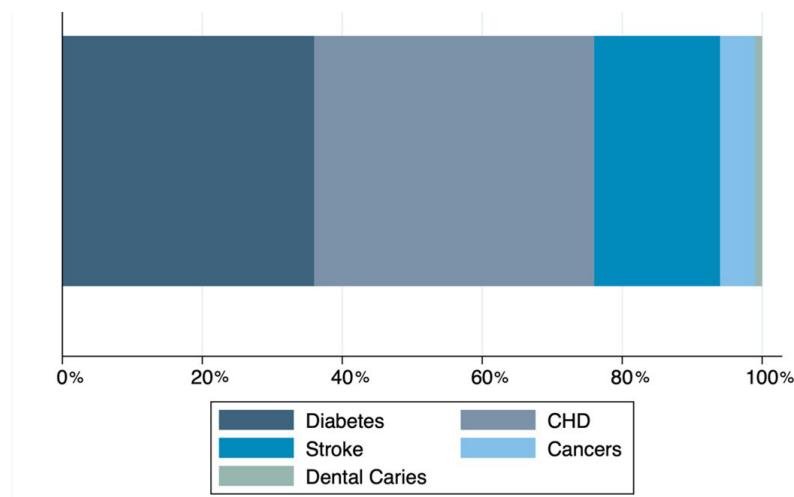


Table 1: Current and proposed optimal intake levels of 11 dietary factors.

Dietary factor (n categories modified)	Current intakes (grams)	Proposed intakes (grams)
Whole grains (8)	27.6	90
Yoghurt (5)	21.2	87.1
Processed meat (15)	37.6	0
Unprocessed meat (25)	64.9	14.3
Sugar-sweetened beverages (7)	183.3	0
Potatoes (9)	103.9	0
Refined rice and wheat (19)	121.7	0
Fruits (15)	150.1	300
Non-starchy vegetables (12)	119.8	300
Nuts and seeds (6)	4.5	20.3
Fruit juices (1)	46.1	0

*Current intakes are an adult population average from the Adult Nutrition Survey (2008/09) of 4,721 participants in Aotearoa New Zealand.

Figure 1: Contribution of major non-communicable diseases to the HALY gain observed in the primary analyses.



*Cancer burden shown here relates to colorectal, lung, oesophageal, head and neck, and ovarian cancers.

Table 2: Health and health system cost savings when adopting 6 of the 11 optimal intake thresholds (processed meat, unprocessed meat, sugar-sweetened beverages, fruits, non-starchy vegetables, nuts and seeds).

	Non-Māori	Māori	Māori	Ethnic groups combined	
	Health gains: HALYs	Health gains: HALYs	Equity analysis health gains: HALYs	Health gains: HALYs	Net health system cost savings (NZ\$ billion)
Total	900,100 (716,900 to 1,101,200)	289,600 (241,400 to 342,900)	409,400 (337,300 to 489,700)	1,189,700 (961,600 to 1,447,000)	\$17.9 (13.6 to 23.2)
Men	522,500	155,500	218,100	678,000	\$10.8
Women	377,700	134,100	191,300	511,800	\$7.1
Per capita	241.3 (299.3)	429.6 (554.4)	607.2 (785.8)	270.1	\$4,068

Results in brackets in the total population row are 95% Uncertainty Intervals. Per capita results are HALYs per 1,000 people and NZ\$ per adult, with results in brackets presenting age-standardised data.

Table 3: Health and health system cost savings for fibre and sodium differences when adopting the other 5 of the 11 optimal intake thresholds (yoghurt, starchy vegetables, fruit juice, refined grains and whole grains).

	Non-Māori	Māori	Māori	Ethnic groups combined	
	Health gains: HALYs	Health gains: HALYs	Equity analysis health gains: HALYs	Health gains: HALYs	Net health system cost savings (NZ\$ million)
Total	17,700 (6,600 to 30,400)	3,800 (1,300 to 6,500)	5,500 (1,800 to 9,900)	21,500 (9,400 to 36,000)	\$241.8 (113.0 to 384.7)
Men	10,900	1,700	2,500	12,600	\$140.9
Women	6,700	2,100	3,000	8,800	\$100.8
Per capita*	4.7 (5.7)	5.6 (7.4)	8.1 (10.7)	4.9	\$54.9

Results in brackets in the total population row are 95% Uncertainty Intervals. Per capita results are HALYs per 1,000 people and NZ\$ per adult, with results in brackets presenting age-standardised data.