

nutripro[®]

NESTLÉ PROFESSIONAL NUTRITION MAGAZINE
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Low GI
for Health

The Rise
of Gluten Free

When Lactose
is a Problem

Carbohydrates

Quality choices for better health



This edition of NutriPro Magazine shines a light on carbohydrate, a nutrient that has had more than its fair share of media focus in recent times.

Here we reveal why quality carbohydrate choices are important for health and why some need to modify the types of carbohydrate in their diets when health issues strike.

And as always, we take this a step further with the know how necessary for you to make the simple changes to ingredients and cooking techniques to produce healthy great tasting carbohydrate-based foods that can be enjoyed by all.

Karen Kingham
BRAND NUTRITIONIST
Nestlé Professional

Back to basics Demystifying

Carbohydrates are one of the seven essential nutrients we all need for optimum health and are the most efficient source of fuel for our body.

Our body also uses fat and protein for energy but it actually prefers carbohydrates. In fact, our brain, nervous system, and red blood cells must have a constant supply of carbohydrate in the form of glucose in order to function.

What's a carbohydrate?

It's easy to get technical, however the easiest way to understand carbohydrates is to think of them as either starches, sugars or fibres. It's also important to understand that both starches and sugars once consumed are digested to their simplest form which is glucose and fibres aren't actually digested at all.

GOOD QUESTION: are carbohydrates fattening?

Carbohydrates alone won't cause weight gain. Carbohydrates have a similar energy (kilojoule) value to protein and only half the energy value of fat. It's the total amount of energy (kilojoules) you eat that really counts when you are watching your weight.

Your seven essential nutrients are:
proteins • fats • carbohydrates • fibre • vitamins • minerals • water

carbohydrates

Why the bad rap?

Low carbohydrate diets such as those by Dr Atkins have done much to demonise the role of carbohydrates in a healthy diet over the last two decades. Low carbohydrate eating remains popular, however we now know our health will benefit more from quality carbohydrate choices in appropriate amounts, not from their complete exclusion.

Sugar, the not so simple carbohydrate.

Naturally found in some of our most wholesome and basic foods, sugar plays an important role in the flavour profile of dairy foods, fruit, vegetables and of course our very first food, breast milk. The world of food would be a blander place without the presence of sugar. However, the concern of public health experts about the amount of refined

and added sugar we consume is real¹. The fine line between enjoyment and overconsumption of sweetened foods is something the developed world is increasingly struggling with and a problem that could improve with greater attention to portion guidance and frequency of consumption of sweetened foods.

DID YOU KNOW?

Research shows that following a long term low carbohydrate diet is linked to a 30% increase in the risk of early death².



GOOD TO KNOW

Where can you find carbohydrates?

SUGAR	Glucose:	Fruits, honey, agave syrup, traces in most plants
	Fructose:	Fruits, honey, agave syrup, high fructose corn syrup, traces in most plants
	Lactose:	Milk, milk products
	Sucrose:	Sugar cane/beet, fruits, maple syrup, golden syrup
	Galactose:	Component of lactose
	Maltose:	Legumes, brown rice malt syrup, barley malt syrup
STARCH	Grains, potatoes, vegetables, fruits	
FIBRE	Cellulose:	Grains, vegetables, fruits
	Pectin:	Fruits, vegetables

Choose health: MAKE QUALITY CARBOHYDRATE CHOICES

Our food supply contains many poor quality carbohydrates. And while it's easy to spot the best and the worst apple in the box, it's not so easy to pick a quality carbohydrate food out from the crowd. But a little know how can help. Quality carbohydrates are nutrient dense and may:

- contain a range of vitamins and minerals
- be a source of fibre
- have a low glycemic index
- contain wholegrains
- contain phytonutrients

Nutrient density: more bang for your buck!

Nutrient dense foods deliver a range of essential nutrients for a relatively small energy or kilojoule contribution³. For example, consider an apple and a bag of pretzels. Both these carbohydrate foods deliver similar amounts of energy but

the apple also delivers fibre, vitamin C, phyto nutrients and potassium while the pretzel delivers plenty of sodium and some B-vitamins but little else. The apple is your more nutrient dense choice.

GOOD TO REMEMBER

Track down the fibre content of foods by checking the per serve column of the nutrition information panel along with the following guide⁴:

✓ Source of fibre	at least 2g/serve
✓✓ Good Source of fibre	at least 4g/serve
✓✓✓ Excellent source of fibre	at least 7g/serve



Wholegrain health

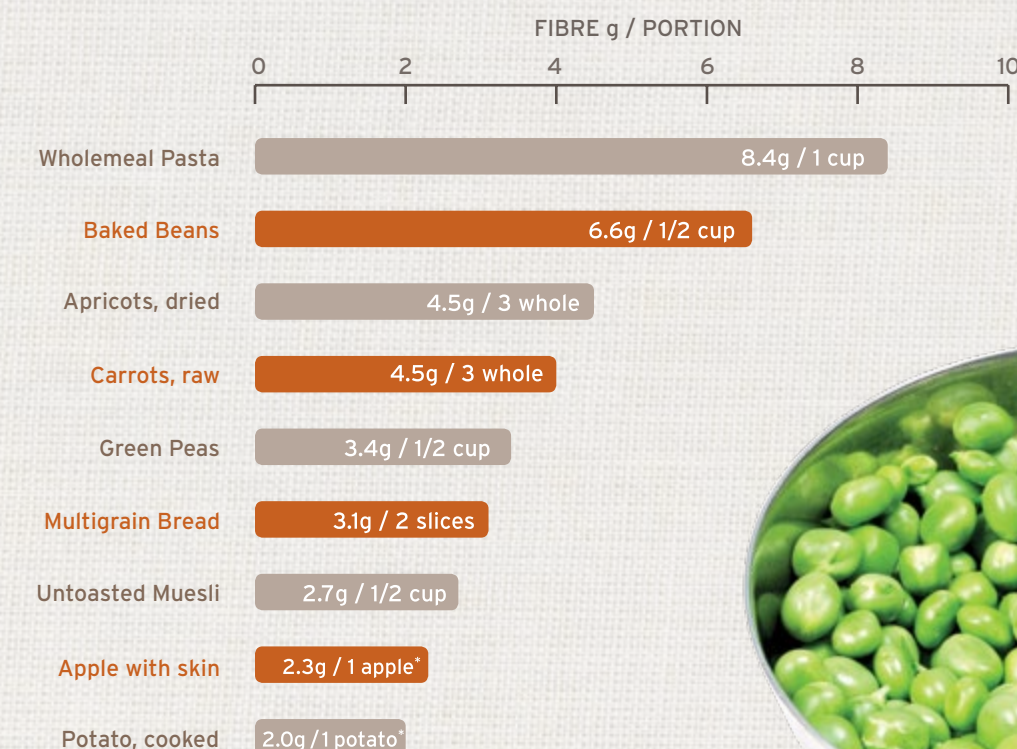
Research shows that those who eat around 2-3 serves (48g) of wholegrains every day have lower risks for heart disease⁵, and type 2 diabetes⁶ and may even benefit from better weight and blood glucose (blood sugar) control⁷.



DID YOU KNOW?

A wholegrain food is one that contains all parts of the grain⁸, and these parts may be intact, so you can see them, or milled to a finer texture so they are less easy to spot. Look for ingredients described as 'whole', 'wholegrain', 'mixed grain', 'kibbled', 'cracked' and 'flaked' when checking ingredient lists.

Dietary fibre keeps the gut healthy and is important in helping reduce the risk of diseases such as diabetes, coronary heart disease and bowel cancer and it's recommended Aussie adults aim for around 25-30g of fibre a day⁹. Research suggests more than 60% of us don't actually make this target¹⁰. Fibre rich foods include fruits, vegetables, whole grain foods, nuts and legumes.



* medium
Source: NUTTAB 2010 (Food Standards Australia New Zealand)



go low



Glycemic index (GI) is a system of ranking carbohydrate foods based on their effect on our blood glucose (or blood sugar) levels.

GI ranks foods from 0 to 100. The higher the GI value, the greater the blood sugar response. Low GI foods raise blood sugar levels just a little, medium GI foods raise blood sugar levels moderately, and high GI foods raise blood sugar levels quite high. Choose low GI foods to improve the quality of the carbohydrates in your diet.

GOOD QUESTION

Is carbohydrate quality all that matters?

Quality carbohydrates are an important part of a healthy diet, as is avoiding saturated fat and high salt foods, and being mindful of portion size.

for quality carbohydrates

Low GI for health

Research shows that eating healthy low GI foods regularly may help promote a healthier heart and blood vessels, control our body weight, and manage blood glucose (blood sugar) levels, especially if you have diabetes ^{11, 12}.



GI SYMBOL PROGRAM: MAKING HEALTHY CHOICE EASY

As the only independent worldwide GI certification program, the GI symbol is a useful tool for quickly and reliably making healthy food choices. Foods with the GI symbol have been laboratory tested and also meet strict nutrient criteria for kilojoules, saturated fat and salt that make them among the healthiest choices in their category.

kitchen KNOW HOW

Handy GI swaps*

Crunchy flaked or puffed breakfast cereals

Traditional porridge (not minute oats), natural muesli and some less refined breakfast cereals**

White or wholemeal bread

Dense grain and some high quality multigrain breads or authentic sourdough bread

Jasmine rice

Basmati or low GI white or brown rice, quinoa, barley, cracked wheat or buckwheat, pasta and fresh noodles

Cooked potatoes

Cooked carisma™ potatoes, sweet potato, sweet corn, parsnips, chickpeas, lentils

Biscuits, cakes, pastries, muffins

Fresh, canned or dried fruit, reduced fat yoghurt and custard, low GI desserts, reduced fat ice cream**

*Source: GI Foods Advanced Search at www.glycemicindex.com

**Look for the GI symbol to help you make healthy low GI choices

Type 2 Diabetes

Times They Are Changing

Gone are the days when people with type 2 diabetes were tied to a life dominated by sugar free or diet foods.

Today, diabetes is best managed by eating a healthy diet, enjoying plenty of physical activity and maintaining a healthy weight¹³. In fact, much of the health advice given for diabetes is similar to the advice we all should follow to stay healthy.

The diabetes story

Type 2 diabetes is the most common form of diabetes and occurs when the pancreas can't make enough insulin to control blood glucose (blood sugar) levels.

Having a family history of type 2 diabetes, carrying excess weight around your middle, poor diet and lack of physical activity all contribute to your risk for type 2 diabetes. In the past type 2 diabetes was only diagnosed in mature adults, however today it's found in young adults and even children¹³.

Lifting the ban

While a healthy diet for diabetes has no bans on added sugar, as is the case for everyone, it's important to enjoy it with, or as part of other nutritious foods such as low fat dairy, high fibre or wholegrain breads and breakfast cereals and canned and dried fruits, rather than in sweets and soft drinks¹⁴. When weight control is an issue, intense sweeteners, both artificial and natural are a useful option to replace sugar and hence lower kilojoules.

Quality control

High quality low GI carbohydrates are an important part of a healthy diet for diabetes. The lesser rise in blood glucose (blood sugar) that results when low GI carbohydrates are part of a meal can be helpful in diabetes control¹¹.

DID YOU KNOW?

As one of the world's fastest growing chronic diseases there are over 3 million Australians with diabetes or pre-diabetes. Pre-diabetes is a condition which if left untreated may develop into type 2 diabetes¹⁵.

THE RISE OF GLUTEN FREE

Is it more than just a fad?

Gluten free diets are spruiked by Hollywood actors, and supermarket shelves are becoming increasingly dominated by gluten free products.

It's not surprising then, that health conscious customers and patients alike are asking for gluten free menu options. And market surveys show that gluten free is the most frequent special diet request in food services¹⁶.

Not just a lifestyle choice

With rates of coeliac disease in Australia estimated at just over one per cent, around 300,000 Australians have no option but to follow a lifelong gluten free diet to manage their immune disorder¹⁷.

Failure to do so results in unpleasant and sometimes serious consequences. Yet it has been estimated that 16 per cent or as many as 2.6 million adults are following a wheat free diet, a third of which have had no formal diagnosis for this dietary need. These alarming statistics highlight the growing number of Australians who are self-diagnosing gluten intolerance or making wheat or gluten free a lifestyle choice¹⁸. For some of these individuals a wheat or gluten free diet alleviates

symptoms that may be arising from an intolerance to indigestible carbohydrates known as FODMAPS. See pages 16-17 for more information on this. Generally speaking however, wheat or gluten contamination poses no serious health issue for many of these people. The difficulty for food service operators is there's no easy way to tell the difference. And as such, every request for wheat and particularly gluten free, needs the strictest of attention.



Tracking Gluten Down

Gluten is a protein found in foods containing wheat of all types, rye, oats, barley and triticale. These grains, and foods derived from these, should be avoided in a strict gluten free diet (see our traffic light tips on page 13).

Australian Food Standards¹⁹ require gluten free foods to have:

- NO DETECTABLE GLUTEN
- NO OATS OR THEIR PRODUCTS
- NO CEREALS CONTAINING GLUTEN THAT HAVE BEEN MALTED, OR THEIR PRODUCTS



GOOD TO KNOW

The Crossed Grain Logo helps you shop gluten free.

The symbol is both nationally and internationally recognised and all products using this logo have no detectable gluten and been reviewed and approved by Coeliac Australia as part of their endorsement program. This makes them suitable for a gluten free diet.

GOOD TO REMEMBER

Coeliac Australia has a useful smart phone app which has a guide to reading labels, ingredient lists of gluten and non-gluten containing ingredients, and a food additive list of gluten and non-gluten ingredients. Other information is available on their web site: www.coeliac.org.au

kitchen

KNOW HOW

Know your enemy: Cross contamination

As little as 50mg of gluten (equivalent to 1/100th of a slice of standard wheat bread) can damage the small intestine of a person with coeliac disease²⁰.

Simple procedures in the kitchen remove the risk of gluten cross contamination:

- Store gluten free products and ingredients in clearly labelled separate sealed containers once they have been removed from original packaging.
- Separate butter and condiment containers to prevent gluten containing crumb contamination.
- Thoroughly clean bread boards, knives and other cooking utensils used in food preparation.
- Ensure toasters, sandwich makers and grills are clean before preparing gluten free foods.
- Use separate water in a clean pot for cooking or re-heating gluten free pasta. Use a separate strainer for gluten free pasta or strain it first.
- Don't dust meats or fish with flour prior to cooking.
- Don't dust cake tins with gluten containing flour (including wheaten cornflour).
- Icing sugar mixture commonly contains wheat so keep this in mind when dusting cakes and slices. Gluten free icing sugar mixture is available.
- Use separate utensils for serving gluten free baked items and keep displayed gluten free items separate from gluten containing items.
- Clean deep frying oil regularly to remove visible batter or crumbs to ensure gluten free fried food is not contaminated.

DID YOU KNOW?

Food Standards Australia New Zealand declare gluten as an allergen and as such require its presence to be declared on food labels.

Where food is for sale for immediate consumption and without a label as in the case of restaurants, canteens, buffets and café's, allergen information must be declared in connection with the display of the food or be available to the purchaser on request²¹.



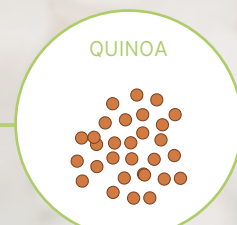
CORN



RICE



MILLET



QUINOA

GLUTEN FREE OPTIONS

CORN, RICE, MILLET, QUINOA AND BUCKWHEAT AND THEIR DERIVATIVES

provided they do not contain any gluten-based additives

POTATO AND CORN (MAIZE) STARCH

FRESH OR FRESHLY PROCESSED FRUITS AND VEGETABLES

POTATOES

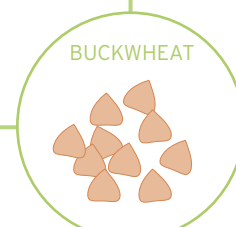
MEAT, POULTRY, FISH: UNPROCESSED, THEY ARE GLUTEN-FREE

check labels on processed products

MILK AND MILK PRODUCTS: ALL NATURAL PRODUCTS ARE GLUTEN-FREE

in the case of products with additives or mixed products, e.g. fruit or muesli products, yoghurt products, low-fat products, condensed milk and cream for coffee check labels or contact the manufacturer

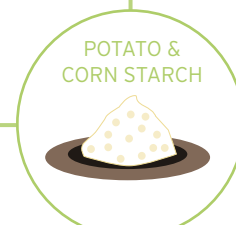
COOKING OILS



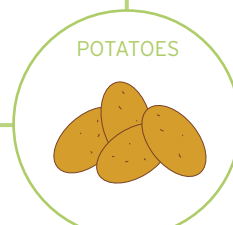
BUCKWHEAT



POTATOES



POTATO & CORN STARCH



POTATOES

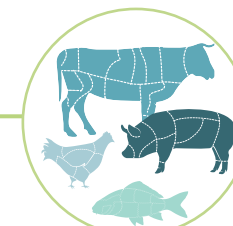
OPTIONS TO USE WITH CAUTION

PRODUCTS WITH FLAVOURINGS, COLOURINGS, EMULSIFIERS, STABILISERS, BINDERS AND OTHER ADDITIVES CAN CONTAIN GLUTEN

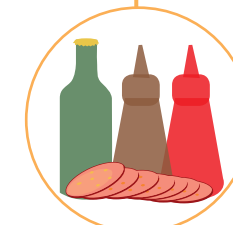
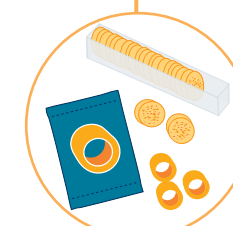
check labels or ask the manufacturer

PRODUCTS SUCH AS SPREADS, TOMATO SAUCE, SOY SAUCE, SAUSAGES OR PROCESSED MEATS, STOCKS, GRAVIES, HYDROLYSED VEGETABLE PROTEIN (TVP), SALAD DRESSINGS, SOY MILK, ICE CREAM, CONFECTIONERY, DRINKING COCOA, BEER AND SOME MEDICATIONS MAY CONTAIN GLUTEN

pay attention to ingredients or ask the manufacturer for accurate information



OILS

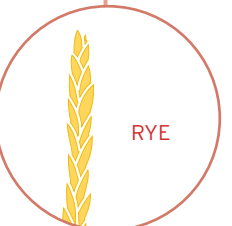


STOP AND AVOID

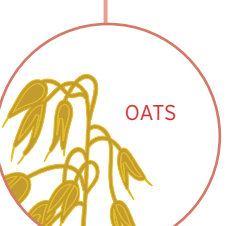
ALL FOOD DERIVED FROM OR CONTAINING GRAINS WITH GLUTEN SUCH AS WHEAT OF ALL TYPES (INCLUDING SPELT, FARRO AND KAMUT®), RYE, OATS, BARLEY AND TRITICALE



WHEAT



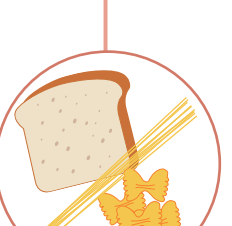
RYE



OATS



BARLEY





WHEN DAIRY IS A PROBLEM:

Lactose intolerance

Being lactose intolerant means potentially suffering from unpleasant tummy symptoms such as bloating, discomfort and diarrhoea.

While many lactose intolerant people avoid or limit dairy foods in pursuit of a lactose free diet, most people with confirmed lactose intolerance can still comfortably eat small amounts of lactose containing dairy, particularly as part of a meal with other foods.

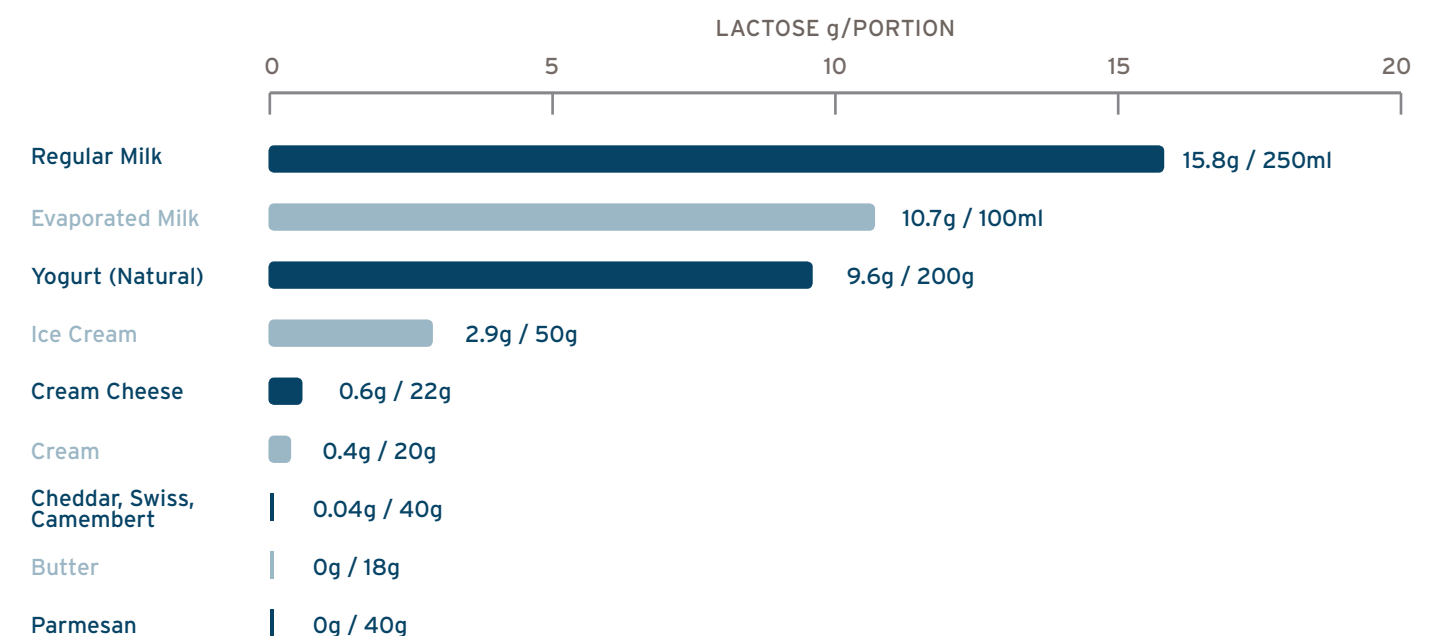
GOOD TO REMEMBER

Lactose intolerance is caused by an insufficiency of lactase, the enzyme needed to digest the sugar lactose.

The culprit sugar:

Lactose is a naturally occurring sugar found in milk. However not all foods derived from milk are a significant source of lactose. Some cheeses contain virtually no lactose as is also the case for butter.

Not all dairy foods are off the menu for those with lactose intolerance



* Source: NUTTAB 2010 (Food Standards Australia New Zealand)

kitchen KNOW HOW

Work around tips for low lactose or lactose free menus:



Aged, hard, semi-hard and soft cheeses contain little or no lactose as do butter, margarine and non-dairy finished products such as bread and other baked goods, meat, fish and fish products, readymade meals, confectionery, thickeners and binders.

Check ingredients to be sure.



Fermented milk products such as yoghurt, kefir and cultured milk/butter milk are often well-tolerated due to lower lactose levels in the presence of bacterial cultures doing the work of lactase. While naturally lower lactose containing dairy foods like ricotta, cottage and cream cheese and cream may also be well managed.

Check with your customer, patient or patron regarding their tolerance for these foods before offering.



Avoid all milk including full cream, skim, reduced fat, flavoured, evaporated and condensed milk and foods derived from these such as custards, white or cheese sauces, milk-based desserts, ice cream, caramel and cheese cakes.

Replace dairy ingredients in these foods with low-lactose or lactose-free milk, or milk alternatives such as soy, rice or oat milk. Look for versions that are calcium fortified where possible.

What in the world are FODMAPS?



One of the latest diets on the scene is one low in FODMAPS. And, with a new range of low FODMAP foods launched to the retail market, and the establishment of a FODMAPS Friendly certification program, it may be helpful to know a little about what this means.



It's all about carbohydrates

FODMAPS are a group of carbohydrates known as Fermentable Oligo-saccharides, Di-saccharides, Mono-saccharides and Polyols (FODMAPS). These are sugars that resist digestion until they arrive in the large bowel where they become a tasty meal for bacteria that reside there, and which quickly turn them into gas. The main culprits include fructose, fructans, lactose, galactose-oligosaccharides and polyols²².

Scientifically proven

Developed in Australia, a diet low in FODMAPS is scientifically proven and used internationally as the most effective way of managing Irritable Bowel Syndrome (IBS) and symptoms of an irritable bowel such as bloating, tummy pain, wind and changes in bowel habits (diarrhoea and/or constipation)²³.

WANT TO
KNOW MORE?

Download the Monash Uni Low FODMAP diet smart phone app. iPhone and android versions are available.

Smoothing the way

It's been estimated that 35% of Australians have intolerances to one of more FODMAPS foods²⁴. Because there appears to be little connection between the various foods high in FODMAPS it can be difficult to cater for FODMAP diets in food services.

Commonly avoided foods are listed below, however the best advice when catering for customers needing a low FODMAPS diet is to discuss your menu with them to work out the best way to address their needs.

HIGH

CULPRITS FOODS:

FRUITS	apples, pears, watermelon, mango, apricots, plums, prunes
VEGETABLES	asparagus, onions, leeks, garlic, avocado, beetroot, mushrooms, cabbage, legumes such as lentils, chickpeas, baked beans, cashews, pistachios
GRAINS	wheat, rye and products derived from these
DAIRY	milk - fresh, dried, evaporated, ice cream, custard, yoghurt
SUGARS	honey, high fructose corn syrup, sugar alcohol sweeteners such as sorbitol, manitol, xylitol

the sweet spot

WHAT'S THE
PLACE OF SUGAR
IN A MODERN DIET?

In recent times the popular media spotlight has shone brightly on sugar. Labelled as 'poison' and 'toxic', finding the right place for sugar in a healthy diet has become a confusing task for the average food lover.



Natural vs added

Sugar is sugar, and contributes the same amount of kilojoules to your diet no matter how it comes. But in terms of health, the way it comes in foods can make a difference. Naturally occurring sugars such as those found in fruit and milk are considered 'better' for us because they generally come in a nutrient dense package and are often low GI. Foods containing added sugars are less easy for us to rate and require greater scrutiny to determine their nutritional quality (see Label Lingo on page 19).

GOOD TO KNOW

Natural sugars will contribute to total sugar on the nutrition information panel when the ingredients list contains fruit or dairy. Weigh up the contribution of ingredients containing natural sugar before you decide a food has too much total sugar.

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Make quality carbohydrate choices to make sugar count

There is no doubt sugar makes the food we eat more enjoyable. And if we make quality carbohydrate choices with respect to the sweetened foods we eat and enjoy every day, then sugar makes a healthy diet not only more achievable but more enjoyable too.

How much is enough?

While Australia has no specific recommendation on added sugars, international experts currently agree on:

It's easy to count added sugars when you're adding it yourself. It's much harder to keep track of when it's added by someone else, as is the case in processed food.

10 TEASPOONS or 50g
of ADDED sugar/ day
is OK in a healthy diet²⁵.

LABEL LINGO

The ingredients list on pack is the best way to spot added sugars. The list to the right contains ingredients that are considered sugars. When checking labels consider how many versions of sugar the ingredient list contains. And, because ingredients are listed in decreasing order of their contribution, note if these ingredients are close to the top or towards the end.



BROWN SUGAR	MALT
CORN SYRUP	MALTOSE
DEXTROSE	MANNITOL
DISACCHARIDES	MAPLE
FRUCTOSE	SYRUP/MOLASSES
GLUCOSE	MONOSACCHARIDES
GOLDEN SYRUP	RAW SUGAR
HONEY	SORBITOL
LACTOSE	SUCROSE
	XYLITOL

19

The company it keeps:

EVERY DAY SWEET FOOD	ADDED SUGAR PER SERVE (TEASPOONS)*	SPECIAL OCCASION SWEET FOOD	ADDED SUGAR PER SERVE (TEASPOONS)*
CHOCOLATE MALTED MILK	1	ICE CREAM	4
PORRIDGE WITH BROWN SUGAR	1	JELLY SNAKES (4)	4
WHOLEGRAIN BREAD AND JAM	2	A SLICE OF CAKE WITH ICING	6
FLAVOURED MILK	2	DAILY COFFEES (3 WITH 2 TSP SUGAR IN EACH)	6
FLAVOURED YOGHURT	4	SOFT DRINK	10

* Estimated from NUTTAB 2010 (Food Standards Australia New Zealand)

A LITTLE OF WHAT YOU LIKE

Cakes, biscuits, soft drinks, confectionery and chocolate are sweet foods we all love to eat. However these foods don't offer much in the way of nutrition density being sugar rich, generally low in fibre and often high in saturated fats. Our Australian Dietary Guidelines advise us to limit these kinds of foods, eating them only occasionally and with portion size in mind.

kitchen KNOW HOW

INFORMED OPTIONS

Acknowledge your customers concerns about sugar by offering information and options to satisfy their range of health and taste preferences.

DOWN SIZE

Offer sweetened beverages in a variety of serve sizes to allow customers to control their consumption and consider offering more petite sweet options in cakes, biscuits, slices and desserts.

TELL IT LIKE IT IS

Today's consumers are sugar savvy so be sure to have information on the nutritional content of your menu and the types of sweeteners that have been used.

KEEP IT NATURAL

Naturally sweeten foods using added fruit purees and coulis or natural sweetening agents such as stevia.

CUT IT BACK

Small reductions in the sugar content of the baked foods you prepare are likely to go unnoticed. Consider reviewing your recipes and assessing the effect small reductions in added sugar have on taste.

Keep it in good company

Just like it helps the medicine go down, so too can sweetening make it easier to eat and enjoy healthy nutrient dense foods. Consider these sweet healthier options:

- Traditional oats served with brown sugar, honey, maple or agave syrup
- Authentic sourdough or dense wholegrain toast served with premium jam or honey
- Greek yoghurt with added fruit
- Low fat flavoured milk or hot chocolate

Because sugar is more than just a sweetener it's often the other roles it plays in food that limit the sugar reductions in the foods you prepare.

- Preservative and gelling agent in jams, jellies and chutney
- Activates the action of yeast in bread
- Caramelises with heat to provide colour and aroma to baked goods
- Delays coagulation of egg protein in custard
- Aids whipping and stabilises egg foam
- Enhances smoothness of ice cream

MAKING A *difference*

As the world's leading Nutrition Health and Wellness Company, Nestlé has had a sugar reduction policy in place since 2007²⁶.

Globally, Nestlé has committed to reducing the sugar content of children and teens' breakfast cereal brands to **2 teaspoons or less per serve** by 2015²⁷.

However, in Australia these cereals **already meet or exceed these global targets²⁸**.

Product renovations between 2008 - 2011 have led to **90 tonnes less sugar** across our total Australian breakfast cereal range²⁹.



Nestlé is committed to **continued sugar reduction** within its total portfolio with the aim of reducing higher sugar products by 10% sugar by 2016²⁶.

In Australia, Nestlé is encouraging responsible consumption of indulgence foods with the introduction of on pack guidance on appropriate portions, starting with confectionery³⁰.

Quiz

HOW MUCH DO YOU KNOW?

- 1** International experts recommend we eat no more than how much added sugar a day?
 - F** 50 teaspoons
 - Q** 10 teaspoons
 - J** 10 grams
 - P** 5 teaspoons
- 2** An excellent source of fibre is a food that contains at least
 - W** 48 grams of wholegrain
 - V** 4 grams of fibre
 - U** 7 grams of fibre
- 3** Carbohydrates are fattening
 - S** True
 - A** False
- 4** Treatment for coeliac disease requires
 - O** Life time avoidance of lactose
 - R** A diet high in fibre
 - P** A low FODMAPS diet
 - L** A diet free of wheat, rye, oats, barley, triticale and foods derived from these
- 5** What strategy will not prevent avoid cross contamination of gluten in the kitchen?
 - C** Separate butter and condiment containers
 - X** Separate utensils for gluten free foods
 - I** Wear gloves when you wash up
 - M** Store gluten free products in clearly labelled sealed containers
- 6** Lactose is
 - N** A carbohydrate derived from corn
 - Z** Found in wheat, rye, oats, barley, triticale and foods derived from these
 - T** A sugar naturally found in milk
- 7** Low GI foods
 - H** Are helpful for blood glucose control
 - D** May help you manage your weight better
 - A** May help promote a healthier heart and blood vessels
 - Y** All of the above

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