Composition and labelling of electrolyte drinks - Submission 2021

Submitted to Food Standards Australia New Zealand (FSANZ) (July 2021).

Dietitians Australia prepared this submission in response to the FSANZ consultation on the composition and labelling of electrolyte drinks.

Dietitians have an important role in the food system to support consumers to identify healthier food options and companies with product formulation, marketing, compliance and consumer education.

Sports drinks were originally developed to be consumed by people doing prolonged, strenuous physical activity. However, sports drinks are often marketed to and consumed by a much broader population group. The amount of sugar in these beverages may contribute to excess dietary energy consumption.

Our submission gives recommendations in response to proposals made by FSANZ.

To read our recommendations download our full submission.

Get in touch

If you have questions about this submission, contact us at policy@dietitiansaustralia.org.au