

JUNK FOOD HEALTH FACTS FOR ABORIGINAL PEOPLE*

 **TWO IN THREE**
ABORIGINAL PEOPLE HAVE RISK
FACTORS FOR HEART DISEASE

EATING AND DRINKING TOO MUCH JUNK BRINGS HEART DISEASE, CANCER, TYPE 2 DIABETES AND FATTY LIVER DISEASE CLOSER. THERE IS NO ROOM FOR JUNK FOOD IN A HEALTHY DIET.

41% OF
ABORIGINAL PEOPLE'S
ENERGY INTAKE COMES
FROM JUNK FOODS AND
SUGARY DRINKS



CANCER CAUSES
ONE IN FIVE
ABORIGINAL
DEATHS



36%

of Aboriginal children have had a sugary drink by age three

58 CENTS

OF EVERY FOOD DOLLAR IS SPENT ON JUNK FOOD AND DRINK

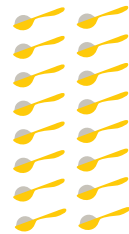


ABORIGINAL PEOPLE ARE THREE TIMES MORE LIKELY TO HAVE DIABETES THAN NON ABORIGINAL PEOPLE

6.5KG
WEIGHT GAIN
IN ONE YEAR



is estimated if one can of soft drink is consumed per day (If these drinks are consumed in addition to the food your body needs and you don't increase your physical activity)



THERE ARE ABOUT 16 TEASPOONS OF SUGAR
IN A 600mL BOTTLE OF REGULAR SOFT DRINK
TWO IN FIVE ABORIGINAL PEOPLE DRINK SUGARY DRINKS ON ANY GIVEN DAY

ONE MEAT PIE IS 3 SERVES OF JUNK FOOD
4 TEASPOONS OF FAT



Nearly half of an Adult's daily salt limit

 **TWO IN THREE ABORIGINAL ADULTS ARE OVERWEIGHT OR OBESE**
 **ALMOST ONE IN THREE ABORIGINAL CHILDREN ARE OVERWEIGHT OR OBESE**

 1 teaspoon sugar = approximately 4 grams

 1 teaspoon fat = approximately 5 grams

*One junk food serve is equivalent to 600kJ, as per the discretionary food category in the Australian Dietary Guidelines. These foods should only be consumed occasionally and in small amounts for good health

*The term 'Aboriginal' includes Torres Strait Islander people