

MEDIA RELEASE

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New research: Aussies missing out on benefits of cereal fibre

Dietitians are urging Aussies to eat their way to good health by tapping into whole grains and high-fibre cereal foods, as new research shows most of us take in just half of what we need.

In the first study of its kind, researchers from the University of Wollongong put together a database of more than 1,900 foods containing cereal fibre, then used this to track how much cereal fibre Australians eat.

The highest contributors were breakfast cereals, bread, and bread rolls.

Lead researcher Eden Barrett, who will present the findings at the [Dietitians Association of Australia's National Conference](#) in Hobart (18-20 May 2017) this week, said the results were concerning, with few people having enough cereal fibre.

“Adults had an average of 6.4g cereal fibre a day, which is the equivalent of only two serves of higher fibre grain foods – just half of what many adults need,” said Ms Barrett, an Accredited Practising Dietitian.

The Australian Dietary Guidelines suggest adults should aim for four to six serves of grain foods each day, with a serve being one slice (40g) of bread, ½ cup cooked rice, pasta or oats, and ¼ cup muesli, and we should aim to choose the whole grain, high-fibre choices within this food group.

Despite the resurgence in popularity of low-carbohydrate diets, the research found few people were 'grain avoiders', yet many still fell short on cereal fibre.

Ms Barrett explained that quality is the key, with whole grain products offering more cereal fibre and superior health benefits, compared with refined products.

“People who ate the least cereal fibre were getting what little they ate from white bread and crumbed or battered foods and dishes, which are low-fibre foods. What this tells us is that their diet is heavy on processed grain foods, which can have as little as a third of the cereal fibre of healthier whole grain foods,” said Ms Barrett.

Liz Kellett, President of the Dietitians Association of Australia, said the research highlights an opportunity for many Australians to boost their health and wellbeing.

“Fibre is key for good health, and while we can get it from a whole range of foods, we know that cereal fibre specifically is protective against heart disease, type 2 diabetes, and colorectal cancer,” said Ms Kellett.

Simple food swaps for boosting health:

- Whole grain rather than white bread or wraps
- Oats, muesli, or whole grain cereal over refined options
- Whole grain rather than white pasta
- Brown rather than white rice

Note to Editors: The Dietitians Association of Australia (DAA) is the professional body representing dietitians nationally. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government, Medicare, the Department of Veteran Affairs and most private health funds as the quality standard for nutrition and dietetics services in Australia. For more information visit www.daa.asn.au. For the Media section on the DAA website contains DAA's media releases and position on topical nutrition issues in the media.

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- Whole grain crackers rather than plain crackers or rice crackers

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For further information or to organise an interview with Eden Barrett, contact Maree Hall on 0408 482 581 or Sally Moloney on 0428 916 425.

Background:

About the Dietitians Association of Australia National Conference

The DAA National Conference is being held from 18-20 May 2017 at the Hobart Grand Chancellor Hotel. For more information and program details, visit: www.daa2017.com.au and follow us on Twitter: www.twitter.com/DAA_feed (and use #DAA2017).

Press passes can be made available for interested media (including Australian-based journalists from print, radio, television and online media outlets) to attend sessions at the conference. To request a press pass, please contact Maree Hall 0408 482 581.