# Transforming Australian Food Systems

**Submitted to the CSIRO.**

Urgent action is needed to modify the production and consumption of foods and beverages, including industry manufactured (pre-packaged) food. Of greatest concern is excess consumption of sodium, sugars and unhealthy fats, particularly trans-fatty acids (trans fats) and saturated fatty acids, and low consumption of whole grains, pulses, vegetables, and fruits.

In this submission Dietitians Australia calls for strong government leadership and commitment to rapidly adopt, implement and monitor government-led and comprehensive mandatory food policy legislation to reduce the overconsumption of salt/sodium, sugar and unhealthy fats.

**For more, download our full submission.**

## Get in touch

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