



Scientists combat Australia's #1 diet issue: junk food

5.1
SERVES The average amount of discretionary foods eaten daily

3,000
KILOJOULES The approximate number of daily kilojoules from discretionary foods

0-3
SERVES The number of discretionary foods recommended in the Australian Dietary Guidelines

5 serves equates to about one of these:



Why eat less discretionary foods?

- 1 Assist with weight loss
- 2 Boost your diet quality
- 3 Improves your health risk

Most popular discretionary foods and drinks

#	Category	% of intake*
1	Alcohol	20.8%
2	Cakes & Biscuits	18.7%
3	Sugary Drinks	12.2%
4	Savoury Pastries	9.0%
5	Takeaway	8.1%
6	Processed Meats	7.2%
7	Chocolate & Lollies	6.8%
8	Fried Potato	5.4%
9	Salty Snacks	5.2%
10	Ice Cream	5.0%
11	Snack Bars	1.6%

*Condiments and fats have been excluded from this calculation

References James-Martin, G.; Baird, DL.; Hendrie, GA.; Strategies to Reduce Consumption of Unhealthy Foods and Beverages: Scenario Modeling to Estimate the Impact on the Australian Population's Energy and Nutrient Intakes, Journal of the Academy of Nutrition and Dietetics, 2020

Hendrie GA, Lyle G, Mauch CE, Haddad J, Golley RK. Understanding the Variation within a Dietary Guideline Index Score to Identify the Priority Food Group Targets for Improving Diet Quality across Population Subgroups. Int J Environ Res Public Health. 2021 Jan 6;18(2):378

Top ways for reducing discretionary food intake

Eliminate
↓ **26%** reduction in total energy (kJ)

Halve amount
↓ **17%** reduction in total energy (kJ)

Cut back (eat less often)
↓ **6-18%** reduction in total energy (kJ)

Discover if you are eating too much discretionary food and how to cut back with the all new **Junk Food Analyser** at the CSIRO Total Wellbeing Diet



junkfoodanalyser.com



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