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Food data vital

THERE is a need to track community nutrition over time using food and beverage data to help improve the health of Aboriginal and Torres Strait Islander people in remote communities, according to new research.

A paper from Menzies School of Health Research found measuring what people eat was important for informing food and nutrition policy. Author Emma McMahon said current studies did not give researchers the whole picture.

“People report eating more healthier foods and less unhealthy foods than they consume,” Dr McMahon said.