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

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

TWO IN THREE ABORIGINAL ADULTS ARE OVERWEIGHT OR OBESE

ALMOST ONE IN THREE ABORIGINAL CHILDREN ARE OVERWEIGHT OR OBESE

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

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

Nearly half of an Adult’s daily salt limit

4 TEASPOONS OF FAT

ONE MEAT PIE

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