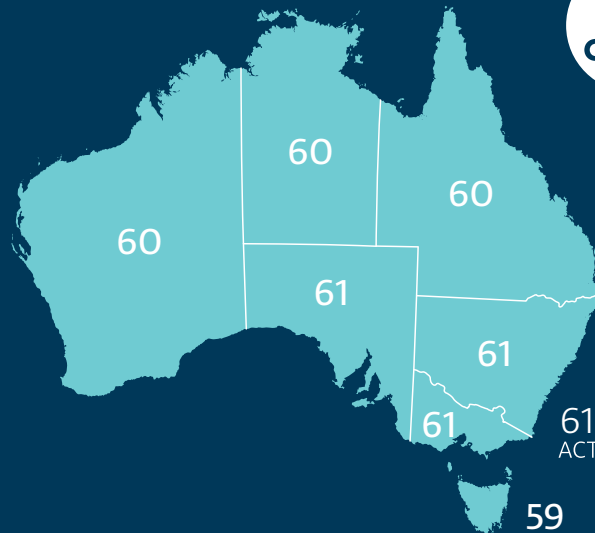




Australia, the scores are in!



The average diet quality score of people completing the survey was **61/100**

Consumption categories – high to low:

SCORES OUT OF 100



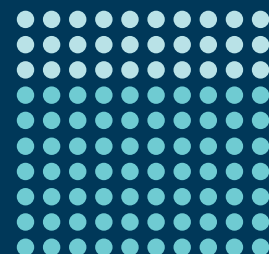
FEMALES

Beverages	92	GOOD
Variety	79	
Vegetables	72	
Fruit	68	
Meat and Alternatives	66	
Bread and Cereals	61	
Healthy Fats	55	
Dairy	50	
Discretionary Foods	41	POOR



MALES

Beverages	85	GOOD
Variety	77	
Fruit	65	
Meat and Alternatives	63	
Bread and Cereals	62	
Vegetables	59	
Healthy Fats	52	
Dairy	47	
Discretionary Foods	28	POOR



40K+ responders

30% MALE
70% FEMALE



Age matters

66

AVG. DIET QUALITY SCORE FOR OVER 50s IMPROVES WITH AGE



Gender matters

63

AVG. QUALITY SCORE FOR WOMEN IS MARKEDLY HIGHER



Job matters

67

PERSONAL TRAINERS BEST SCORING OCCUPATION



Weight matters

62

AVG. SCORES HIGHER FOR HEALTHY WEIGHT RESPONDERS

59

AVG. SCORES LESSER FOR PERSONS UNDER 50 YEARS

57

MALES SCORED WORSE IN DISCRETIONARY FOODS

55

CONSTRUCTION WORKERS NEED MOST IMPROVEMENT...

59

AVG. SCORES LOWER FOR OBESE AND OVERWEIGHT RESPONDERS