

What is the role of

# BEVERAGES in the diet of Australian adults?

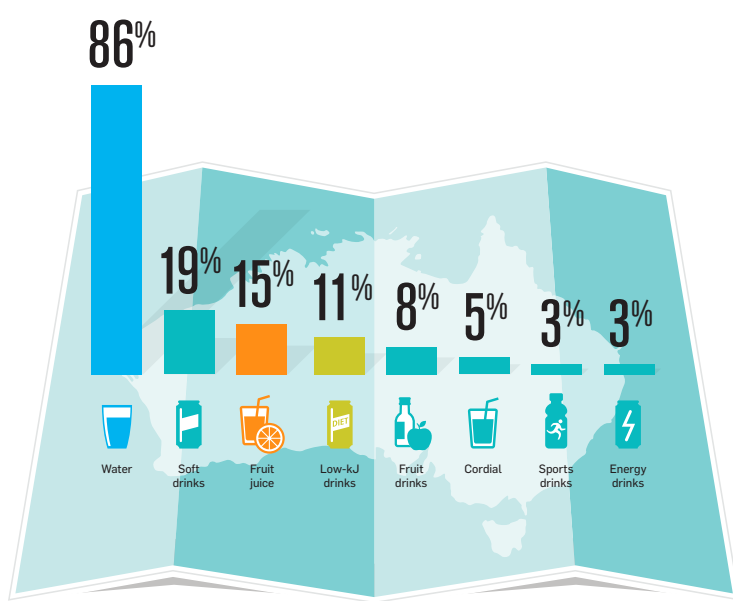
Key findings from a secondary analysis<sup>1</sup> of the 2011-12 National Nutrition and Physical Activity Survey<sup>2</sup> that provide an accurate and contemporary understanding of the role of beverages in the diet.

## WHAT BEVERAGES WERE RESEARCHED?

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



## WHAT IS THE ADULT POPULATION CONSUMING?



% CONSUMING ACROSS THE ADULT POPULATION ON THE DAY OF THE SURVEY

## WHAT WE DRINK CHANGES BY LIFE-STAGE



Young children are the highest consumers of

fruit drinks **11%**  
& cordial **20%**



Teenage boys are the highest consumers of **sugar-sweetened soft drinks**

**37%**

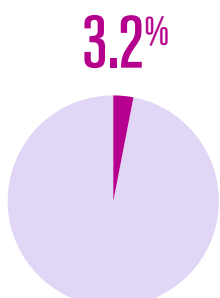


Adults (31-50 years) are the highest consumers of **low-kJ drinks**

**12%**

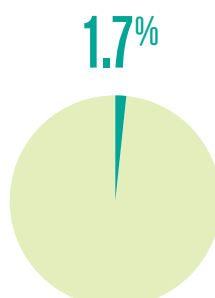
## SUGAR-SWEETENED BEVERAGES CONTRIBUTION TO TOTAL DAILY KILOJOULES (ENERGY INTAKE)

Sugar-Sweetened Beverages (SSBs) contribute:



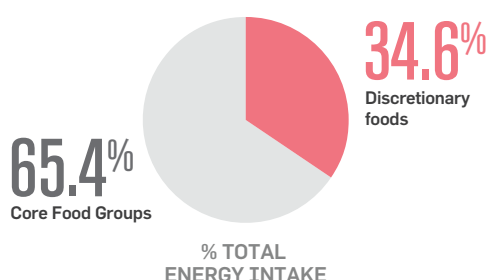
% TOTAL DAILY ENERGY INTAKE AUSTRALIAN ADULTS

Soft drinks contribute:

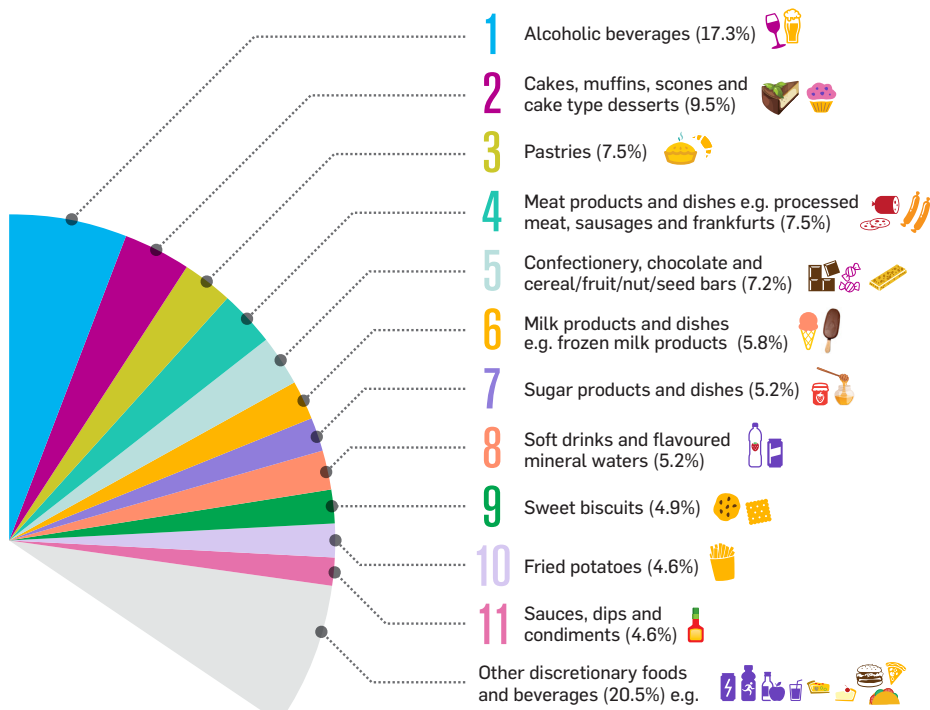


% TOTAL DAILY ENERGY INTAKE AUSTRALIAN ADULTS

# AUSTRALIAN ADULTS ARE CONSUMING TOO MUCH FROM THE DISCRETIONARY FOODS (TREAT FOODS) GROUP<sup>3</sup>



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



## TOP 3 contributors to energy intake from the discretionary food group

1. Alcoholic beverages 🍷🍺
2. Cakes, muffins, scones and cake type desserts 🍰🧁
3. Pastries 🥯

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



Australian adults consuming water:  
**80% in 1995**  
**86% in 2011-12**



Australian adults consuming soft drinks and flavoured waters:  
**31% in 1995**  
**29% in 2011-12**



Mean intake of water:  
**852mL in 1995**  
**1123mL in 2011-12**



Mean intake of soft drinks and flavoured waters:  
**180mL in 1995**  
**160mL in 2011-12**

These findings highlight the importance of helping people consume healthier total diets with fewer discretionary foods and drinks and more from the core food groups.

### REFERENCES

- 1 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
- 2 ABS (2014) Australian Health Survey. Nutrition First Results. 2011-12 ABS cat no 4364.0.55.001. Canberra. Australian Bureau of Statistics
- 3 ABS (2014) Australian Health Survey: Nutrition First Results - Foods and Nutrients, 2011-12. ABS cat.no 4364.0.55.007 - Table 9.1: Proportion of energy from discretionary foods <http://www.abs.gov.au/ausstats/abs@.nsf/detailpage/4364.0.55.0072011-12> (accessed August 2016)

### 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.



[australianbeverages.org](http://australianbeverages.org)