

Why can't nutritionists agree about anything?

Bill Shrapnel

Shrapnel Nutrition Consulting

The deficiency era

(please refer to page 90 of handbook)

The preventive era

(please refer to page 91 of handbook)

The Dietary Guidelines for Australians (1982)

- * Eat less salt
- * Eat less sugar
- * Eat less fat

Expert Recommendations about Fats

**N HF
1999**

SAFA/TFA

8%

n-6 PUFA

8-10%

n-3 PUFA

2g/day

MUFA

-

Total Fat

-

Expert Recommendations about Fats

	N HF 1999	DGA 2003	WHO 2003
SAFA/TFA	8%	10%	8%
n-6 PUFA	8-10%	6-8%	5-8%
n-3 PUFA	2g/day	Fish oils	1-2%
MUFA	-	-	-
Total Fat	-	‘moderate’ 20-25% (overweight)	15-30%

The obesity era

(please refer to page 95 of handbook)