

INFOODS Success Story – AUSNUT 2011-13: a new Australian national nutrient database for dietary intake studies

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About AUSNUT 2011-13	AUSNUT 2011–13 is a set of files that enables food, dietary supplement and nutrient intake estimates to be made from the 2011–13 Australian Health Survey (AHS). It was first published in May 2014 and included data related to the National Nutrition and Physical Activity Survey (NNPAS) component of the AHS only. It was updated in September 2014 to include additional data related to the National Aboriginal and Torres Strait Islander Nutrition and Physical Activity Survey component of the AHS.
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Background

The 2011-13 Australian Health Survey was the first national nutrition survey, of adults and children, since 1995. In the intervening years, the food supply in Australia has changed as new foods have been adopted into the regular diet and fortification patterns, for example, have changed. Therefore a new nutrient database was required to more accurately estimate nutrient intakes in Australia. Australia is part of the OCEANIA region of INFOODS.

Improve evidence basis

In addition to reflecting current foods as consumed in Australia, the new AUSNUT database needed to include values for almost all nutrients for which national dietary recommendations exist, and to be reported with sufficient detail that food consumption patterns could be compared to national guidelines.

Programme implementation

A small team of data compilers at Food Standards Australia New Zealand, led by Renee Sobolewski, developed the new AUSNUT, with funding support from the Australian Bureau of Statistics. For each of the 5,740 foods included in the database, 51 separate nutrient values were developed, as well as revised measure data (including portion size and approximate density) for all foods. A feature of the database is the inclusion of values for wild-sourced foods consumed in remote Aboriginal and Torres Strait Islander

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communities. A separate database of 35 nutrient values in over 2000 dietary supplements was also developed.

As far as possible, recent Australian analytical data was used to develop the database, and a range of analytical programs were undertaken to generate data, particularly for staple foods and for new foods.

Success

The new database was delivered on-time to the Australian Bureau of Statistics, who carried out the survey and estimated nutrient intakes based on the AUSNUT nutrient values. The database was also made available, free of charge, on the Food Standards Australia New Zealand website.

Source

AUSNUT is available from:

<http://www.foodstandards.gov.au/science/monitoringnutrients/ausnut/Pages/default.aspx>

At this link you can also obtain a list of the sources of evidence used to develop AUSNUT.