

Australian Govt works with food companies to reformulate products

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Minister for Senior Australians and Aged Care Services, Richard Colbeck recently said the Government was working with food companies to reformulate products and improve the nutritional value of many common foods.

Food companies participating in the program will work towards reducing the levels of sodium, saturated fat or sugar in foods they manufacture, in line with the specific nutrient targets identified for certain food categories.

The Australian Dietary Guidelines recommend limiting intake of foods high in risk nutrients—salt, added sugars and saturated fat—while enjoying a wide variety of nutritious foods including vegetables, fruit, whole grains, lean meats and low-fat dairy.

The Government established the Healthy Food Partnership to improve the dietary habits of Australians by making healthier food choices easier and more accessible, and by raising awareness of appropriate food choices and portion sizes.

The Partnership is a non-regulatory, collaborative forum between the Australian Government, food industry bodies and public health groups which aims to tackle obesity, encourage healthy eating and empower food manufacturers to make positive changes to their products.