



AUSTRALIAN KINESIOLOGY ASSOCIATION INC.

Administration Office: PO Box 233, Kerrimuir VIC 3129 Australia

Ph: 03 9898 7406 **Email:** enquiries@aka.asn.au

Australian Kinesiology Association. ABN: 31 074 034 709

AKA Level 5/6 Nutrition Guidelines

1. source of information about nutrition and diet and ways to assess their credibility
2. established evidence-based sources of information about nutrition and diet
3. anatomy and physiology relating to diet, including:
 1. structure of the digestive system
 2. role of metabolism
 3. digestive processes and activities, including:
 4. ingestion
 5. mechanical digestion
 6. propulsion
 7. chemical digestion
 8. absorption
 9. elimination
4. Be aware of the primary components of Australian dietary guidelines, including those for older Australians, children and adolescents. Be aware of variations of the primary guidelines that would still constitute a balanced diet e.g. full fat dairy products vs reduced fat dairy products; eating a balance of naturally occurring fats (saturated, monounsaturated and polyunsaturated) vs chemically altered fats (e.g. margarines); using small amounts of unrefined sugar and salt vs refined sugar and salt.

The 5 key Australian Dietary guidelines are:

1. *To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.*
2. *Enjoy a wide variety of nutritious foods from these five groups every day*
 - i. *Plenty of vegetables, including different types and colours, and legumes/beans*
 - ii. *Fruit*
 - iii. *Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley*
 - iv. *Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans*
 - v. *Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)*

And drink plenty of water.
3. *Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.*
4. *Encourage, support and promote breastfeeding.*
5. *Care for your food; prepare and store it safely.*

5. Basic principles and practices of nutrition and healthy diet, including nutrients, their function, recommended dietary intake (RDI), toxicity and their food sources



AUSTRALIAN KINESIOLOGY ASSOCIATION INC.

Administration Office: PO Box 233, Kerrimuir VIC 3129 Australia

Ph: 03 9898 7406 **Email:** enquiries@aka.asn.au

Australian Kinesiology Association. ABN: 31 074 034 709

6. Benefits of antioxidants, and food groups that provide good sources
7. Influences on food choices for individuals
8. Food labelling and interpretation
9. Commonly encountered food intolerances
10. Main types and characteristics of special diets that are part of contemporary Australian society:
 1. coeliac/gluten free/low gluten
 2. vegetarian
 3. vegan
11. The meaning of:
 1. drug–food interactions
 2. food allergy
 3. food intolerance
 4. alkaline and acidity charts
12. Indicators of need for referral to specialist advice - and who to refer to
13. Legal responsibilities
14. The Therapeutic Goods Act
15. Risk and Disclosure