

CAN UNDERSTANDING YOUR *preferences* FOR SWEET, SALTY & FATTY FOOD *change* HOW MUCH YOU EAT AND DRINK?



Taste
is a primary driver influencing **FOOD AND DRINK CHOICES**


A specific preference for one taste over another can lead to **EXCESS ENERGY INTAKE** and **WEIGHT GAIN** *as a consequence*

UNDERSTANDING your liking for specific tastes can help make healthy eating choices *easier*


Information on diets was obtained from a national survey (2011-13 Australian Health survey)¹ of the population (n=12,153 adults and children) and then analysed using a CSIRO sensory-diet database² containing 720 foods. It looked at foods in the Australian diet described as fatty, sweet and salty³.

Fatty, sweet and salty **MOUTHFEEL SENSATIONS ALL CONTRIBUTED TO ENERGY INTAKE.**

FATTY MOUTHFEEL
HAD THE **GREATEST** IMPACT ON **ENERGY INTAKE**



COMPARED TO ALL OTHER FOOD GROUPS,
discretionary foods
WERE PERCEIVED TO BE THE HIGHEST (OR RICHEST) IN SWEET AND SALTY FLAVOURS, AND CONTRIBUTED THE **MOST ENERGY (KJ) TO THE DIET**



In comparison to all the food groups,
FRUIT PROVIDED THE **GREATEST LEVEL OF SWEET TASTE**
BUT RELATIVELY LOW ENERGY CONTENT



WHAT DOES THIS MEAN?

You can satisfy your *taste preferences* and reduce your energy (kJ) intake by *replacing* DISCRETIONARY FOOD CHOICES *with* NUTRIENT-RICH CORE FOODS.

For example, have dairy for fatty mouthfeel, vegetables for saltiness and fruit for sweetness.

DISCRETIONARY FOOD CHOICES

Sweet, salty, fatty mouthfeel



↑ SATISFIES
TASTE
PREFERENCE
↑ HIGHER
ENERGY (kJ)
CONTENT

CORE FOOD CHOICES

Sweet, salty, fatty mouthfeel



↑ SATISFIES
TASTE
PREFERENCE
↓ LOWER
ENERGY (kJ)
CONTENT

This resource was developed by the Sugar Nutrition Resource Centre (SNRC) a scientific information service which aims to provide evidence-based information on the role of sugars in nutrition and health.

For further information about the SNRC visit: sugarnutritionresource.org

References:

¹ Australian Bureau of Statistics (2011-13). Australian health survey: Users' guide. <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4363.0.55.001>.

² Lease H, Hendrie GA, Poelman AAM, Delahunty CM, Cox DN (2016), A sensory-diet database: a tool to characterise the sensory qualities of diets, *Food Quality and Preference* pp. 359-367 doi: 10.1016/j.foodqual.2015.01.006.

³ Cox DN, Hendrie GA, Lease HJ, Rebuli MA, Barnes M. How does fatty mouthfeel, saltiness or sweetness of diets contribute to dietary energy intake? *Appetite* 131 (2018) 36-43.