INSIDE OUR QUICK SERVICE RESTAURANTS

2024 Australian Report

This new report rates the ten largest quick service (fast-food) restaurants in Australia on their nutrition-related policies and practices. It is a much-anticipated update from the first nutrition-related assessment of the fast-food sector in 2018.

Quick service restaurant nutrition-related policies and practices were assessed using **validated assessment methods**, tailored to the Australian context. These methods were developed by a global network of public health researchers monitoring food environments in >65 countries.

The report includes:

- **An overview of the performance** of Australian quick service restaurants, including **changes since 2018** and a comparison to current global best-practice;
- **A scorecard** (out of 100) **for each quick service restaurant** across 6 key domains (e.g., policies to improve product healthiness, nutrition information, marketing practices) related to population nutrition;
- **Recommended actions** for quick service restaurants to support healthier diets for Australians.

Australia's ten largest quick service restaurants achieved an average score of 36/100

Nando's	51/100
Guzman y Gomez	48/100
KFC	46/100
Subway	42/100
Domino's Pizza	38/100
McDonald's	38/100
Pizza Hut*	34/100
Red Rooster*	26/100
Oporto*	24/100
Hungry Jack's*	19/100

*Assessment based on publicly available information only

Key findings

- While some quick service restaurants have improved in their nutrition efforts over the last 5 years, **quick service restaurants are not doing enough to improve Australian diets.**
- **Much stronger action is needed** from quick service restaurants to ensure healthier menu items are accessible, affordable and promoted.
- **Urgent government action is needed** to protect children from exposure to heavy marketing of unhealthy foods and brands, especially through sports sponsorships and in online settings.

Priority actions for quick service restaurants

Sports sponsorship: End fast-food sponsorship of sports teams and competitions, both at the elite level and in the community.

Healthier menus: Introduce healthier menu items, and make healthier drinks and sides the default option as part of combos and shared meals.

Price incentives: Use price-related promotions, value deals and loyalty bonuses to incentivise healthier selections, whilst limiting promotions on unhealthy menu items (e.g., free chips, $1 Frozen Cokes).

Why is this report significant?

In Australia, 92% of children do not eat the recommended amount of fruits and vegetables and almost **a third of household budgets is spent on fast-food**. With **~30,000 quick service outlets** nationally, setting higher standards for how major fast-food chains operate is **vital to create food environments that support Australians to have healthier diets.**

Sacks G, **Chan J**, Gaucher-Holm A, Sievert K, Marshall J, Cameron A, Vanderlee L. Inside our Quick Service Restaurants: assessing company policies and practices for supporting healthier food environments and improving population nutrition, Australia 2024. Melbourne: Deakin University, 2024. The report will be available at www.insideourfoodcompanies.com.au. ***Note:*** *this report did not include an assessment of the healthiness of each chain's menu items.*