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SA food stance leads world

SAMELA HARRIS

THE Rann Government is leading the world in its stance against childhood obesity and diabetes. This is the opinion of American K. Dun Gifford, the world's leading food lobbyist and chair of Tasting Australia's headline event, the Adelaide Food Summit.

The food summit this week draws nutritionists and educationists to Adelaide to hammer out ways of preventing childhood obesity and diabetes.

"If we deal with the issue of better eating habits in a behavioural context - like balancing the cheque book, safe driving, politeness - we'll make progress," he says.

The idea is to reinforce these habits through school curriculums, starting with school gardens.

Mr Gifford also applauded the growth of farmers markets in South Australia, pointing out that Wholefood Markets are the biggest growth industry in the US food world. He hoped that

the Food Summit would spur the government "to expand farmers markets so they are not just weekend markets but open more days in more places."

He said trans fats, partially hydrogenated vegetable oils, which are used to give taste and long shelf life to many foods, should be banned in Australia, as they have been in the U.S.

"Anything that can survive for a year on the shelf you do not want to put into your body," he said.