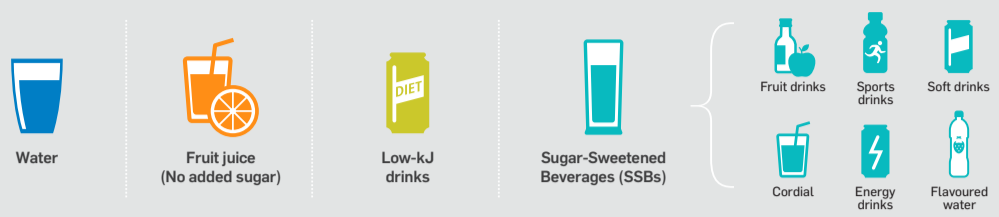


What is the role of BEVERAGES in the diet of Australian adults?

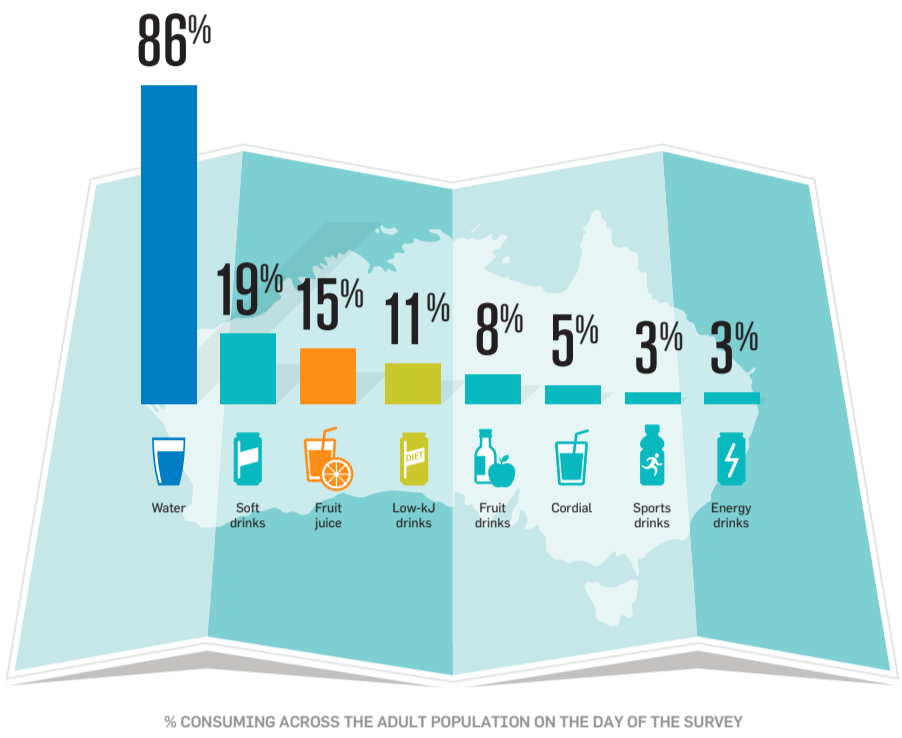
Key findings from a secondary analysis¹ of the 2011-12 National Nutrition and Physical Activity Survey² that provide an accurate and contemporary understanding of the role of beverages in the diet.

WHAT BEVERAGES WERE RESEARCHED?

The focus of the secondary analysis was on non-dairy, non-alcoholic beverages:



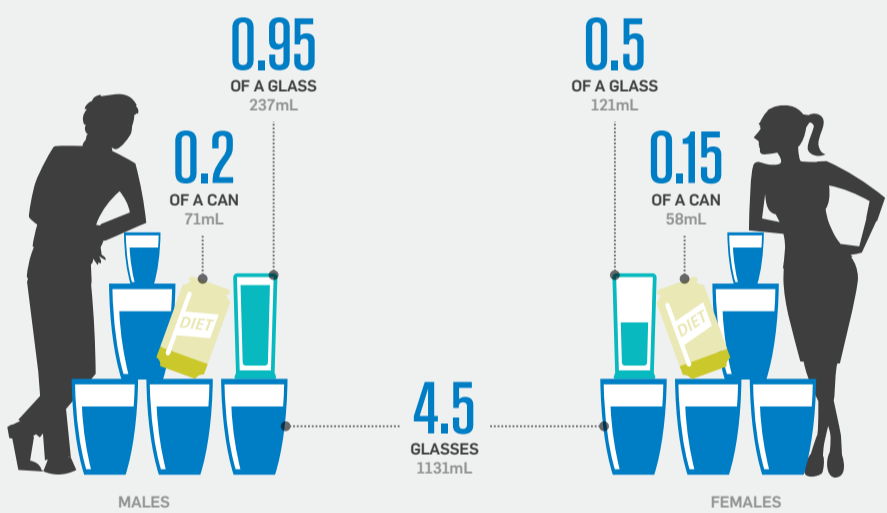
WHAT IS THE ADULT POPULATION CONSUMING?



HOW MUCH DO WE DRINK?

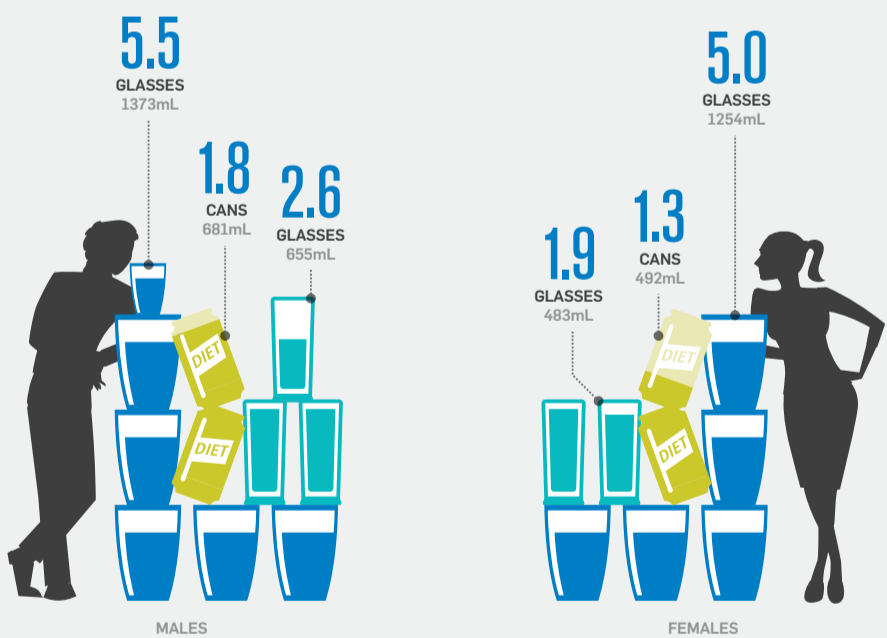


Mean intake of key beverages across the adult population

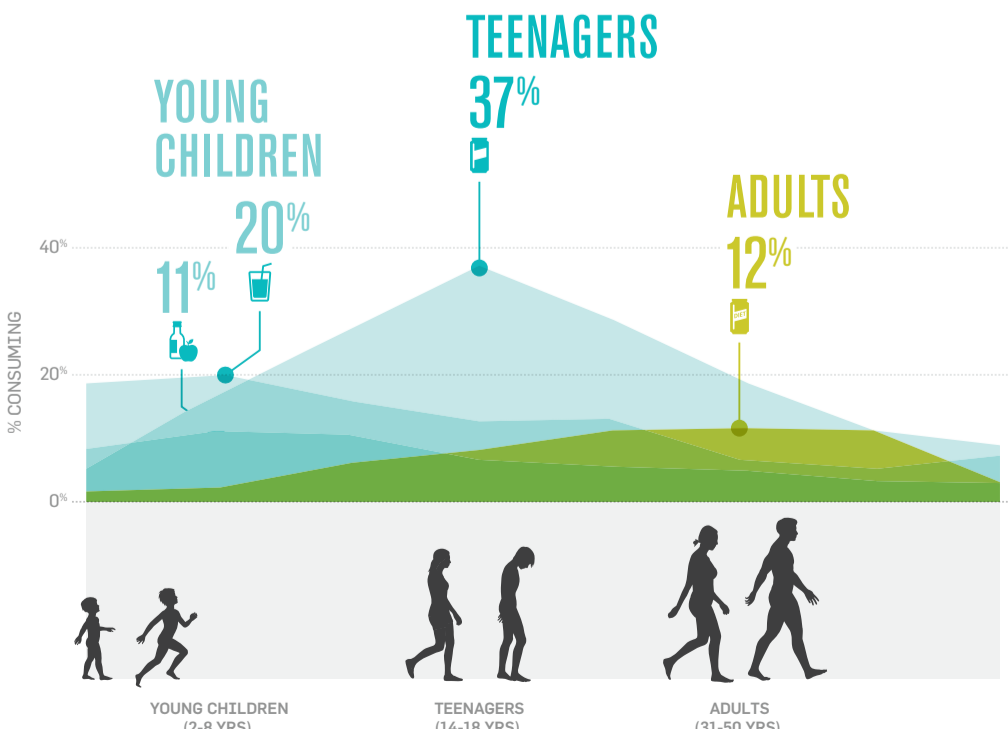


Water was consumed in the largest amount - **4.5 glasses per day**

Mean intake of key beverages amongst adults who consumed the beverage on the day of the survey (adult consumers):



WHAT WE DRINK CHANGES BY LIFE-STAGE



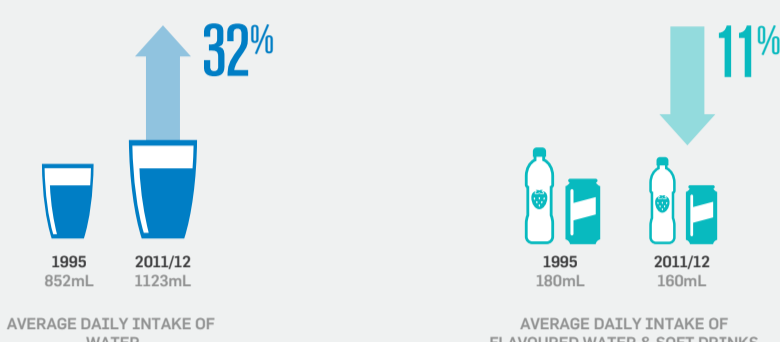
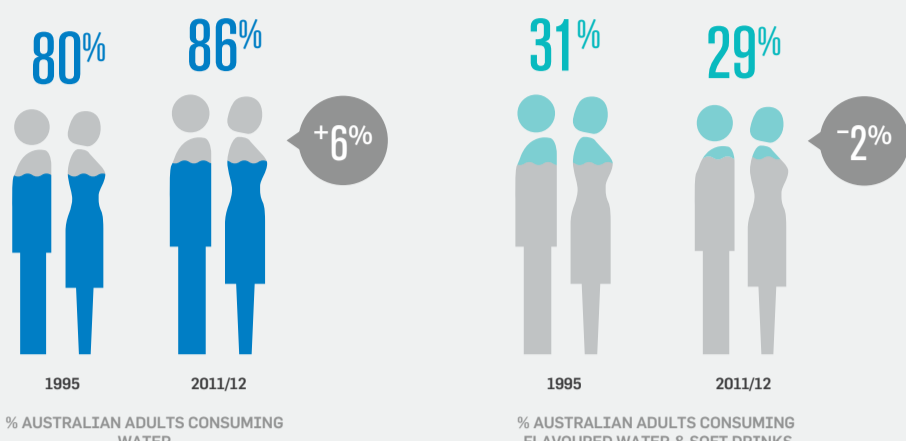
Young children are the highest consumers of **fruit drinks and cordial**
Teenage boys are the highest consumers of **sugar-sweetened soft drinks**
Adults (31-50 years) are the highest consumers of **low-kJ drinks**

What is the role of

BEVERAGES in the diet of Australian adults?

Key findings from a secondary analysis¹ of the 2011-12 National Nutrition and Physical Activity Survey² that provide an accurate and contemporary understanding of the role of beverages in the diet.

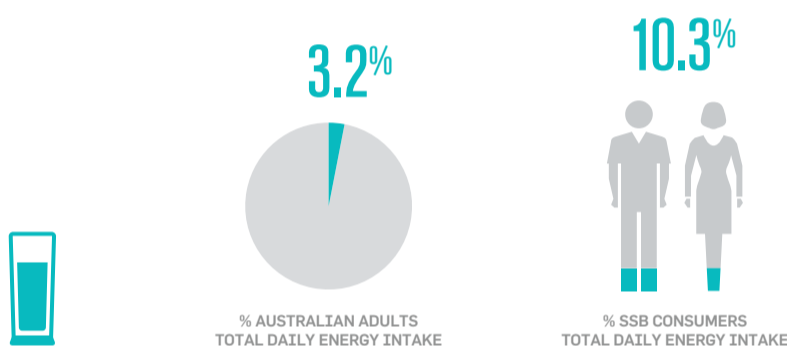
WHAT WE DRINK IS CHANGING OVER TIME (1995 to 2011/12)*



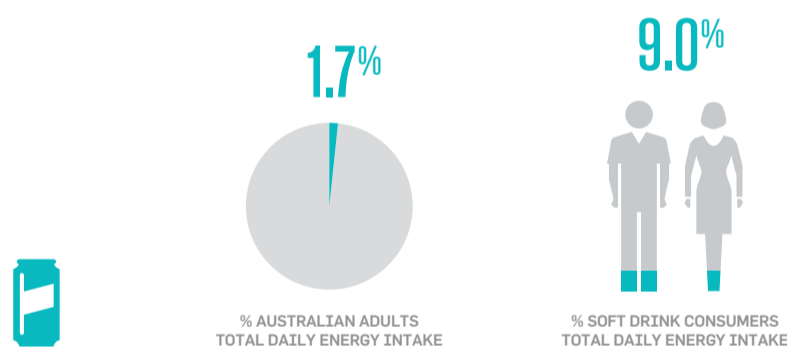
Australian adults are drinking **more water** and **less flavoured water & soft drinks**

HOW SWEETENED BEVERAGES CONTRIBUTE TO ENERGY INTAKE

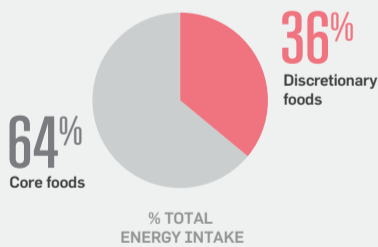
SUGAR-SWEETENED BEVERAGES (SSBs) CONTRIBUTE:



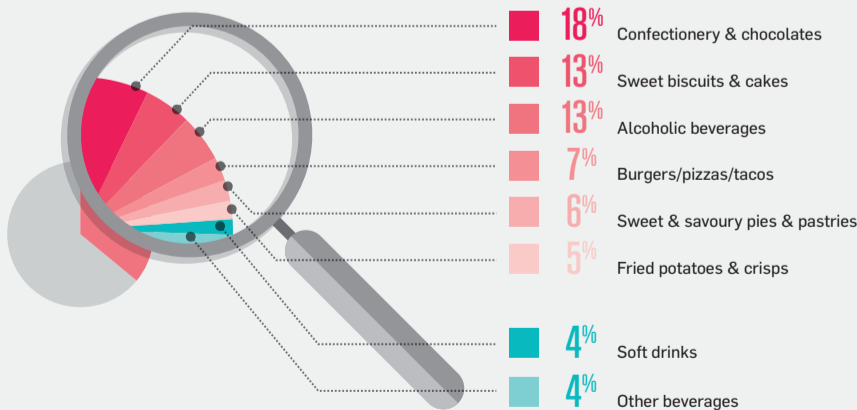
SOFT DRINKS CONTRIBUTE:



AUSTRALIAN ADULTS ARE CONSUMING TOO MUCH FROM THE DISCRETIONARY FOODS GROUP



The main contributors to total energy from discretionary choices for adults:



The **top 3** contributors to energy intake from the discretionary foods group were **confectionery & chocolates, sweet biscuits & cakes and alcoholic beverages**

These findings highlight the importance of helping people consume healthier total diets with fewer discretionary foods and drinks along with a more active lifestyle.

REFERENCES

- Hendrie GA, Baird D, Syrette J, Barnes M and Riley M (2015). Consumption of beverages in the Australian population: A secondary analysis of the Australian National Nutrition and Physical Activity Survey (NNPAS) 2011-12. CSIRO Australia
- ABS (2014) Australian Health Survey. Nutrition First Results. 2011-12. ABS cat no 4364.0.55.001. Canberra. Australian Bureau of Statistics

NOTES

- All results are reported as 'on the day of the survey' as they are based on Day 1 results
- * Direct comparisons between the Australian Health Survey and the previous 1995 national nutrition surveys are not straightforward – there are important differences in the sampling, data collection and classification of beverages. Nevertheless, general comparisons can be made.

What is the role of

BEVERAGES

in the diet of Australian children and teens?

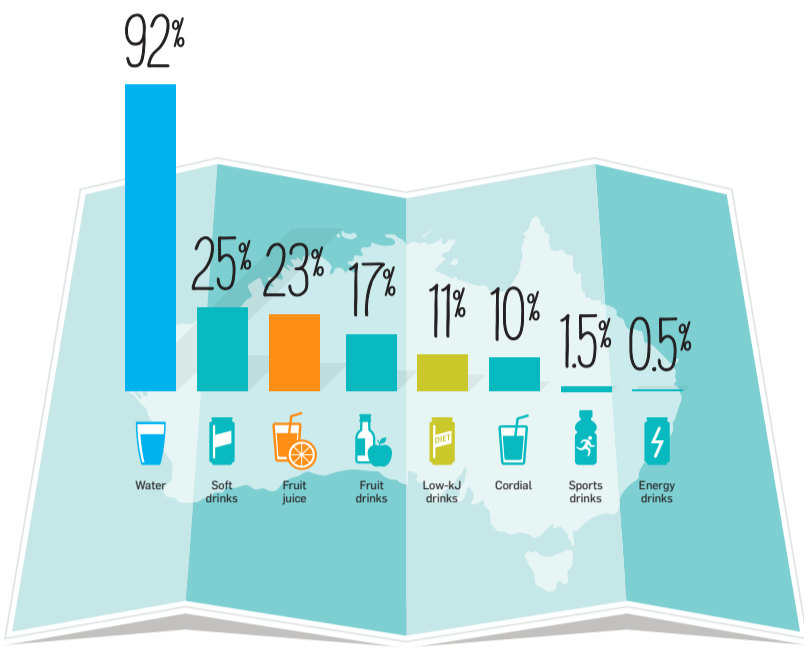
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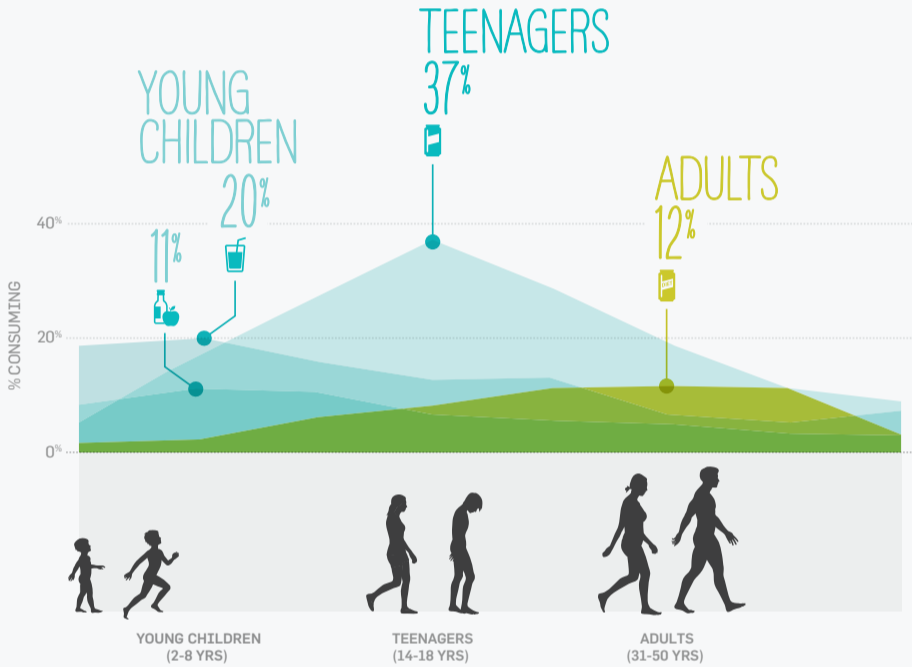


WHAT CHILDREN AND TEENS ARE DRINKING



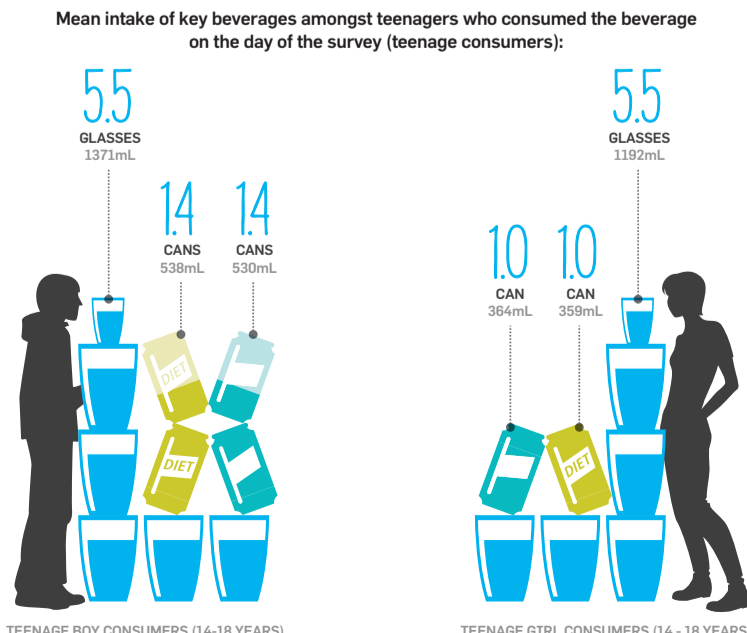
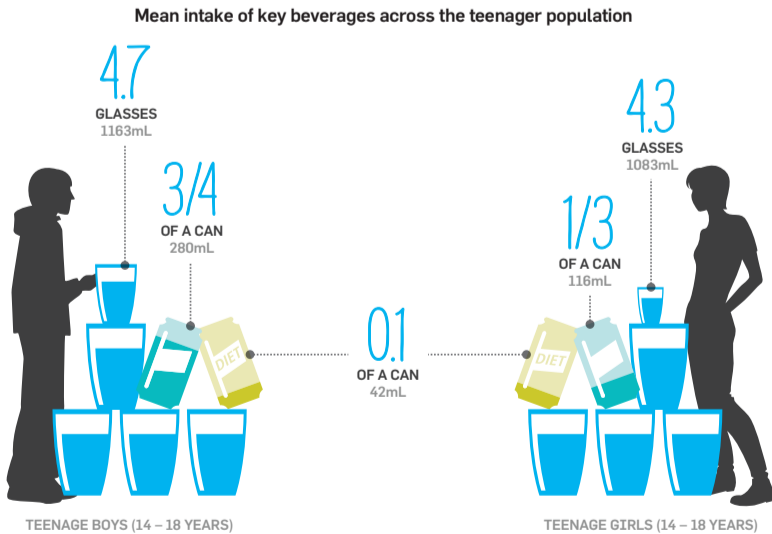
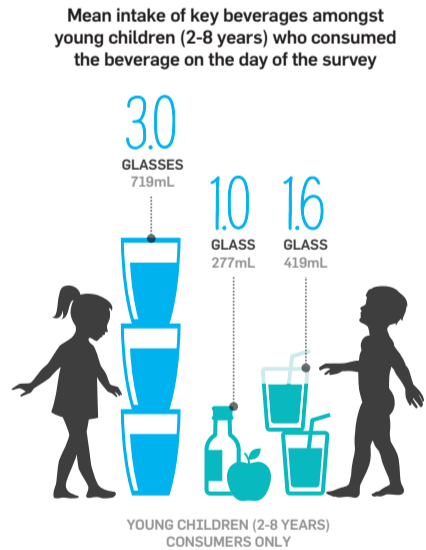
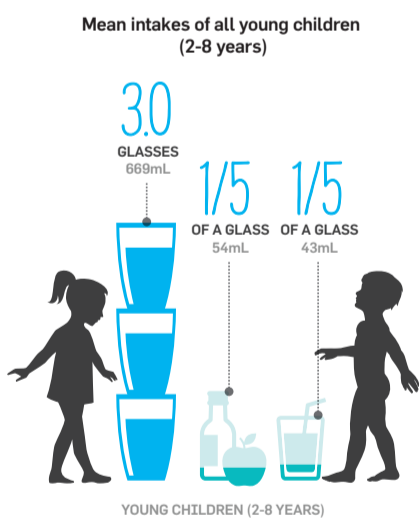
% CONSUMING ACROSS THE CHILDREN & TEEN POPULATION ON THE DAY OF THE SURVEY

WHAT WE DRINK CHANGES BY LIFE-STAGE



Young children are the highest consumers of **fruit drinks and cordial**
Teenage boys are the highest consumers of **sugar-sweetened soft drinks**
Adults (31-50 years) are the highest consumers of **low-kJ drinks**

HOW MUCH DO CHILDREN & TEENS DRINK?



What is the role of

BEVERAGES

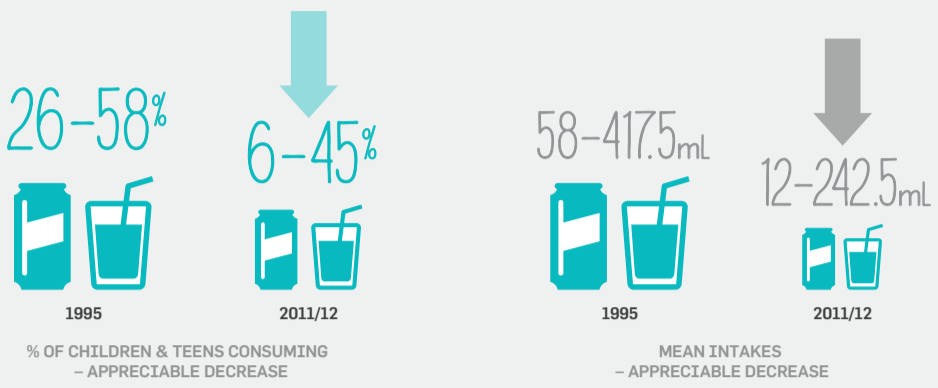
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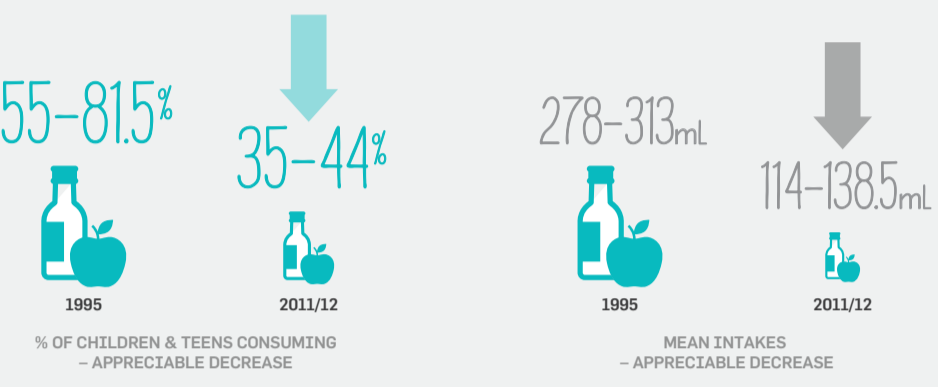
WHAT WE DRINK IS CHANGING OVER TIME

(1995 to 2011/12)*

Soft drinks & Flavoured waters



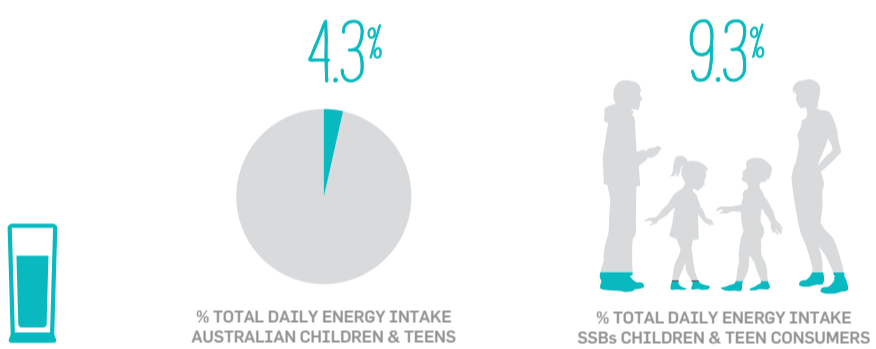
Fruit & Vegetable juices/drinks



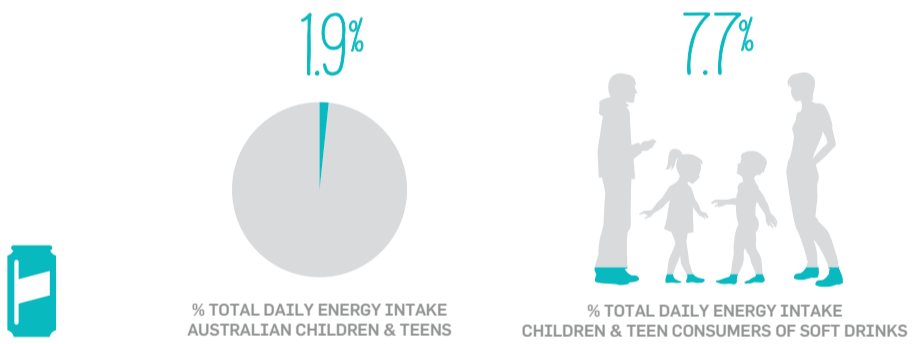
Australian children and teens are drinking **less soft drinks & flavoured waters and fruit & vegetable juices/drinks**

HOW SWEETENED BEVERAGES CONTRIBUTE TO ENERGY INTAKE

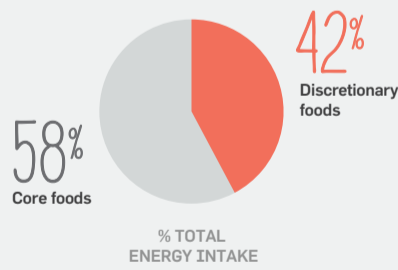
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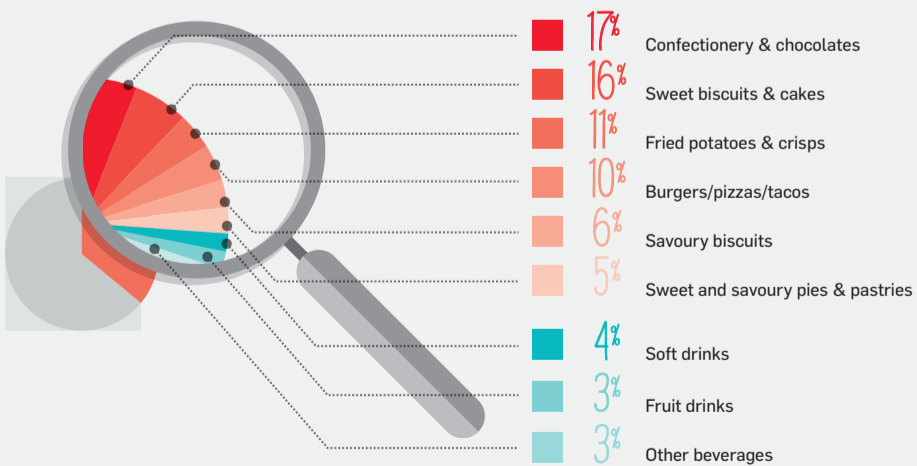
SOFT DRINKS CONTRIBUTE:



AUSTRALIAN CHILDREN AND TEENS ARE CONSUMING TOO MUCH FROM THE DISCRETIONARY FOODS GROUP



The main contributors to total energy from discretionary choices for children and teenagers:



The **top 3** contributors to energy intake from the discretionary foods group were **confectionery & chocolates, sweet biscuits & cakes and fried potatoes & crisps**

These findings highlight the importance of helping people consume healthier total diets with fewer discretionary foods and drinks along with a more active lifestyle.

REFERENCES

- Hendrie GA, Baird D, Syrette J, Barnes M and Riley M (2015). Consumption of beverages in the Australian population: A secondary analysis of the Australian National Nutrition and Physical Activity Survey (NNPAS) 2011-12. CSIRO Australia
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For detailed findings, please refer to the summary report titled, **The role of beverages in the Australian diet – A secondary analysis of the Australian Health Survey: National Nutrition and Physical Activity Survey (2011-12)**

www.australianbeverages.org

