

Is Australia losing its SWEET TOOTH?

A SNAPSHOT OF AUSTRALIAN'S TOTAL SUGARS CONSUMPTION FROM THE AUSTRALIAN HEALTH SURVEY: *Nutrition First Results*¹

CARBOHYDRATES CONTRIBUTED **45%** OF TOTAL ENERGY INTAKES, OF WHICH

Total Energy

TOTAL STARCH CONTRIBUTED **24%** OF ENERGY

TOTAL SUGARS INCLUDED THOSE SUGARS NATURALLY PRESENT IN FOODS SUCH AS IN *fruit & milk* AS WELL AS THE SUGARS ADDED IN *processed foods & beverages*

TOTAL SUGARS (NATURAL & ADDED) CONTRIBUTED **20%** OF ENERGY¹

The MAJOR SOURCES OF TOTAL SUGARS¹ IN OUR DIETS

FRUIT PRODUCTS & DISHES



16%

SOFT DRINKS & FLAVOURED MINERAL WATERS



9.7%

DAIRY & MILK



8.1%

FRUIT & VEGETABLE JUICES & DRINKS



7.5%

SUGAR, HONEY & SYRUPS



6.5%

CAKES, MUFFINS, SCONES & CAKE-TYPE DESSERTS

5.8%



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Total sugars

(NATURAL AND ADDED) CONTRIBUTION TO **TOTAL ENERGY INTAKE** HAS **DECREASED** FROM

22% TO **20%**
IN 1995 IN 2011-12¹

CURRENTLY,

63%

OF AUSTRALIAN ADULTS ARE **OVERWEIGHT** OR **OBES³**



SINCE 1980 SUGAR CONSUMPTION **HAS DROPPED** BY

23%

BUT **OVERWEIGHT** AND **OBESITY** HAVE **TRIPLED** IN THAT TIME⁴

THIS IS A SIMILAR TREND SEEN IN OTHER WESTERN COUNTRIES.

THE **US NATIONAL DIETARY SURVEY** SHOWED SUGAR INTAKE **DECLINED 23%** BETWEEN 1999 & 2008⁵.

IN NZ, INTAKES HAVE **FALLEN** APPROXIMATELY **9%** BETWEEN 1997-2008⁶.

Actual intake
DOES NOT EQUAL APPARENT CONSUMPTION.



Actual intake
IS BASED ON **DIETARY SURVEYS OF INDIVIDUALS EATING HABITS** SUCH AS 24HR DIETARY RECALLS.



Apparent consumption
IS THE **TOTAL AMOUNT OF SUGAR (SUCROSE) AVAILABLE IN THE FOOD SUPPLY** INCLUDING REFINED SUGAR, SUGAR IN MANUFACTURED FOODS AND DRINKS, AND IMPORTS AND EXPORTS, DIVIDED BY THE POPULATION.

Apparent consumption
MAY OVER REPORT ACTUAL INTAKE AS IT **DOES NOT CONSIDER FOOD WASTAGE.**



DID YOU KNOW?

References

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More info available at www.srasanz.org

The Sugar Research Advisory Service (SRAS) is a scientific information service which aims to encourage an evidence-based view of the role of sugars in nutrition and health. The work of SRAS is guided by Australian and New Zealand independent experts. Find out more about the SRAS Advisors here.

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