



11 August 2016
Fiona Baker, Editor

Body + Soul

Re: How healthy is your morning coffee? 3 August 2016.

Dear Ms. Baker,

The Dietitians Association of Australia (DAA) was pleased to see a discussion around factors that can increase energy provided by a morning coffee, such as portion size, added sugar, flavours, whipped cream and syrups. However, we were disappointed that some advice provided by nutritionist Fiona Tuck was not evidence-based and gave recommendations which are not in line with the current [Australian Dietary Guidelines](#) (2013).

The suggestion that skim milk is not satiating is not backed by scientific evidence. While fat does increase satiety, there are other nutrients that also satiate. Protein also satisfies our appetite, and is in fact higher in skim milk (than in full cream milk) due to the lower fat content.

The Australian Dietary Guidelines (ADGs) which were reviewed in 2013 and are based on over 55,000 research papers, recommend Australian adults choose mostly low fat dairy products. We are concerned that recommendations contrary to the ADGs may confuse consumers and work against qualified health professionals who refer to these guidelines for healthy Australians.

In addition to this, while skim milk may lack fat soluble vitamins (due to the fat being removed), there are plenty of other sources of fat soluble vitamins in the Australian diet and DAA feels it is irresponsible to suggest skim milk is not an appropriate choice or that it is 'highly processed'. Skim milk is produced by spinning the full milk very fast in a separator. The lighter cream spins to the top and is run off – that is all, and farmers have been doing it in their dairies for a very long time.

The article recommends choosing organic milk. Nutritionally, organic foods provide comparable nutrients to conventionally grown produce. People may choose to eat organic food for environmental reasons, or because they prefer the flavour and taste. These benefits are not discussed in the article, organic is simply recommended, potentially suggesting they are superior, given the tone of the article.

DAA encourages use of Accredited Practising Dietitians (APDs) to provide nutrition information for milk and dairy articles, and any other nutrition related topic. Their communication is based on the latest science, packaged with practical advice and delivered in user-friendly language.

DAA has 23 media-trained Spokespeople (all APDs) available to speak on all nutrition related topics. To organise an interview with any of our Spokespeople, please contact Felicity Curtain on media@daa.asn.au or telephone 0409 661 920.

A handwritten signature in black ink, which appears to read 'Claire Hewat', is positioned above the typed name.

Claire Hewat AdvAPD
CEO
Dietitians Association of Australia