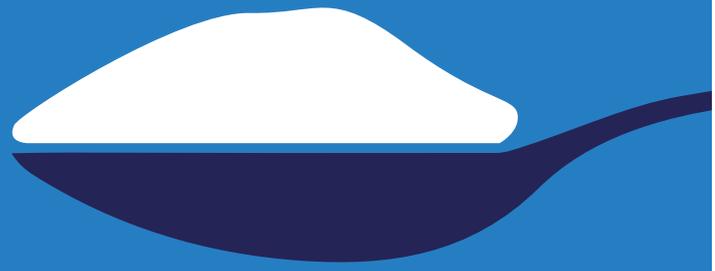
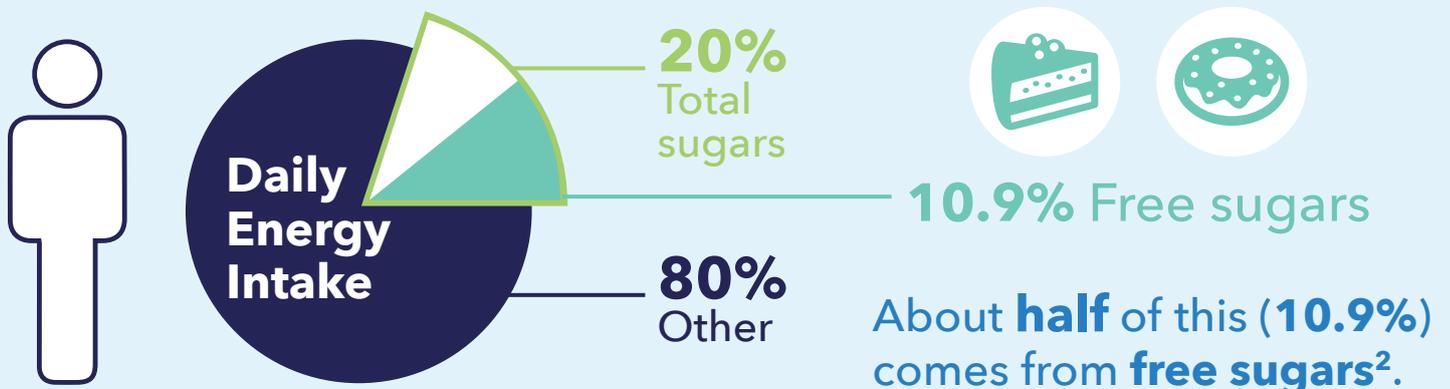


Spotlight on Australia's SUGARS Consumption



Australians aged two years and over get, on average, **20%** of their daily energy intake from **total sugars**¹.

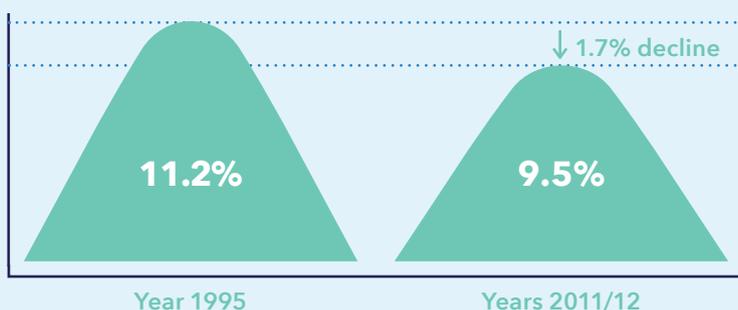


That's **close** to the World Health Organisation's (WHO) recommendations, which suggest **less than 10%** of daily energy intake should come from free sugars.

Simply put, we're eating about **14 teaspoons** of free sugars a day compared to the **12 teaspoons** recommended by WHO.



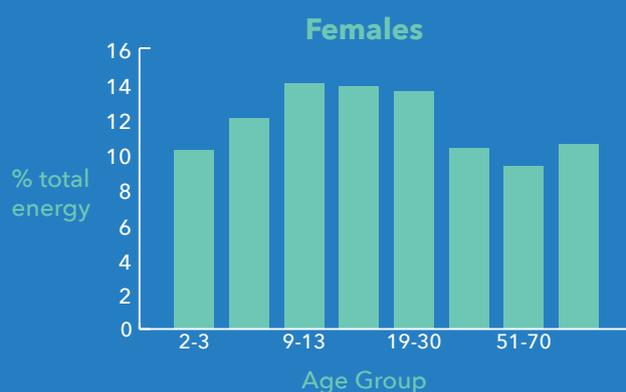
% total dietary energy from added sugars



Trends over time

We don't have historical data for free sugars, however, there appears to have been a **decline** of around **1.7% of total dietary energy from added sugars** (a similar measure) for the total population (11.2% in 1995 v 9.5% in 2011/12)³.

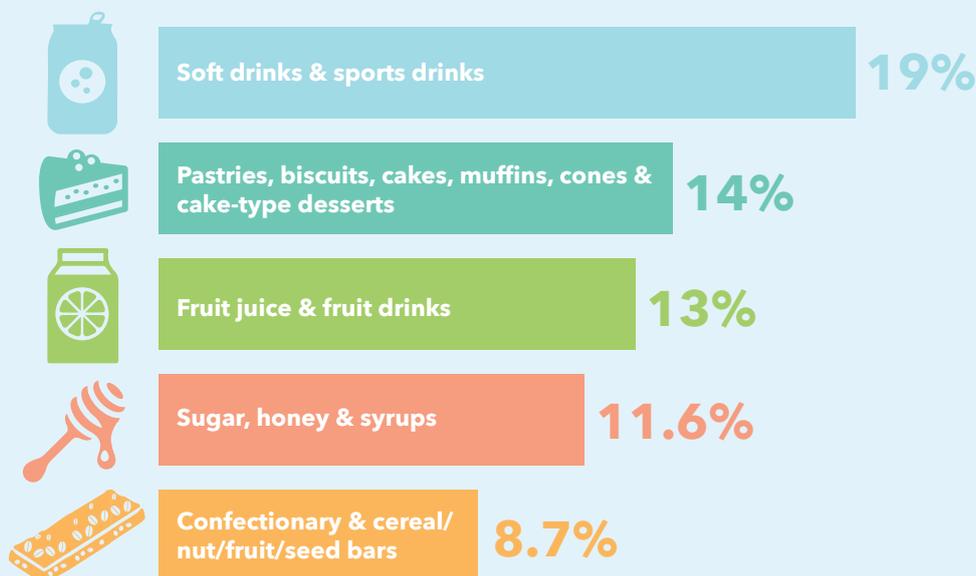
Across age groups and sexes, the average intakes of **free sugars** as % total energy are:



Where is the sugar in our diet coming from?

81% of free sugars were from discretionary foods². This supports the previous data released by the ABS which showed, on average, around **35%** of our total energy intake comes from discretionary foods⁴.

The main sources of **free sugars** in the Australian diet were²:



Definitions

- > **Total sugars:** includes those sugars naturally present in foods such as fruit and milk as well as the sugars added in processed foods and beverages
- > **Free sugars:** Includes all added sugars plus the addition of sugars naturally present in honey, syrups and fruit juices.
- > **Added sugars:** All monosaccharides and disaccharides added to foods by the manufacture, cook, or consumer.
- > **Actual intake:** Based on dietary surveys of individuals eating habits such as 24 hr dietary recalls
- > **Usual intake:** Represent food and nutrient intake over a long period of time to consider individual dietary variation day by day.
- > **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.

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3. Cobiac L, Record S, Leppard P, Syrette J, Flight I. [2003] 'Sugars in the Australian diet: Results from the 1995 National Nutrition Survey'. Nutr Diet. 2003;60:152-73
4. Australian Bureau of Statistics. Australian Health Survey: Nutrition State and Territory results, 2011-12. June 2015



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