

# 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

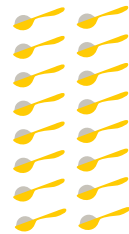


**ABORIGINAL PEOPLE ARE THREE TIMES MORE LIKELY TO HAVE DIABETES THAN NON ABORIGINAL PEOPLE**

**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