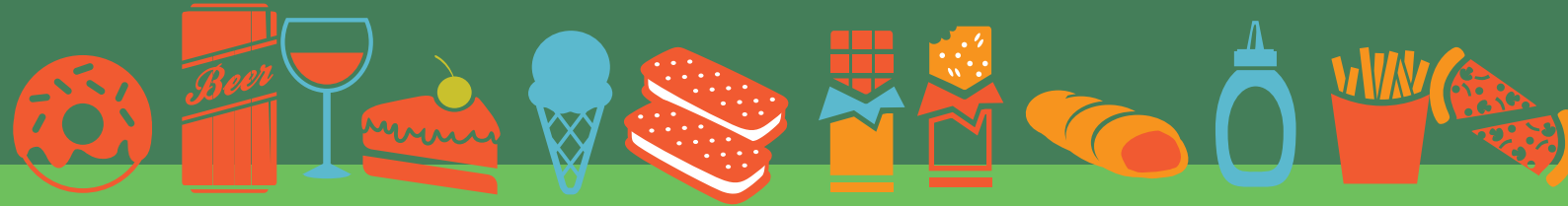


Health Professional Guide to Additional Serves Resources



BACKGROUND

The Australian Dietary Guideline 3 recommends to “Limit intake of foods containing saturated fat, added salt, added sugars and alcohol” with information on the types of these discretionary foods and drinks to limit¹. However, there is no specific information for health professionals on how many discretionary foods and drinks can be included in the diet for individual clients based on their height and physical activity levels.

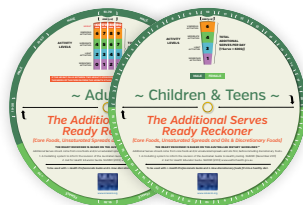
Discretionary foods (DF) can be consumed as part of the additional serves¹. Additional serves are the extra kilojoule allowance when nutrient needs are met. They vary depending on a person’s age, gender, height and physical activity levels and only apply to individuals who are not overweight or obese. These additional serves can come from the core food groups, unsaturated spreads and oils and/or discretionary foods.

The aim of these evidence-based resources is to help health professionals provide practical and meaningful recommendations on additional serves including discretionary foods for consumers – to help them understand and choose the appropriate number of serves and portion size relevant to their individual needs.

A few key tips on using the resources are outlined below.

Getting Started...

1. THE ADDITIONAL SERVES READY RECKONER (RR) – for professional use only



The RR is based on the Modelling system to inform the Australian Guide to Healthy Eating². It provides guidance on the maximum amount of additional serves that can come from core foods, unsaturated spreads and oils or discretionary foods. The number of additional serves that can be included per day are based on:

- Gender
- Age
- Height bands (ADULTS ONLY):
 - If the height falls between two height categories, estimate the needs of the person from the heights either side.
- Physical activity levels are determined by your client’s usual level of activity³:

- **Sedentary** – sedentary work and no strenuous leisure activities. For example, an office worker who drives to and from work and spends most of their leisure time sitting or standing.
- **Light** – mostly sedentary work with little or no strenuous leisure activity. For example, an office worker who only occasionally exercises e.g. tennis or golf once or twice a week, lab assistants or drivers.
- **Moderate** – moderately active work, predominantly standing or walking. For example, waiters, shop assistants or teachers.
- **Vigorous** – heavy activity, for example tradesperson or high performance athlete.

NB: If the client’s activity level for work/occupation fits into Sedentary, Light or Moderate and they exercise strenuously [30-60 minutes, 4-5 times per week] change the physical activity level selection to the next highest level.

Use the RR to determine the Additional Serves (AS) per day. One serve of AS has been defined as 600kJ. To calculate your client’s additional energy allowance, simply multiply the estimated AS by 600kJ. Please note that the

AS estimated from the RR is *not* a recommended number. It gives the *maximum* number of additional food serves that can be consumed and provides a starting point for providing personalised recommendations based on your client's food habits, needs and goals.

AS should preferably come from core foods and/or unsaturated spreads and oils but they can also come from discretionary foods. Refer to table below to assist you in working out the type of serves to recommend:

Table 1. Average 'Additional Serves' for the core food groups, unsaturated spreads and oils and discretionary foods'

Food Group	Additional Serves (AS)	Examples of Recommended Serve Size
Grain (cereal) foods	1 (500kj)	1 slice of bread (about 40 g)
Non-starchy vegetables	¼ (100-150kj)	75 g (½ cup veg or 1 cup salad)
Starchy vegetables	½ (250kj)	75 g (½ cup); 1 small potato
Legumes	½ (350kj)	75 g (½ cup) lentils/chickpeas
Fruit	½ (350kj)	150 g fruit
Milk, cheese, yoghurt	1 (500-600kj)	250 ml milk
Lean meat, poultry and meat alternatives	1 (500-600kj)	65 g cooked lean meats
Unsaturated spreads and oils	½ (250kj)	10 g spread
Discretionary Foods	1 (500-600kj)	75g (2 scoops) ice-cream or 40g (1 slice) plain cake

One Additional Serve (AS) = 600 kJ

2. HOW DISCRETIONARY FOODS FIT INTO A HEALTHY DIET - Client Brochure

This brochure is designed as an interactive educational tool. The focus is on discretionary foods and drinks as they provide the greatest proportion of energy in the diet of Australians. The 2011-12 National Nutrition and Physical Activity Survey reported that just over one third (35%) of total energy consumed by Australians was from discretionary foods [persons ≥ 2 years]⁴.



WE SUGGEST THE FOLLOWING STEPS:

1. Assess how many DF serves the client is currently consuming by looking at the different types of foods and drinks in the brochure as a guide.
2. Discuss the portion size of each DF they are consuming and the equivalent number of DF serves.
3. Explore the Portion Distortion sections in the Client Brochure to highlight how portion size impacts greatly on kilojoules and DF serves.
4. Determine the number of additional serves (AS) from the RR and work out how the AS will be met by additional core foods or unsaturated spreads and oils serves and/or DF serves.
5. Personalise brochure by filling in the green-shaded client section on the front cover with:
 - Currently consumed DF serves/day and DF serves/week
 - 'Recommended DF serves/day'
6. Discuss filling in "Recommended Daily Core Food Serves" section on the front page. You can help the client fill this section in or suggest they follow the link at home and complete.

Case Study

32 year old woman: BMI=24, height 170cms, light activity level (marketing assistant and goes to aerobic classes twice a week and walks once a week for 45 minutes)

RR estimated additional serves (AS):

2 serves (1200kj) per day

She loves fruit and easily eats 3 serves a day, has salad every day for lunch with an olive oil dressing and enjoys chocolate.

Recommended additional serves combination:

1 extra fruit serve per day:	½ (350kj)
½ tablespoon olive oil per day:	½ (250kj)
1 DF serve per day e.g. 25g (3 squares) dark chocolate:	1 (600kj)

REFERENCES:

1. Eat for Health Educator Guide. NHMRC (2013) www.eatforhealth.gov.au
2. A modelling system to inform the revision of the Australian Guide to Healthy Eating. NHMRC (December 2011)
3. <http://www.eatforhealth.gov.au/node/add/calculator-energy>
4. Australian Health Survey. Nutrition First Results – Food and Nutrients, 2011-12. <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.007~2011-12~Main%20Features~Discretionary%20foods~700>. Accessed 1st September 2014

These resources have been developed as part of the Sugar Research Advisory Service's (SRAS) commitment to providing health professionals with evidence-based nutrition information.

For further information about the SRAS go to: www.srasanz.org

