



47th Annual Scientific Meeting of the Nutrition Society of Australia and Nutrition Society of New Zealand, 28 November – 1 December 2023, Nutrition & Wellbeing in Oceania

## Monitoring Australian Foods and Diets

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Monitoring the food supply including composition and what people are eating is an important aspect of maintaining public health and safety. The Food Composition Program at Food Standards Australia New Zealand (FSANZ) is responsible for generating, compiling and publishing data on the nutrient content of Australian foods to support FSANZ standards development work and monitoring activities. This work also supports broader Government public health policies and initiatives such as National Nutrition Surveys, Front of Pack labelling and reformulation. Having robust up to date food composition and dietary intake data that represents the current food supply and consumption patterns provides the strong evidence base needed to support FSANZ activities<sup>(1)</sup>. FSANZ has been working with the Australian Bureau of Statistics since 2019 to support their work on the 2023 National Nutrition and Physical Activity Survey (NNPAS)<sup>(2)</sup>. Our role has been to assist in customising the survey instrument Intake24 used to collect the 24-hour recall data from the NNPAS and to generate the datasets required to allow food, dietary supplement and nutrient intakes to be estimated from the survey and enable reporting against the Australian Dietary Guidelines. This presentation will discuss FSANZ role in monitoring foods and healthy diets in Australia, with a particular focus on the methods and tools for generating and reporting data for the 2023 NNPAS.

### References

1. Food Standards Australia New Zealand (2023) Australian Food Composition Database, <https://www.foodstandards.gov.au/science-data/monitoringnutrients/afcd>
2. Australian Bureau of Statistics (2023) National Nutrition and Physical Activity Survey, <https://www.abs.gov.au/participate-survey/household-survey/national-nutrition-and-physical-activity-survey>