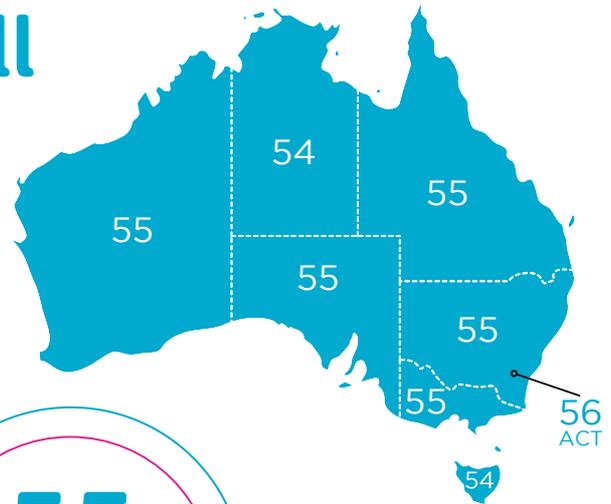


# Aussie diet downfall

Australia is failing when it comes to a healthy diet. Of the **235,000** adults who completed the **CSIRO Healthy Diet Score** survey between 2015-2023, the average score was **55/100**



## Worse than ever

The diet score has decreased slightly from 56 in 2015 to 53 in 2023.

## Consumption categories high to low: SCORES OUT OF 100



	Beverages	93	<b>GOOD</b>
	Meat and alternatives	78	
	Breads and cereals	70	
	Variety	65	
	Fruit	60	<b>POOR</b>
	Vegetables	58	
	Healthy fats	49	
	Dairy and alternatives	38	
	Discretionary	20	

## Gender gap



**MEN**  
Average diet score of Australian males



**WOMEN**  
Average diet score of Australian females



Women scored better than men on most diet components with the greatest difference in vegetable consumption - **62 women** vs **54 men**

## Age matters

**53** **18 - 50 years**  
Age group with the lowest average diet score

**60** **Over 70s**  
Average diet score increased with age

## Job impact

**59** **RETIRED AND HEALTH INDUSTRY**  
Occupations with the highest average diet score

**51** **CONSTRUCTION AND UNEMPLOYED**  
Occupations with the lowest average diet score

# Weight status

**53**

## OBESE

Obese Australians had a below average diet score

**56**

## HEALTHY WEIGHT

Healthy weight Australians also have improvements to make



Obese weight adults scored lower than healthy weight adults in:

**Fruit:** 52 obese vs 63 healthy weight  
**Discretionary:** 16 obese vs 23 healthy weight

**Variety:** 62 obese vs 66 healthy weight



## Junk food nation

About **28** serves

of discretionary foods are eaten on average per week. An estimated increase of **10 serves per week since 2015**

**45** serves

Those working in the beauty, fashion or construction industry consumed the most at about **45 serves per week**



**Alcohol (31%), cakes and biscuits (14%), chocolate and confectionary (10%) and take away foods (10%)** contributed most to total intake. **Men** consumed 10 more serves per week than **women** and younger adults about 5 serves per week more than older adults



## Veggie variety fail

Only **4 out of 10 adults** eat 3 or more different vegetables at their main meal. **A decrease from 46% in 2016 to 32% in 2023.** Those eating 3 or more vegetables at the main meal:

**47%**  
women

VS

**40%**  
men

**54%**  
older adults

VS

**38%**  
younger adults

**47%**  
healthy weight

VS

**39%**  
obese

## We need to do better - reduce, increase and add variety

Australians doing best had an average score of **70/100**

### We can improve our score by:



reducing discretionary foods



increasing our intake of healthy foods



adding a variety of vegetables

To take the free CSIRO Healthy Diet Score visit [www.totalwellbeingdiet.com](http://www.totalwellbeingdiet.com)



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Citation: Baird, D., Hendrie, G. (2023). CSIRO Healthy Diet Score 2015-2023