



Food Writers New Zealand

**HANDBOOK**

nutrition

# NUTRITION INFORMATION

In 2015 if you google nutrition you get 418 million results in .46 seconds, try healthy eating – 82,000,000 results in .31 seconds, and diet – 493,000,00 results in .32 seconds. Clearly there is no shortage of information on diet and nutrition. In this section we aim to give you evidence-based facts and a list of places to go for evidence-based food and nutrition information (accurate in March 2015).

## WHERE TO GO FOR ACCURATE FACTS

### Locally

[www.nutritionfoundation.org.nz](http://www.nutritionfoundation.org.nz) good for summaries of current issues and background.

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[www.heartfoundation.org.nz](http://www.heartfoundation.org.nz) good for information on diet and disease prevention.

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[www.healthed.govt.nz](http://www.healthed.govt.nz) comprehensive catalogue of health resources from the Ministry of Health and Health Promotion Agency. Has a healthy eating section.

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[www.healthyfood.co.nz](http://www.healthyfood.co.nz) good for summaries of current nutrition issues.

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[www.health.govt.nz](http://www.health.govt.nz) reports and food and nutrition guidelines including the annual health survey which tracks health and well-being behaviours.

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### Internationally

[scoopnutrition.com](http://scoopnutrition.com) blogs by registered dietitians and nutritionist on current issues. Also has Storehouse, a blog directory of food, nutrition and health bloggers with credible content.

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[www.livestrong.com](http://www.livestrong.com) has a focus on prevention of cancer but a good place to look for general nutrition summaries.

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[scepticalnutritionist.com.au](http://scepticalnutritionist.com.au) the science and ideology of healthy eating from Australian dietitian Bill Shrapnel.

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[www.sportsdietitians.com.au/factsheets](http://www.sportsdietitians.com.au/factsheets) information on the latest sports nutrition information.

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[www.nutrition.org.uk](http://www.nutrition.org.uk) comprehensive food and nutrition information from the British Nutrition Foundation.

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[www.foodinsight.org](http://www.foodinsight.org) summaries of the science behind food and nutrition issues.

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[www.eufic.org](http://www.eufic.org) summaries of the science behind food and nutrition issues.

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[www.health.harvard.edu](http://www.health.harvard.edu) comprehensive information on living a healthy life from the Harvard Medical School.

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## WHAT DIET WORKS BEST?

In among all the hype and drama surrounding various approaches to food and well-being are some commonalities everyone can agree on. The best diet is based on wholefoods, has plenty of brightly coloured vegetables, is affordable and based on foods that taste good and are eaten and enjoyed. Portion or serving size is important, and very energy dense foods should be eaten in small amounts.

### Two resources that illustrate this well are:

The healthy plate model [www.health.harvard.edu/healthy-eating-plate](http://www.health.harvard.edu/healthy-eating-plate)

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The Heart Foundation visual food guide  
[www.heartfoundation.org.nz/healthy-living/healthy-eating/healthy-heart-visual-food-guide](http://www.heartfoundation.org.nz/healthy-living/healthy-eating/healthy-heart-visual-food-guide)

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Our first handbook was produced in 1991, with the purpose of providing a reference tool that in turn would establish standards for New Zealand food writers. In 1999 the handbook was updated to reflect the growing needs of members.

Food Writers New Zealand is indebted to our hardworking, talented, innovative and active contributors who provided their specialist input for this latest edition.

Thank you to Pip Duncan for her many hours co-ordinating this project.

**KATHY PATERSON, PRESIDENT, 2016**

#### **FOOD WRITERS NEW ZEALAND ACKNOWLEDGES THE ASSISTANCE OF THE FOLLOWING PEOPLE;**

Catherine Bell, Jan Bilton, Margaret Brooker, Lesley Christensen-Yule, Dr Roger Cook, John Corbett, Andrea Crawford, Marion Cummings, Pip Duncan, Anne Else, Laurence Eyres, Ginny Grant, Sarah Hanrahan, Helen Jackson, Lauraine Jacobs, Lisette Knight, Robyn Martin, Innes Moffat, Trudi Nelson, Lisa Olsen, Karen Olver, Leanette Rea, Anne Scott, Tracy Scott, Fiona Smith, Andre Taber, Mary Taylor, Gail Todd, Nancy Vallabh, Jenny Yee.

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Images supplied by Tam West

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First edition 1991. Second edition 1999. This edition published 2016.

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New Zealand Guild of Food Writers, PO Box 74 262, Market Rd,  
Auckland, New Zealand.

ISBN 0-473-06220-8