

# FoodSwitch: State of the Food Supply

The goal of this report is to present a snapshot of the Australian food supply to support government, business and community efforts to help Australians eat healthier diets.

## FoodSwitch: State of the Fast Food Supply

August 2020

### The problem

Poor diet accounts for approximately 20,000 deaths each year



Fewer than one in ten Australians consumes a diet in line with recommendations



Over one third (35%) of energy intake comes from unhealthy foods and drinks



Most Australians consume more than half of their food and beverages from processed or pre-prepared sources and most of these foods are purchased from Australian supermarkets.

### Healthiness of supermarket product ranges



#### Average Health Star Rating

Woolworths	3.2
Coles	3.0
ALDI	2.8
IGA	2.6



#### % ultra-processed products

ALDI	66
IGA	62
Coles	61
Woolworths	57

The four major supermarket retailers can significantly improve the food supply through their 'own brand' products and as gatekeepers to the majority of food and beverage purchases made in Australia.

### Compliance with Healthy Food Partnership targets

Of all manufacturers, Woolworths, Coles and ALDI had the highest number of products – mainly own brand – that are subject to the new government targets for sodium and saturated fat.



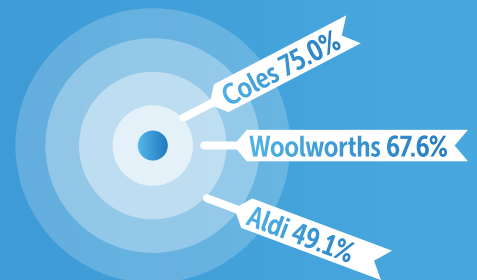
#### Sodium

Woolworths had the highest proportion of products already meeting the targets



#### Saturated fat

Coles had the highest proportion of products meeting the targets



Five years in the making, these targets now appear to be too lenient to have a meaningful impact on consumption of these harmful nutrients.