostly shaped by the people involved in their planning, preparation and consumption.
5. c) The healthy weight range is defined on the basis on increased mortality. For those under the age of 65 years there is increased mortality risk for those with BMIs above 25. In contrast for those 65 years and over the healthy weight range is higher and falls into the overweight range defined for younger people eg 25-30. Importantly there is a significant increase in mortality in those 65 years and over with a BMI of 22 and below .
6. c) PROT-Age recommends >1.2g/kg/d for the general population aged 65 + years who are exercising; 1-1.2g/kg/d for the general population who are not exercising; and 1.2-1.5g/kg/d for those with acute or chronic diseases. This is higher than the current NHMRC NRVs which is 0.75 to 0.84g/kg/d for females and males aged 51 to 70 years; and 0.94-1.07g/kg/d for females and males aged 70+ years, respectively.
7. b) False. The risk of cancer among people who consume red meat is modified by their types of behaviour
8. a) True. 'Confounding' does not equal 'effect modification'. Stratification can remove the impact of a confounder by determining the effect of the food on disease risk across different levels of the confounder (e.g., high or low physical activity).
9. b) False. The food system is responsible for a wide range of environmental impacts, including impacts related to land and water use. For food systems, greenhouse gas emissions (GHGE) are not a proxy for all environmental impacts.
10. d) Shifting the average Australian diet towards the Australian Dietary Guidelines will reduce greenhouse gas emissions by 12% and improve dietary intakes since the average Australian eats less than recommended amount of vegetables, grains and dairy foods and more than the recommended amount of discretionary foods. Adding advice on reducing food waste will reduce other environmental impacts in terms of resource use. Whilst reducing discretionary foods and portion size will reduce energy and consequently, environmental impacts, these strategies do not address diet quality deficits such as inadequate vegetable consumption.
11. b) NUTTAB is referred to as the reference database because it has a high proportion of nutrient profiles which are based on laboratory analysis. AUSNUT is referred to as the survey database because is developed to support national nutrition surveys which results in a large proportion of nutrient profiles developed using a recipe approach. The NPC is a mixture of both datasets with some additions required for calculation purposes.
12. c) Commonly reported measures for foods consumed during the 2011–13 Australian Health Survey. Measures included in the dataset are dependent on how survey participants reported each food along with a density to allow conversion of volumes to a gram weight.