



## NEW RESEARCH ON AUSTRALIAN DIETS & WINTER WEIGHT GAIN

New consumer research<sup>1</sup> among more than 1,000 Australian adults has investigated expected winter weight gain and eating habits, finding that the nation is on track to put on 33 million kilograms by the end of the month.

The research key findings include:

- 63% of Australian adults expect to gain weight this winter, with the average being 2.63kg per person
- 42% of Australians admit that they do not have a healthy diet.
- Half (50%) of Australians blame their weight gain on eating too much or giving into cravings.
- 59% of Australians say the current high price of healthy food is a barrier to eating well.
- 90% of Australians say they love carbohydrates but over half (52%) are avoiding them – with men more likely than women to cut them out completely
- Almost 1 in 4 (23%) Australians admit that they are not confident in preparing healthy meals.

World renowned GI expert, University of Sydney's Charles Perkins Centre Professor, Jennie Brand-Miller says that a low GI diet, which includes quality carbohydrates, doesn't need to be expensive and can help us feel fuller for longer, thereby reducing hunger pangs and cravings.

### GI JENNIE'S TOP LOW GI TIPS

1. Bulk up salads, bolognese sauce and casseroles with legumes like lentils, kidney beans and cannellini beans. It's not just healthier, but more cost effective too.
2. Add healthy fats and acids to your meals as it lowers the GI – think vinegar, lemon juice, lime juice, pickles, olive oil, canola oil or avocado.
3. Check out the GI Foundation's simple [Swap It](#) tool to help find a lower-GI alternative for your favourite foods.
4. Aim for half your plate to be vegetables and salad, 1/4 low GI carbohydrates and 1/4 lean protein.
5. Look out for the low GI Symbol when shopping – it is your shortcut to ensuring a food has been independently tested as low GI and meets strict nutrient criteria

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<sup>1</sup> All figures, unless otherwise stated, are from YouGov Galaxy Pty Ltd. Total sample size was 1,033 adults. Fieldwork was undertaken between 7th - 11th July 2022. The survey was carried out online. The figures have been weighted and are representative of all Australian adults (aged 18+). The YouGov survey was commissioned by the Glycemic Index Foundation.