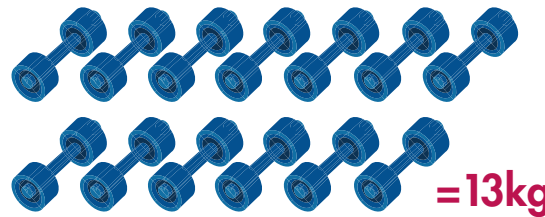


FACTS ABOUT JUNK FOOD

ONE MEAT PIE = 3 SERVES OF JUNK FOOD*, 4 TEASPOONS OF FAT
 AND OVER ONE THIRD OF AN ADULT'S MAXIMUM DAILY SALT LIMIT



TWO TAKEAWAY MEALS A WEEK? 13KG WEIGHT GAIN IN ONE YEAR



It has been estimated that consuming two medium combo meals from a fast food outlet each week could lead to a weight gain of 13kg in one year (if this meal is consumed in addition to the food your body needs and you don't increase your physical activity)

If you eat one sundae for dessert every night over a year you will consume

18 KILOS OF SUGAR



One cafe style muffin can contain 10 teaspoons of sugar and nearly one quarter of your daily energy requirements



28% of the average household food budget is spent on fast food and eating out

17 TEASPOONS OF FAT in one serve of fish and chips



75% OF AUSTRALIANS' SALT INTAKE COMES FROM PROCESSED FOODS SUCH AS JUNK FOOD, SNACKS AND PRE-PREPARED MEALS/SAUCES
 High salt intake increases your risk of stroke



THERE ARE ABOUT 16 TEASPOONS OF SUGAR IN A 600mL BOTTLE OF REGULAR SOFT DRINK

\$900+

The amount you will spend in one year if you buy one standard chocolate bar every day



35% OF ADULTS' AND 41% OF CHILDREN'S DAILY ENERGY INTAKE COMES FROM JUNK FOOD
For most people, there is no room for junk food in a healthy diet

1 yellow spoon = 1 teaspoon sugar = approximately 4 grams
 1 red spoon = 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