

2002

Hot potato, chip potato, potato: veg at all? measuring vegetable and fruit intake

Anna D. Huddy

Northern Rivers Area Health Service

Margaret Miller

Sallie Newell

Southern Cross University

Jillian K. Adams

Northern Rivers Area Health Service

Libby Holden

Northern Rivers Area Health Service

See next page for additional authors

Publication details

Huddy, AD, Miller, M, Newell, S, Adams, JK, Holden, L & Dietrich, UC 2002, 'Hot potato, chip potato, potato: veg at all? measuring vegetable and fruit intake', paper presented to 1st Australasian Nutrition, Physical Activity and Cancer Conference, Sydney, NSW, 24-26 July.

Authors

Anna D. Huddy, Margaret Miller, Sallie Newell, Jillian K. Adams, Libby Holden, and Uta C. Dietrich

Hot potato, chip potato, potato – veg at all?

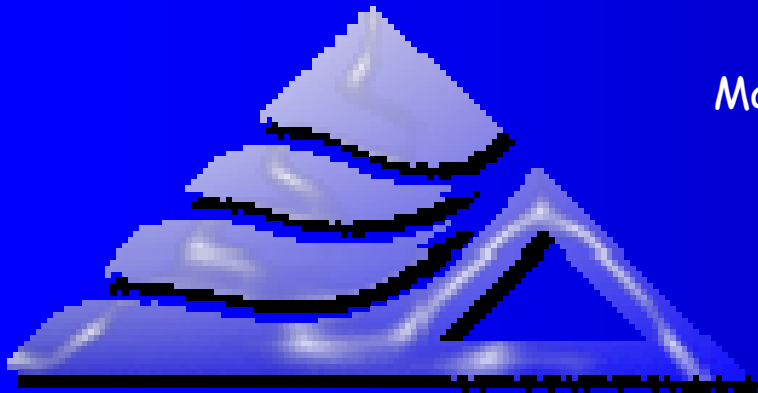
Anna Huddy, Margaret Miller

Sallie Newell, Jillian Adams Libby Holden, Uta Dietrich

Tooty Fruity Vegie Program
Health Promotion Unit
Northern Rivers Area Health Service
Lismore NSW

&

Marg Miller Health Consulting
Mosman Park WA



1st Australasian Nutrition, Physical Activity
& Cancer Conference (June 2002)

 Potential issues

 What other groups have done

 Tooty Fruity Vegie coding tool



Potential Issues:



- What is a serve ?
- Method of measurement



Potential issues cont.



- Exclude high fat veg and fruit ?
- Exclude high salt and sugar veg and fruit ?
- Processing cut-off ?



Potential issues cont...



- Cut-off serve size?
- Inclusion of veg and fruit in mixed foods?
- Count potato?
- Count legumes, pulses and nuts?



What other groups have done

- What is a serve? Definition as veg or fruit
- Methods of measurement
- Exclude high fat veg and fruit
- Exclude high salt and sugar
- Processing cut-off
- Cut-off serve size
- Inclusion of veg or fruit in mixed foods
- Count potato
- Count legumes, pulses and nuts



	Defin. C or B	H/G	Incl ↑ Fat?	Incl ↑ Salt/ Sugar?	Incl ↑ Proces.?	Min/Ma x	Incl Mixed foods	Inc Potato?	Incl Leg, nuts
NNS '95 recall	C	G	✓	✓	✗ (1)	✗	✗ (4)	✓	✗
NDS '85 Record	C	G	✓	✓	✗ (1)	✗	✗	✓	✓
Adelaide Weighed	C	G	✓	✓	✗ (1)	✗	✗	✓ but exc chips	✓
WA adults FFQ	C	H	✓	✓	NSR(2)	✗	NSR	✓	
WA kids FFQ		H	✓		NSR(3)		✓ Code rules	✓	

1. Jce, tom prods, crisps, pickles, jam sep
2. Jce excl

3. Jce, pickles, jam excl.

4. Unless V & F major



Tooty Fruity Veggie



Developed a coding tool

TFV Decisions

- A serve? 150 g Fruit & 75 g Veg
- Include any and all plant matter regardless of fat, salt sugar and degree of processing
- Cut-off serve size at 0.1 serve
- Veg and fruit in mixed foods included
- Potato, legumes, and pulses included



Fruit		ONE SERVE =		N serves if piece of fruit described as:			
		150 gm fresh F	30 gm dried F	small	med	large	other
Apple	whole	1 cup = 1 medium (NFI)	10 pieces	0.70	1.00	1.2	2 slices = 0.25 1 bite = 0.03
	stewed, sauce	3/4 cup					1 tbsp = 0.16
Apricot		1 cup = 3 medium (NFI)	6 halves	0.25	0.33	0.40	apricot log/fruit balls=nil small plate = 0.67
Avocado		see "VEGETABLES" table					
Babaco		1 cup					Default = 0.5
Banana	whole	1 cup = 1 large	4 pieces = 1 banana, 15 chips/slices or see "Fruit - Dried, mixed" row	0.50	0.70	1.00	1 lady finger = 0.7 1 slice = 0.2
	mashed	3/4 cup					



Mixed Foods		1 cup equals ...	DEFAULT child serve	Other (small serve = ½ default, large serve = 1½ default)
BEVERAGES				
Sm oothies	fruit	0.8F	0.67F	
	mixed fruit & veg	0.6F + 0.4V	0.5F + 0.33V	
BAKING (Biscuits, Breads/Loafs, Cakes, Muffins, Pies (savoury), Pies (sweet), Puddings, Quiches, Scones & Slices)				
Biscuits	corn & rice sakartas (crackers)	uncodeable		
	cornflake biscuits		0.16PR	1 biscuit = 0.16PR

