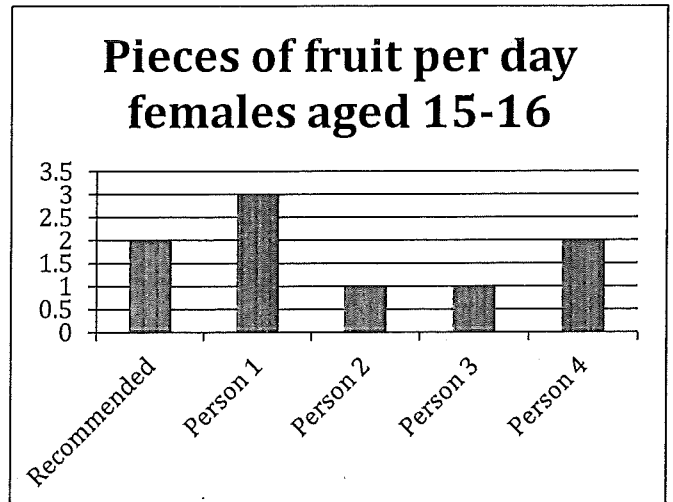
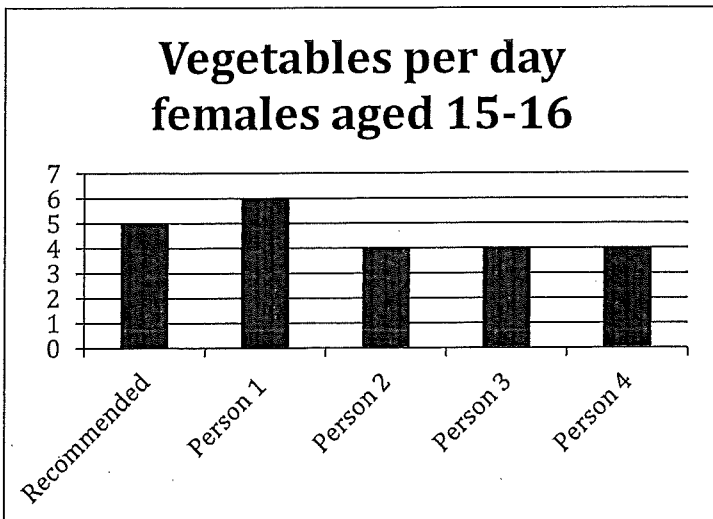


# Nutrition Survey Analysis Report

## Introduction

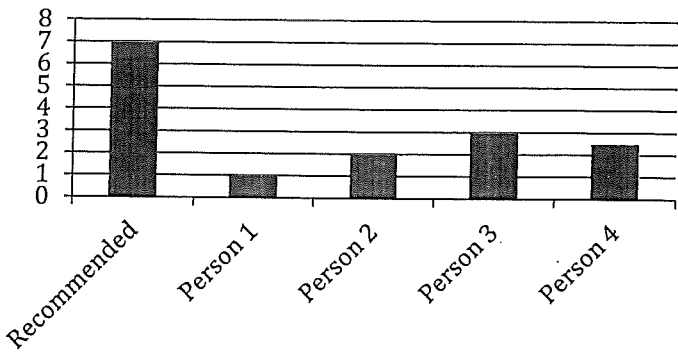
Nutrition surveys are carried out by the Government, and collect information about the variety and types of foods individuals consume, and the amounts they consume them in. The purpose of the nutritional survey is to determine rates of obesity in a population, evaluate whether current health promotion campaigns are working or what future campaigns should focus on, links can also be made between locations and nutritional problems. These surveys are beneficial to the Government as then they can target specific areas in their latest campaigns, and they can also strategically place healthy affordable food services in areas with nutritional problems. There are five dietary guidelines that Australians should follow, the first discusses how to achieve and maintain a healthy weight. The second instructs the reader to eat a wide variety from the five food groups; vegetables, fruits, grain foods, lean meats and proteins, and dairy products. Guideline three discusses limiting saturated fats, added salt, added sugars and alcohol. The fourth talks about promoting breastfeeding, and the fifth about storing your food properly. The survey mainly focuses on the second guideline, as many of the questions are about the type and amount of food you consume, but it also has a part about alcohol consumption.

## Results

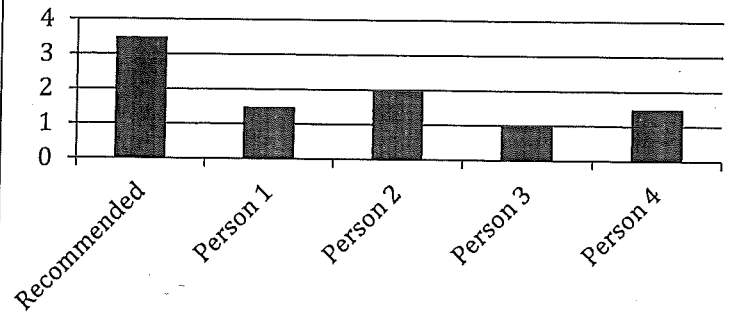




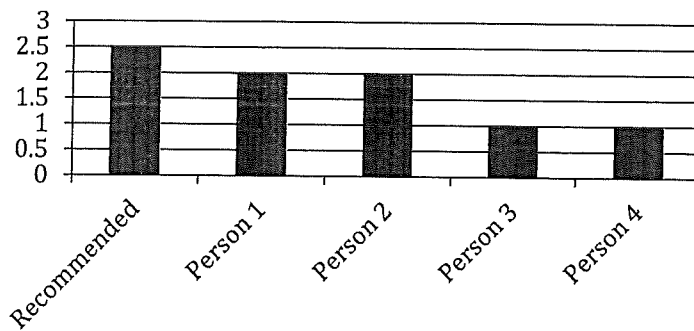
### Grains per day females aged 15-16



### Dairy or alternatives per day females aged 15-16



### Lean meats and alternatives per day females aged 15-16



#### Discussion

Only 25% of people surveyed met the recommended daily intake for vegetables, which they exceeded by one. The daily recommended intake for fruits is two per day, but only 50% of the people surveyed reached this or exceeded it, with the other 50% only consuming half the recommended amount per day. The daily recommended intake of servings of grains <sup>foods</sup> is seven, but none of the participants even came close to this. However the surveys didn't give a very good insight into the daily amounts of grains <sup>foods</sup> consumed, therefore I had to estimate, so this information may not be completely accurate. Again none of the participants were eating the recommended serving of dairy and alternative products, which is three and a half servings per day. The daily recommended intake of lean meats and alternatives is two and a half, again none of the participants met the requirements.



However 50% of the participants are vegetarians, so this may account for why the recommended levels were not met, however they should still be consuming the recommended intake through other products containing large amounts of protein. The participants of the survey didn't indicate that they consume a large amount of discretionary foods on the survey. There was shown to be consumption of discretionary foods an average of 1-3 times per week over all the participants, with some indicating that they may have more. However all this information may be inaccurate as the survey is self-reported. When many people are put on the spot about their eating habits, they may exaggerate to make themselves seem healthier. This method is not necessarily a good method of dietary analysis as it can be fabricated, to properly analyse a person's diet, it should be documented by another person witnessing their eating habits. However if people do lie on the survey it may make them realise how unhealthy they actually are, and they may change their eating habits.

### Suggestions

Dietary surveys can also give insight into what nutrients the participants may be lacking or consuming excessively. As a whole the participants may be lacking in the micronutrient and mineral phosphorus, as 50% of the pool is vegetarian it can limit their options for consuming phosphorus rich foods, as much of it is found in animal products. The participants also did not reach the recommended amounts of dairy products, which if they did would also help for their phosphorus consumption. The health consequences of not eating enough phosphorus, may lead to low bone density which makes injury more likely. Low bone density can also lead to an increased risk of osteoporosis in old age. To improve their intake of phosphorus the participants can drink more milk as a large percent do not drink very much milk. All participants can also try to improve their intake of eggs and legumes. The sample of people surveyed may also be lacking the macronutrient protein, as none of the participants reached the recommended intake of protein as indicated by the survey. This may be due to the fact that half of the sample is vegetarian, and that may have an impact as a lot of protein is found in animal products. The consequences of lacking this nutrient are that growth, maintenance and repair of cells may be compromised.



To improve the participants intake of protein they can try to eat more soy products and eggs if they are vegetarian, for the others that aren't they could try eating more meat and poultry. ✓





## Assessment Criteria

	Not shown 0 marks	Low 1-2 mark	Medium 3-4 marks	High 5-6 marks
Presentation: clear, logical and neat				6.
Introduction				5.5
Results				6.
Discussion about daily intakes of 5 food groups and discretionary foods				6
Identification of nutrients and discussion of consequences				6
Suggestions for improvement of healthy eating habits				5.5.

- Needed to include other info of what surveys collect. i.e. body measurements, food security.
- Excellent Introduction!
- Could have added a bit more detail into suggestions of how to incorporate those foods into their meals but otherwise fantastic.
- Overall an excellent report!!

97%

