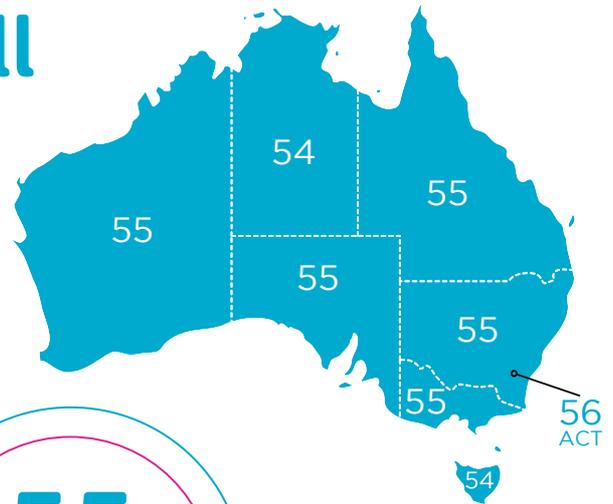


Aussie diet downfall

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	GOOD
	Meat and alternatives	78	
	Breads and cereals	70	
	Variety	65	
	Fruit	60	POOR
	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



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



Over 70s
Average diet score increased with age

Job impact



RETIRED AND HEALTH INDUSTRY

Occupations with the highest average diet score



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