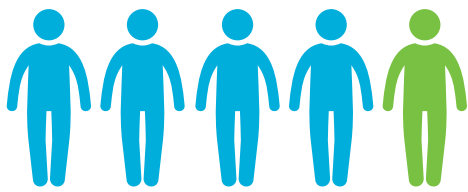
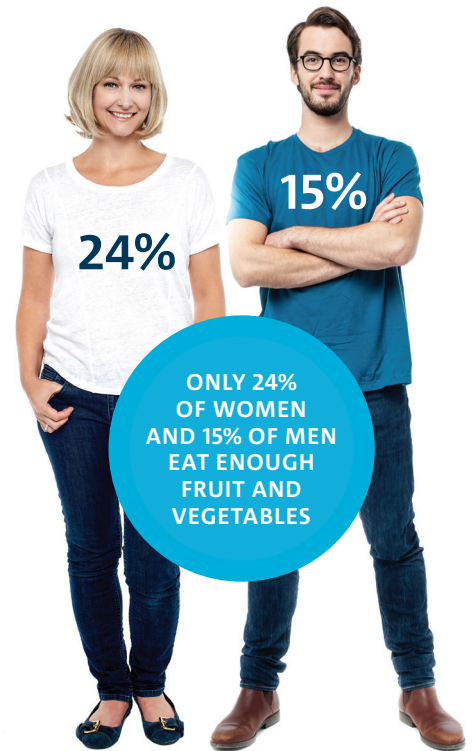


Australians aren't eating enough fruit and vegetables



4 in 5 adults don't eat enough fruit and vegetables



Who has the lowest intake?

● Percent eating enough fruit and vegetables



ONLY 15%

MEN



ONLY 18%

YOUNG ADULTS



ONLY 17%

OBESE ADULTS



ONLY 15%

CONSTRUCTION INDUSTRY

Who has the highest intake?

Even in the groups doing the best (e.g. retirees, health industry workers) the majority have room to improve



ONLY 30%

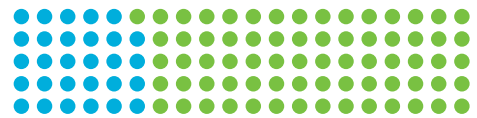
RETIREES



ONLY 26%

HEALTH INDUSTRY WORKERS

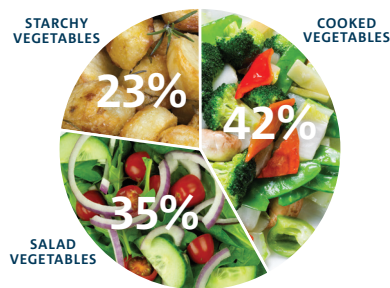
145K+ RESPONDENTS



29% MALE

71% FEMALE

Fruit and vegetable intake



Cooked vegetables are the most common type consumed



70%

MOST ADULTS EAT FRUIT EVERY DAY

8%

ONLY A FEW ADULTS DRINK 100% FRUIT JUICE EVERY DAY

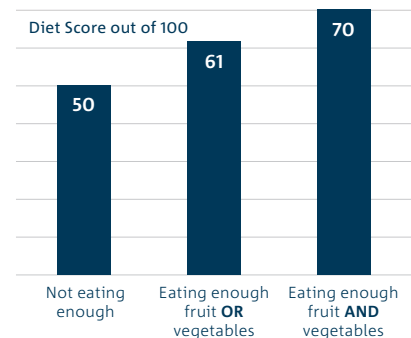
Is variety the secret to success?



68%

OF ADULTS WHO EAT ENOUGH VEGETABLES ALSO REPORT TO ALWAYS HAVE 3 TYPES OF VEGETABLES WITH DINNER

Adults who eat enough fruit and vegetables have higher Diet Scores



Source:

Fruit, Vegetables and Diet Score

Available at: csiroidietscore.com/fruit-veg-report



What's your Diet Score?

www.csiroidietscore.com

Horticulture Innovation Australia