



Review of the 2013 Australian Dietary Guidelines – Communications log

To foster trust in the review of the 2013 Australian Dietary Guidelines (2013 Guidelines) and to increase transparency, NHMRC will publish summary details of meetings, correspondence and phone calls from external stakeholders relating to the review of the 2013 Guidelines. The communication log records the contact person/ organisation, topic and the outcomes on the [NHMRC website](#).

External stakeholder interactions are included on the *Review of the 2013 ADG Communications Log* if they relate to the 2013 Guidelines review and the communications aim to influence the 2013 Guidelines review process and/or outcomes.

Examples of stakeholder communications that will be included:

- sending evidence (when unsolicited by NHMRC)
- outlining a viewpoint via written correspondence or phone call in relation to the 2013 Guidelines review process or content
- requesting meetings with NHMRC to discuss the review of the 2013 Guidelines.

Exceptions to this process are requests from foreign governments and routine administrative requests from other areas of government. Communication for the purpose of making a simple enquiry or request, unrelated to the development of the 2013 Guidelines, will not be published.

Stakeholders are encouraged to subscribe to the [Dietary Guidelines contact list](#) to receive updates on the review and opportunities for involvement.

Information last updated 31 December 2022.



Table: Communication log (reverse chronological order)

Date received	Contact type	Contact person/ organisation	Topic	Outcome
24/10/2022	Email	Claire McDonnell, Leafie	Enquired about process and anticipated timeline for public call for evidence.	Directed to NHMRC website and stakeholder consultation plan. Advised that further information and updates will be published on the NHMRC website when available. Advised to subscribe to the Dietary Guidelines contact list.
14/10/2022	Email	Amy Philips, Dietitians Australia	Enquired about dates of interest related to the review in 2022.	Advised that as the scope is currently under consideration, NHMRC is not able to provide any further information at this stage. Any updates will be published on the NHMRC website when available.
8/10/2022	Email	Hermund Haaland, Zebr Institute	Follow up from email sent on 6/09/2022. Requested a virtual meeting to discuss the review.	Advised that as the scope is currently under consideration, NHMRC is not able to provide any further information at this stage. Any updates will be published on the NHMRC website when available.
26/09/2022	Email	Dympna Leonard, James Cook University	Enquired about review scope and public call for evidence.	Advised that the scope is under consideration and further information will be published on the NHMRC website when available. Directed to the NHMRC website for more information on the review, including timelines. Advised to subscribe to the Dietary Guidelines contact list.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
6/09/2022	Email	Hermund Haaland, Zebr Institute	Enquired about the timeframe and scope of the review, and areas or principles of the revised guidelines that may have changed since the 2013 Guidelines.	Advised that the scope is under consideration and further information will be published on the NHMRC website when available. Directed to the NHMRC website for more information on the review, including timelines. Advised to subscribe to the Dietary Guidelines contact list.
24/08/2022	Email	Amy Philips, Dietitians Australia	Enquired as to when the scope of the review is scheduled to be finalised.	Advised that the scope is under consideration and further information will be published on the NHMRC website when available.
10/08/2022	Meeting	FSANZ Consumer and Public Health Dialogue	General update provided in meeting papers.	Update included touching on progress to date, and advising on next steps, including finalisation of project scope, development of research questions and public call for supporting evidence.
30/07/2022	Email	Eve Thomas	Provided a viewpoint on the food pyramid including having grains and cereals at the top of the pyramid. Also provided a viewpoint on the health effects of gluten consumption and general promotion of gluten in supermarkets.	Advised that the Australian Guide to Healthy Eating promotes a variety of nutritious foods and that a food pyramid has not been used in the past two versions of the Guidelines. Directed to the NHMRC website for information about the review process and the stakeholder consultation plan. Advised to subscribe to the Dietary Guidelines contact list.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
27/07/2022	Email	Rosalie Schultz, Ngaanyatjarra Health Service	Enquired about the status of the review.	Advised that the Guidelines are being reviewed. Directed to the NHMRC website for more information and to subscribe to the Dietary Guidelines contact list.
26/07/2022	Meeting	FSANZ Binational Food Industry Dialogue (previously the Retailers and Manufacturers Liaison Committee)	General update provided in meeting papers.	Update included touching on progress to date, and advising on next steps, including finalisation of project scope, development of research questions and public call for supporting evidence.
13/07/2022	Email	Peter Strous, The Ideal Diet	Provided a viewpoint on an optimum diet for avoiding diseases, maintaining health and longevity.	Advised that opportunities for stakeholder engagement, including a public call for evidence, are outlined in the stakeholder consultation plan available on the NHMRC website. Directed to the NHMRC website for information about the review process and advised to subscribe to the Dietary Guidelines contact list.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
21/06/2022	Email	Justine Egan	Enquired as to when the Australian Dietary Guidelines will be updated. Provided information on the Harvard School of Public Health guidance relating to the consumption of red meat, butter and refined grains.	Advised that the Guidelines are being reviewed. Directed to the NHMRC website for opportunities to provide feedback on the review. Advised to subscribe to the Dietary Guidelines contact list. Provided information in the 2013 Australian Dietary Guidelines on recommended intake of butter, refined grains and red meat.
23/05/2022	Email	Tom Simak	Enquired how relevant scientific papers can be submitted for consideration.	Advised that opportunities for stakeholder engagement, including a public call for evidence, are outlined in the stakeholder consultation plan available on the NHMRC website. Directed to the NHMRC website for information about the review process and advised to subscribe to the Dietary Guidelines contact list.
28/04/2022	Email	Danielle Williams, Diabetes Australia	Enquired as to when the review scope is scheduled to be published.	Advised that the scope is under consideration and further information will be published on the NHMRC website when available.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
22/03/2022	Meeting	FSANZ Consumer and Public Health Dialogue	Invited to provide an update on the review of the Guidelines at the FSANZ Consumer and Public Health Dialogue meeting.	Provided an update on the review of the Guidelines, including progress to date, anticipated milestone timelines, and stakeholder consultation opportunities. Advised that the next steps involve finalisation of project scope, development of research questions and public call for supporting evidence.
21/03/2022	Email	Mackenzie Bennett	Requesting a change to the grouping of tomato in the Guidelines to fruit (rather than vegetable), based on botanical aspects.	Advised that in the Australian context, tomatoes are commonly used as vegetables. Also advised that the Guidelines are being reviewed. Directed to the NHMRC website for information about the review process and advised to subscribe to the Dietary Guidelines contact list.
2/03/2022	Meeting	FSANZ Retailers and Manufacturers Liaison Committee	Invited to provide an update on the review of the Guidelines at the FSANZ Retailers and Manufacturers Liaison Committee meeting.	Provided an update on the review of the Guidelines, including progress to date, anticipated milestone timelines, and stakeholder consultation opportunities. Advised that the next steps involve finalisation of project scope, development of research questions and public call for supporting evidence. Agreed to provide an update at the next meeting.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
5/02/2022	Email	Cheryl Nagel	Provided a viewpoint about the inclusion of animal products in dietary advice and requested a change to plants and whole foods.	Advised that the Guidelines provide evidence-based advice and include advice for vegetarian and vegan dietary patterns. Also advised that the Guidelines are being reviewed. Directed to the NHMRC website for opportunities to provide feedback on the review.
3/02/2022	Email	Nina Teicholz, Nutrition Coalition	Enquired how scientific papers of relevance can be submitted for consideration.	Advised that opportunities for stakeholder engagement, including a public call for evidence, are outlined in the stakeholder consultation plan available on the NHMRC website. Directed to the NHMRC website for information about the review process and advised to subscribe to the Dietary Guidelines contact list.
26/01/2022	Email	Jenny Davis	Follow up response providing a viewpoint on the review timelines.	Nil
25/01/2022	Email	Dr Alexandra Wade	Requested to be placed on the Dietary Guidelines contact list and provided information on expertise.	Directed to the NHMRC website to subscribe to the Dietary Guidelines contact list and for opportunities to provide feedback on the review.
17/01/2022	Email	Jenny Davis	Enquired as to when the Australian Dietary Guidelines will be revised, updated and published.	Advised that the Guidelines are being reviewed. Directed to the NHMRC website for opportunities to provide feedback on the review. Advised to subscribe to the Dietary Guidelines contact list.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
11/01/2022	Email	John Winter	Follow up response providing a viewpoint on the effectiveness of the Australian Dietary Guidelines and dietary recommendations.	Advised that the Dietary Guidelines provide general population health advice. Also advised that a call for supporting evidence is scheduled for the second quarter of 2022. Directed to the NHMRC website and advised to subscribe to the Dietary Guidelines contact list. Also provided a link to the evidence that supports the 2013 Guidelines.
27/12/2021	Email	John Winter	Provided feedback on the Australian Dietary Guidelines and the Eat for Health website and suggested that dietary advice should be included for people with restricted or specific diets. Provided information regarding benefits of own personal eating plan.	Advised that the Dietary Guidelines are not intended for people requiring specialised dietary advice. Also advised that the Guidelines are being reviewed. Directed to the NHMRC website for opportunities to provide feedback on the review.
16/12/2021	Email	Danielle Williams, Diabetes Australia	Follow up response enquiring whether advice for people living with chronic illness, such as diabetes, would be within scope of the review.	Advised that review scope is under consideration and further information will be published on the NHMRC website when available.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
15/12/2021	Email	Roshan Khanal	Requested advice to clarify public information which stated that sugar and refined carbohydrates are the cause of issues relating to cholesterol levels, rather than dietary fats.	Advised that the Dietary Guidelines state that a range of factors may improve or lead to increased blood cholesterol levels. Also advised that a review of the Dietary Guidelines is underway and directed to the NHMRC website for stakeholder feedback opportunities.
13/12/2021	Email	Mike Smith	Requested advice to clarify recent media articles which promoted an eating plan high in saturated fat.	Advised that the Dietary Guidelines are being reviewed and at this stage it was not possible to pre-empt the outcomes of the review. Also advised that individuals should seek advice from a nutrition professional regarding personalised eating plans. Directed to the Dietary Guidelines consultation plan available on the NHMRC website for opportunities to provide feedback on the review.
6/12/2021	Email	Nina Teicholz, Nutrition Coalition	Introduced the work of the Nutrition Coalition in ensuring that nutrition guidelines are evidence-based, including systematic evaluation of reliable science. Enquired how peer-reviewed published information can be submitted for consideration.	Advised that opportunities for stakeholder engagement, including a public call for evidence, are outlined in the stakeholder consultation plan available on the NHMRC website. Directed to the NHMRC website for information about the review process and advised to subscribe to the Dietary Guidelines contact list.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
9/11/2021 and 26/11/2021	Email and Meeting	Cochrane Public Health Team	Outlined role of Cochrane Public Health Team in developing systematic reviews.	NHMRC met with Cochrane Public Health to discuss available nutrition-related systematic reviews and reviews under development.
26/11/2021	Phone call	Danielle Williams, Diabetes Australia	Follow up for email sent on 25/11/2021	Advised that a response would be provided via email.
25/11/2021	Email	Danielle Williams, Diabetes Australia	Enquired whether finalisation of the review scope would be within the final quarter of 2021, to ensure capacity for Diabetes Australia to review over the holiday period.	Advised that review scope is under consideration and further information will be published on the NHMRC website when available in 2022. Directed to the Dietary Guidelines consultation plan available on the NHMRC website for opportunities for stakeholder feedback.
18/11/2021	Email	Sonia Karouzos, Dietitians Australia	Follow up for email sent on 11/11/2021.	Advised that matters relating to nutrition guidelines, or the review of the Australian Dietary Guidelines are the responsibility of NHMRC's Public Health Section. Provided relevant email address for enquiries.
11/11/2021	Email	Sonia Karouzos, Dietitians Australia	Introduced new Policy and Advocacy Manager at Dietitians Australia and sought details of an equivalent contact person at NHMRC that could discuss national nutrition-related policy and advocacy work.	Nil



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15/10/2021	Email	Dr James Muecke AM	Outlined interest in raising awareness of diabetes remission. Provided references about low carbohydrate and ketogenic diets and impact on cardiovascular risk factors. Suggested launching a national public awareness strategy to reduce incidence of type 2 diabetes.	Directed to the NHMRC website for information on the review process. Advised that preventative health promotional activities are undertaken by the Department of Health and provided information on current initiatives related to diabetes prevention.
13/10/2021	Email	Hayley Bunting	Enquired whether an updated version of the Dietary Guidelines was available as the information on fats may not be current. Provided supporting reference.	Advised that the Guidelines are being reviewed. Directed to the NHMRC website for opportunities to provide feedback on the review. Advised to subscribe to the Dietary Guidelines contact list.
12/10/2021	Email	Helen Wilson	Requested that the order of calorie needs for men and women be reversed	Directed to the Dietary Guidelines consultation plan available on the NHMRC website for opportunities to provide feedback on the review.
11/10/2021	Email	Barbara Meyer, School of Medicine, University of Wollongong	Contacted the Chair of the Dietary Guidelines Expert Committee and enquired whether it was possible to submit information as part of the stakeholder survey.	NHMRC responded on behalf of Chair. Advised that the stakeholder survey closed in March 2021. Directed to the Dietary Guidelines consultation plan available on the NHMRC website for opportunities to provide feedback on the review.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
11/10/2021	Email	Karen Charlton, University of Wollongong	Contacted the Chair of the Dietary Guidelines Expert Committee and provided references on the environmental impact of Australian and New Zealand diets.	NHMRC responded on behalf of Chair. Directed to the Dietary Guidelines consultation plan available on the NHMRC website for opportunities to provide feedback on the review.
06/10/2021	Email	Elizabeth Neale, University of Wollongong	Contacted the Chair of the Dietary Guidelines Expert Committee and expressed interest in contributing to the systematic reviews underpinning the Guidelines.	NHMRC responded on behalf of Chair. Advised that evidence reviewers will be contracted consistent with the Commonwealth procurement framework. Also directed to the NHMRC website and advised to subscribe to the Dietary Guidelines contact list.
1/10/2021	Phone call	Danielle Williams, Diabetes Australia	Requested information in relation to: • timing for finalisation of review scope • process for contracting evidence reviewers • scheduled date for Expert Committee meeting	Advised that: • review scope expected to be finalised in the final quarter of 2021 • evidence reviewers will be contracted consistent with the Commonwealth procurement framework • details of the Expert Committee meeting were being finalised.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
28/09/2021	Email	Lachlan Yeend, KPMG	Requested additional information on the review process including: • timing of review scope • division of responsibilities between the Expert Committee and evidence reviewers in relation to submissions from industry • process for contracting evidence reviewers and level of transparency • potential for opportunities for industry to meet with Expert Committee or evidence reviewers • type of evidence sought at submissions stage of review • NHMRC engagement with government stakeholders and approval process for final guidelines.	Advised that: • the review scope is expected to be finalised in the final quarter of 2021 • evidence reviewers will be contracted consistent with the Commonwealth procurement framework • further information about the evidence review process will be made available in early 2022. Opportunities for stakeholder engagement are outlined in the stakeholder consultation plan available on the NHMRC website • targeted consultation will be undertaken with stakeholder groups and relevant areas of government throughout the development of the guidelines.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
28/09/2021	Email	Rose Cornelissen, Director, The Naturopaths and Herbalists Association of Australia	Requested that the Naturopaths and Herbalists Association of Australia be included on the Dietary Guidelines Contact list for potential involvement in the review and that additional information be provided on the supporting evidence as it becomes available.	Directed to the NHMRC website and advised to subscribe to the Dietary Guidelines contact list.
24/09/2021	Letter	John McKillop, Red Meat Advisory Council	Requested termination of Dr Evangeline Mantzioris' appointment to the Dietary Guidelines Expert Committee based on publication of articles which provide information on how to get the nutrients you need without eating as much red meat.	Referred matter to the Dietary Guidelines Governance Committee for advice and assessment. Informed the Red Meat Advisory Council that the Governance Committee advised that the assessed risk of conflict of interest for Dr Mantzioris remains low, given that Dr Mantzioris has no financial ties that may compromise her position on the Expert Committee and has publicly expressed a diversity of views about her academic area of work. Based on this advice, there was no change to Dr Mantzioris' appointment.



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21/09/2021	Letter	The George Institute for Global Health, Vic Health, Healthy Food Systems Australia, Dietitians Australia, Consumer Federation of Australia, Institute for Physical Activity and Nutrition (Deakin University), Nutrition Australia, GLOBE Global Obesity Centre, Institute for Health Transformation (Deakin University), Dr Rosemary Stanton, Public Health Association Australia, Obesity Policy Coalition, The Food Governance Node (Charles Perkins Centre), Heart Foundation, Cancer Council Australia, Kidney Health Australia, Diabetes Australia, Stroke Foundation	Welcomed appointment of the Dietary Guidelines Expert Committee and Dietary Guidelines Governance Committee. Commended the process for managing conflicts of interest.	Correspondence noted.
15/09/2021	Letter	Juliana Chen, Dietitians Australia	Congratulated the Chair of the NHMRC Dietary Guidelines Expert Committee on appointment. Provided a summary of reflections from the 2013 Australian Dietary Guidelines. Invited the Chair to meet with Dietitians Australia.	Reflections noted.
07/09/2021	Email	Elizabeth Neale, University of Wollongong	Expressed interest in contributing to the systematic reviews underpinning the Guidelines.	Advised that NHMRC will be following the Commonwealth procurement framework to contract evidence reviewers. Suggested stakeholder subscribe to the Dietary Guidelines contact list.



Date received	Contact type	Contact person/ organisation	Topic	Outcome
07/09/2021	Email	Lachlan Yeend, KPMG	Contacted the Office of the Hon Richard Colbeck enquiring whether the Senator is responsible for the review of the Australian Dietary Guidelines and requested to be put in contact with an advisor to discuss: - the review timeline - whether the Dietary Guidelines Expert Committee had been established - whether the review topics had been finalised.	NHMRC responded on behalf of the Office of the Minister for Senior Australians and Aged Care Services. Advised that the Dietary Guidelines Expert Committee had been announced and that the Minister for Health and Aged Care was responsible for the review. Directed to the NHMRC website for review timelines and advised that topics will be published when finalised. Advised to subscribe to the Dietary Guidelines contact list.
21/06/2021	Email	David Brown	Provided references regarding reversing fatty acid advice.	Nil
14/06/2021	Email	David Brown	Provided references regarding fatty acids and type 2 diabetes.	Nil
11/06/2021	Email	Michael Schien University of Newcastle Health Service Convenor Diet and Agriculture Special Interest Group Doctors for the Environment Australia	Provided a viewpoint on the role of food industry in the guideline review. Provided a viewpoint on sustainable diets in the review of the Guidelines. Enquired about an opportunity to be involved in the review process.	Directed to the Dietary Guidelines consultation plan available on the NHMRC website.
10/06/2021	Email	David Brown	Provided references regarding fatty acids and infectious diseases.	Nil



Date received	Contact type	Contact person/ organisation	Topic	Outcome
08/06/2021	Email	Michael Schien University of Newcastle Health Service Convenor Diet and Agriculture Special Interest Group Doctors for the Environment Australia	Provided a viewpoint on the role of food industry in the guideline review. Provided a viewpoint on sustainable diets in the review of the Guidelines. Enquired about an opportunity to be involved in the review process.	Directed to the Dietary Guidelines consultation plan available on the NHMRC website.
31/05/2021	Email	Jenny Davis	Requested a response to the cancer statistics provided.	Email acknowledged.
25/05/2021	Email	Jenny Davis	Recommended updating the Guidelines before 2024. Provided additional references about cancer statistics.	Nil
16/05/2021	Email	Jenny Davis	Requested information on when the Guidelines will be updated and provided references about cancer rates.	Advised that information about the review process is available on the NHMRC website.
16/03/2021	Email	Melissa Cameron, Dairy Australia	Follow up for email sent on 12/03/2021.	Advised unable to meet as requested. Advised that information about the review process will be shared via the NHMRC website.
12/03/2021	Email	Melissa Cameron, Dairy Australia	Requested a face-to-face meeting to introduce Dairy Australia and how it can support the Guideline review process.	Nil



Date received	Contact type	Contact person/ organisation	Topic	Outcome
12/03/2021	Email	Honest Dietary Guidelines Alliance	Email addressed to the Minister for Health and Aged Care, the NHMRC board, and others. Requested a public commitment to transparency around the selection of Dietary Guidelines Expert Committee members and contractors.	Response provided by the Minister for Health and Aged Care.
03/03/2021	Email	Tracy Black	Requested information on Guideline review process. Provided information about vegan diets.	Directed to the NHMRC website for information about the review process and provided link to the Dietary Guidelines Stakeholder Scoping Survey.
24/02/2021	Email	Peter Strous, The Ideal Diet	Provided information on an optimum diet for avoiding diseases, maintaining health and longevity.	Advised to re-submit information during evidence submission stage of review.