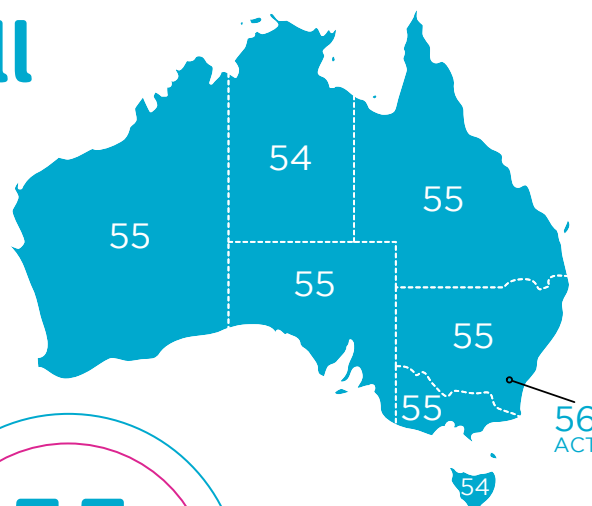


Aussie diet downfall

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.



55
AVERAGE
DIET SCORE

Consumption categories high to low: SCORES OUT OF 100



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

Age matters



53

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

60

Over 70s
Average diet score increased with age

Gender gap



53

MEN
Average diet score of Australian males

56

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**

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



totalwellbeingdiet.com

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