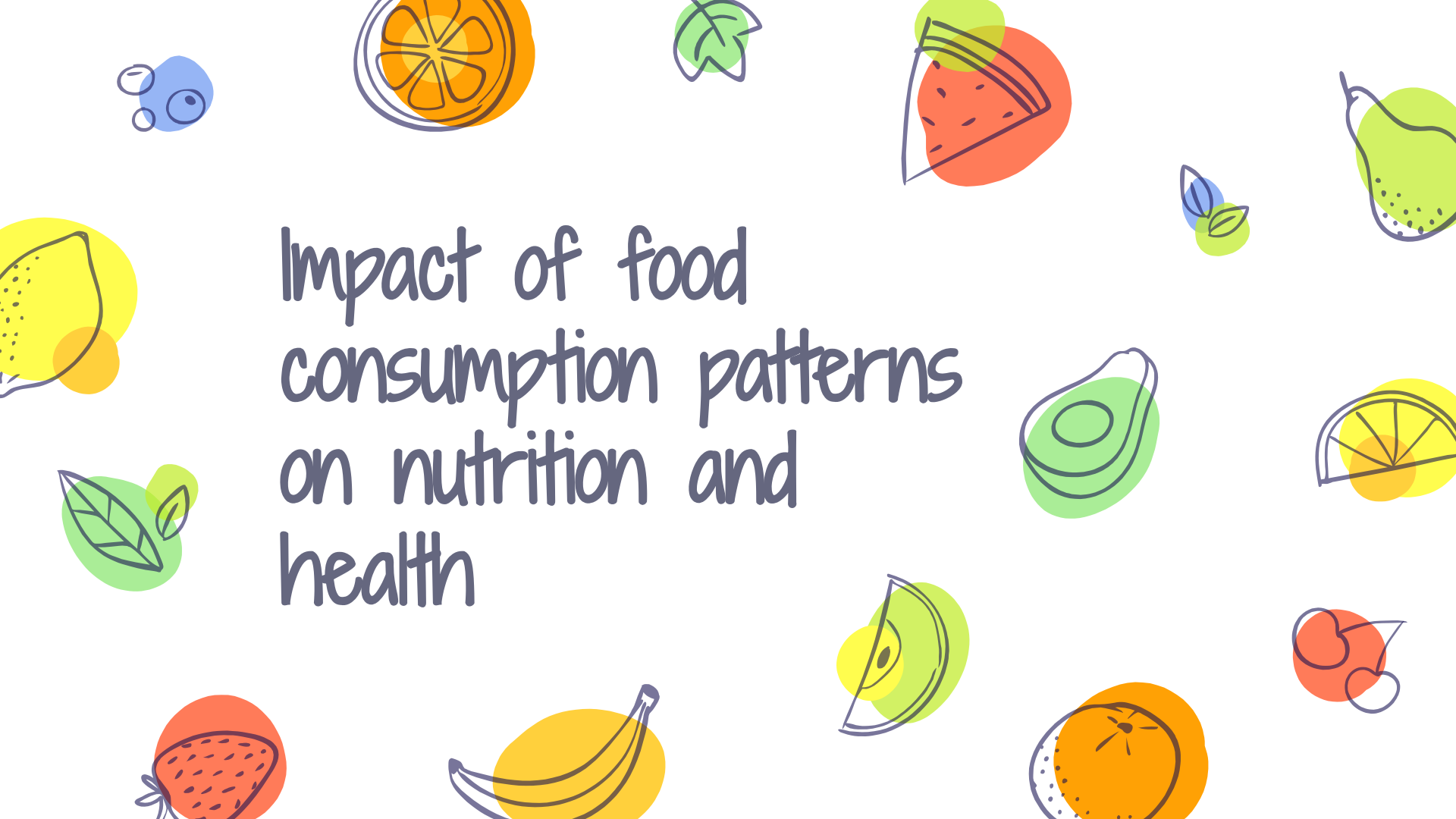


Impact of food consumption patterns on nutrition and health



Food consumption patterns in Australia

Health concerns:

- We now eat less red meat, eggs, white sugar and butter because of concerns about disorders such as heart disease and diabetes
- Meals have become lighter with more emphasis on salads, chicken, seafood and vegetarian dishes
- Consuming more high protein foods and to reduce the intake of foods high in carbs

Changes in family structures and roles:

- Both parents working → eating more convenience foods, eating out more, more snacking
- Many convenience, take-away and snack foods are high in sugar, salt and fat and are low in fibre

Technology:

- This has increased the range of packaged foods available
- Technology has made it easier to obtain and store food

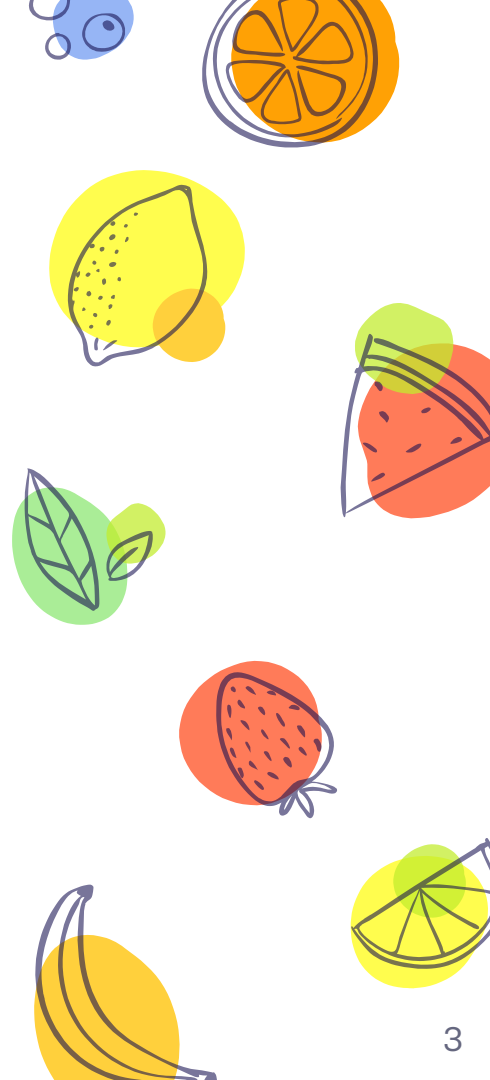


Impact on health

Diet related disorders are on the rise in Australia, because we now consume:

- Too much energy (kilojoules) as fat, alcohol and sugar
- Too much salt
- Not enough complex carbohydrates and fibre
- Not enough of calcium and iron

Heart disease and diabetes are among the top 10 causes of death in Australia. Obesity and hypertension are contributing factors to heart disease, while childhood obesity has become a major concern for health authorities in Australia



Protein vs carbohydrates

The consumption of protein foods such as beef, lamb and eggs has decreased while the consumption of poultry, pork and seafood has increased. These changes are due to:

- Seafood and poultry are lower in fat
- Salmon and other oily fish are rich in omega 3 fatty acids → can help prevent heart disease

Protein can delay hunger. As a result, high protein diets have become popular.

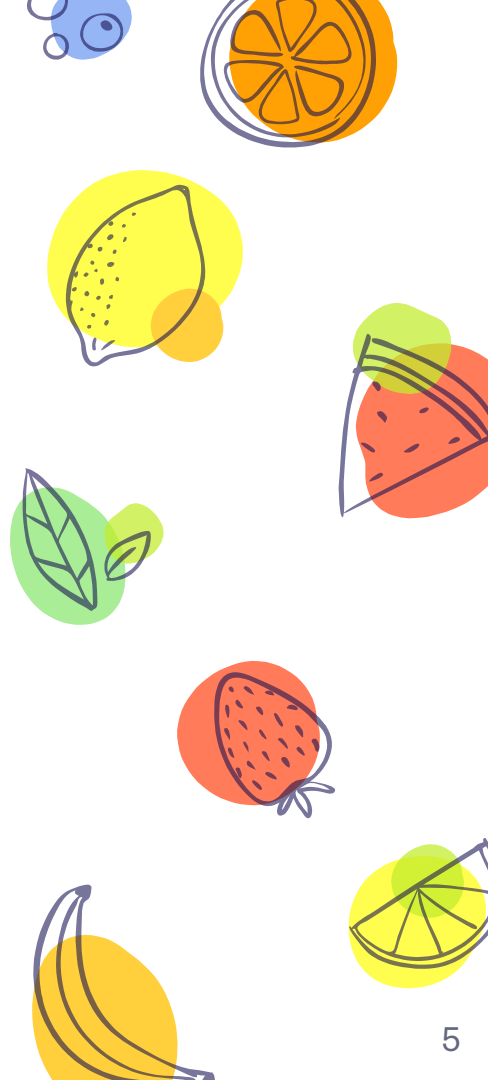
Australians consume hidden sugar in many processed foods such as soft drinks and breakfast foods. As a result of eating more processed foods, fibre consumption is decreased.

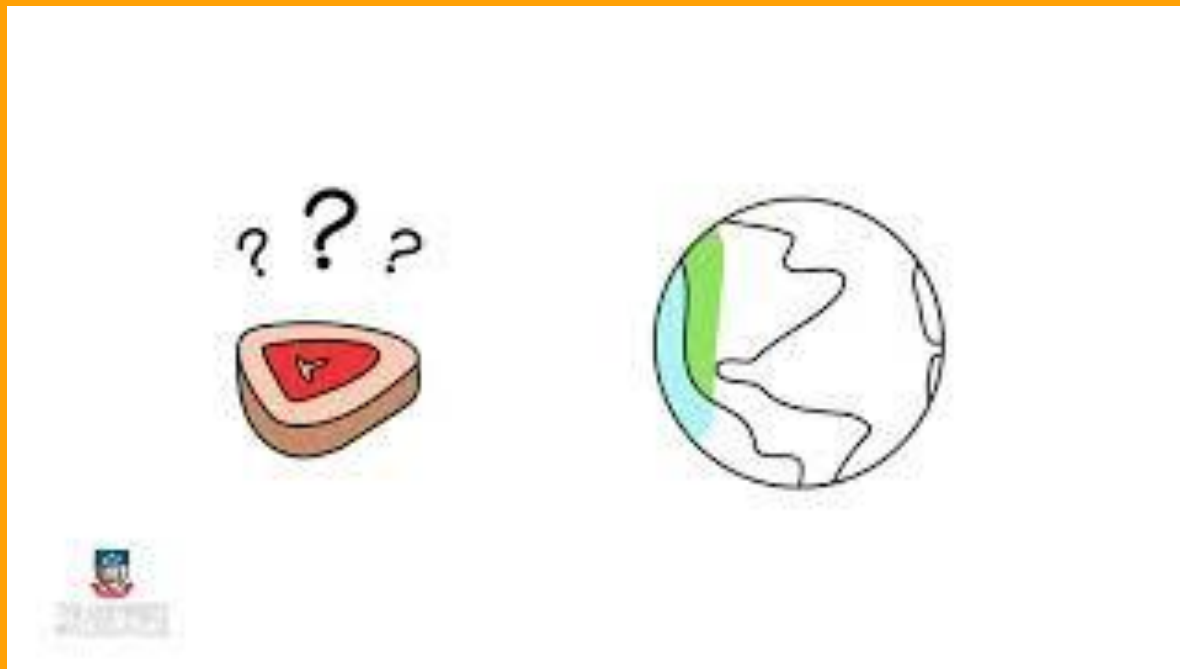


Processed and unprocessed food

As food technology has improved, more processed food products have become available. These include chilled, frozen dried, canned and long life products.

There has been a trend to consume foods that are less processed. Many farmers markets have been established to cater for the demand of fresh produce by selling things like fresh herbs, breads and cheeses.





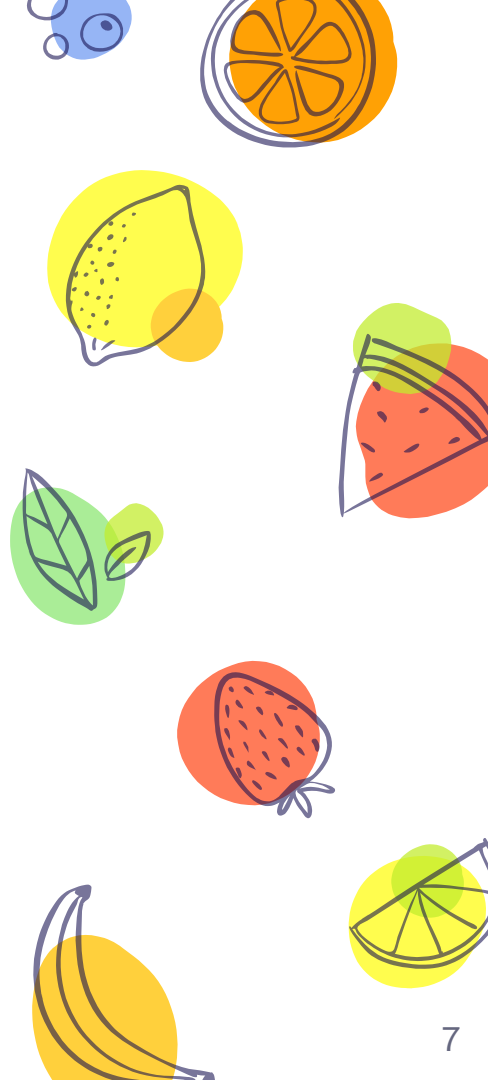
Malnutrition

Malnutrition refers to an imbalance of nutrients.

Overnutrition results from consumption of an excess of nutrients.

Undernutrition is the result of nutrient deficiency.
correct.

Not enough or too many nutrients can result in diet-related diseases.



Nutritional issues

Undernutrition

Anaemia

Osteoporosis

Overnutrition

Obesity

Type 2 diabetes

Coronary heart disease

High blood pressure