



# Australian Health Care Reform Alliance

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## Nutrition condition



A new report from the Australian Institute of Health and Welfare, [Nutrition across the life stages](#), presents data on Australian diets across the stages of life, mapping whether or not different age groups are meeting Australia's food and nutrient recommendations.

The Australian Dietary Guidelines encourage people to consume the right types and amounts of food to support their energy and nutrient

needs, consisting of a variety of foods from the 5 food groups (vegetables, fruit, grains, lean meat and alternatives, and dairy products and alternatives), while also limiting intake of foods containing saturated fat, added salt, added sugars and alcohol. They also encourage breastfeeding when possible, and preparing and storing food safely.

The report shows that across all stages of life, Australians generally do not eat enough food from the 5 food groups.

'For example, very few of us eat enough vegetables. This is at its worst among children aged 2–18, 99% of whom do not eat enough vegetables,' said AIHW spokesperson Claire Sparke.

AHCRA believes that poor diet is one of the key contributors to the growing problem of obesity in our community. We support a comprehensive approach to addressing obesity which includes a focus on diet and exercise from a social determinants of health perspective.

One important document which reflects this approach is the Obesity Policy Coalition's report [Tipping the Scales](#). This report proposes eight critical actions to tackle obesity. These include tougher restrictions on TV junk food advertising, food reformulation targets, mandatory Health Star ratings on food, an active transport strategy, public health education campaigns and a 20 per cent health levy on sugary drinks.

AHCRA welcomes the [Australia's Health Ministers' Council's decision](#) to make obesity a National Health Priority Area. As part of this announcement, one of the first tasks of the National Preventative Health Taskforce will be to develop a National Obesity Strategy. AHCRA looks forward to providing input into this important policy for Australia's future.

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