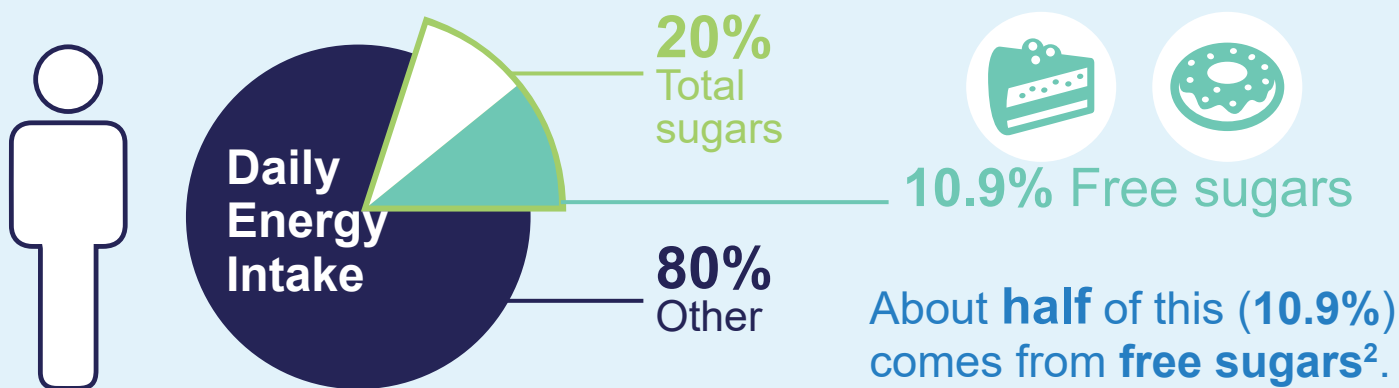


Spotlight on Australia's SUGARS Consumption



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

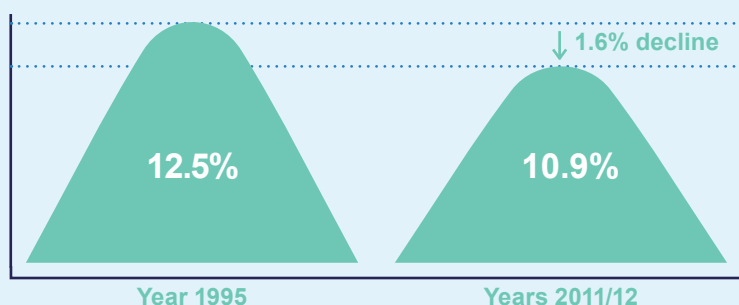


That's **close** to the World Health Organisation's (WHO) recommendations, which suggest **less than 10%** of daily energy intake should come from free sugars.

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



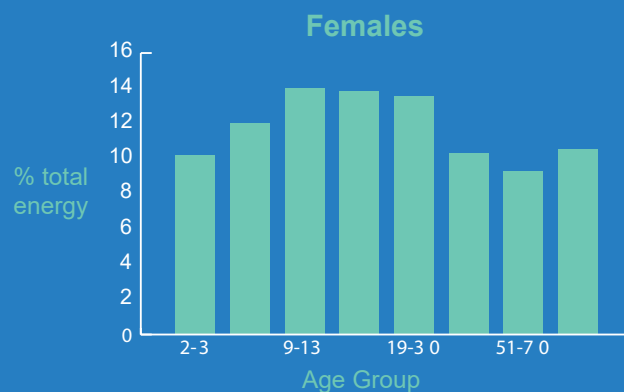
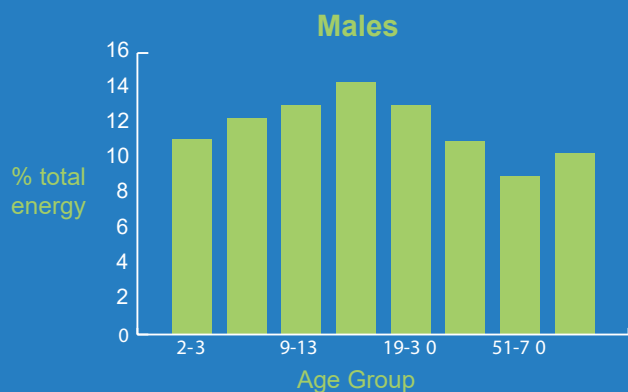
% total dietary energy from free sugars



Trends over time

There appears to have been a **decline** of around **1.6%** of **total dietary energy from free sugars** for the total population (12.5% in 1995 v 10.9% in 2011/12)².

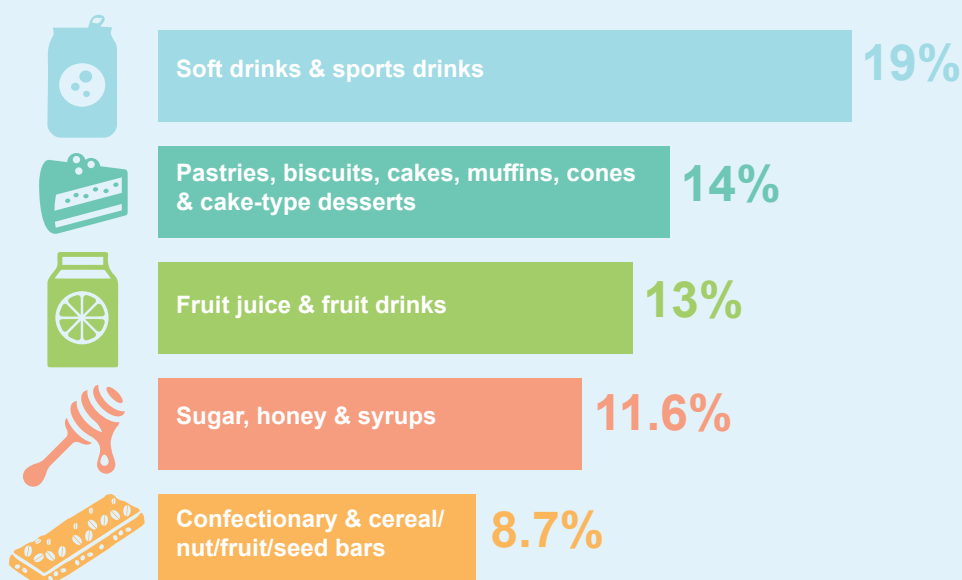
Across age groups and sexes, the average intakes of **free sugars** as % total energy are:



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 foods³.

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.

REFERENCES

1. Australian Bureau of Statistics. Australian Health Survey: Nutrition First Results – Food and Nutrients, 2011-12. May 2014.
2. Australian Bureau of Statistics. Australian Health Survey: Consumption of Added Sugars, Australia 2011-12. April 2016
3. Australian Bureau of Statistics. Australian Health Survey: Nutrition State and Territory results, 2011-12. June 2015