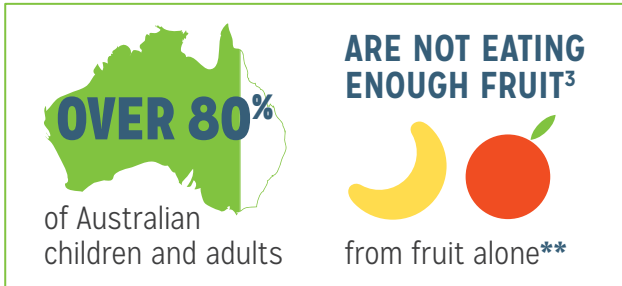


# FRUIT JUICE\*

## INTAKE IN AUSTRALIA

Key findings from a secondary analysis<sup>1</sup> of the 2011-12 Australian National Nutrition and Physical Activity Survey<sup>2</sup>:



**FRUIT JUICE INCREASES BY UP TO 5 TIMES**

the number of Australians meeting their recommended serves of fruit, compared to fruit alone\*\*

**125ml IS 1 FRUIT SERVE**  
FRUIT JUICE (CONSUMED OCCASIONALLY)<sup>3</sup>

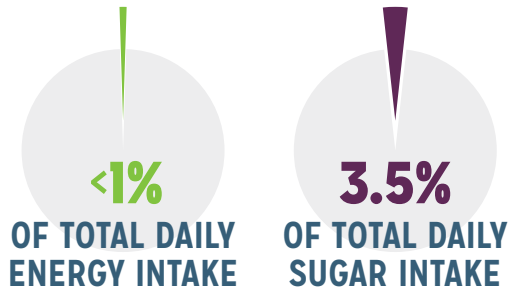
For consumers, fruit juice contributed<sup>†</sup>

**ALMOST 60% OF TOTAL DAILY VITAMIN C**

**16% OF TOTAL FOLATE**

**14% OF TOTAL POTASSIUM**

### FRUIT JUICE CONTRIBUTED



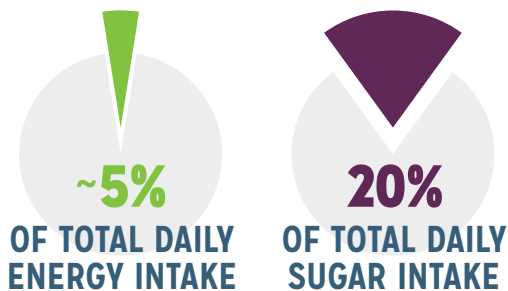
AMONG AUSTRALIANS

### Among Australians



consumed fruit juice<sup>†</sup>

### FRUIT JUICE CONTRIBUTED



AMONG FRUIT JUICE CONSUMERS<sup>†</sup>

Most fruit juice is consumed with a **main meal**, rather than on its own



**Particularly breakfast**

There was **no significant association** between

**FRUIT JUICE INTAKE AND WEIGHT STATUS**

for both children and adults

### NOTES

- \* Fruit juice with no added sugar
- \*\* Excludes fruit juice and dried fruit
- † On the day of the survey

### REFERENCES

- Hendrie, G.A., Baird, D., Syrette, J., Barnes, M., Riley, M (2015) Consumption of fruit juice in the Australian population: A secondary analysis of the Australian National Nutrition and Physical Activity Survey 2011-12. CSIRO, Australia.
- ABS (2014) Australian Health Survey: Nutrition First Results, 2011-12. ABS cat. no. 4364.0.55.001. Canberra: Australian Bureau of Statistics.
- National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.

For detailed findings, please refer to the summary report titled "The role of fruit juice in the Australian diet - A secondary analysis of the Australian Health Survey: National Nutrition and Physical Activity Survey (2011-12)".

For more information on all, non-dairy, non-alcoholic beverages, refer to the summary report titled "The role of beverages in the Australian diet - A secondary analysis of the Australian Health Survey: National Nutrition and Physical Activity Survey (2011-12)".

