

## **Summary:**

**Objective:** To investigate similarities and differences in dietary habits, nutrient intakes and health outcomes of South Asians (SA) and East and South-East Asians (ESEA) and the New Zealand European and Other (NZEO) group, and to examine differences within 'Asian' subgroups according to duration of residence.

**Design:** Nutrient intake data from 24 h diet recalls and data from the dietary habits questionnaire, anthropometry and biochemical analyses from the cross-sectional 2008/09 Adult National Nutrition Survey in New Zealand were compared for participants categorized as SA, ESEA and NZEO.

**Subjects:** Adults aged 15 years and older (n 2995).

**Setting:** New Zealand households.

**Results:** SA were more likely to 'never' eat red meat in comparison to NZEO ( $P < 0.001$ ) and among females also in comparison to ESEA ( $P < 0.05$ ). Intakes of fats and some micronutrients (riboflavin, vitamin B6, B 12, Se) were lower among SA than NZEO ( $P < 0.05$ ). Lower intakes of Zn and vitamin B 12 were reported by SA females compared with ESEA and NZEO females ( $P < 0.05$ ). A higher percentage of SA were obese using ethnic-specific cut-offs, had lower indices of Fe status and reported diagnosed diabetes compared with NZEO and ESEA. Recent SA male migrants had higher intakes of  $\beta$ -carotene, vitamin C and Ca compared with long-term migrants ( $P < 0.05$ ).

**Conclusions:** The results of the present study indicate that dietary habits, nutrient intakes, blood profile and body size differ significantly between Asian subgroups. It also provides some evidence for changes in dietary intakes according to duration of residence especially for SA males.