WEBINAR SERIES – INTRODUCTION TO THE FOOD STANDARDS CODE

AUSTRALIAN FOOD & GROCERY COUNCIL

WEBINAR 3:
NUTRITION AND HEALTH CLAIMS
NUTRITION INFORMATION REQUIREMENTS

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WEBINAR 2 RECAP

Part 1.2 Labelling and other information requirements

- Standard 1.2.1 Requirements to have labels or otherwise provide informatior
- Standard 1.2.2 Information requirements - food identification
- Standard 1.2.3 Information requirements - warning statements, advisory statements and declarations
- Standard 1.2.4 Information requirements - statement of ingredients
- Standard 1.2.5 Information requirements - date marking of food for sale
- Standard 1.2.6 Information requirements - directions for use and storage
- Standard 1.2.7 Nutrition, health and related claims
- Standard 1.2.8 Nutrition information requirements
- Standard 1.2.10 Information requirements - characterising ingredients and components of food

AGENDA

Part 1.2 Labelling and other information requirements

- Standard 1.2.1 Requirements to have labels or otherwise provide information
- Standard 1.2.2 Information requirements - food identification
- Standard 1.2.3 Information requirements - warning statements, advisory statements and declarations
- Standard 1.2.4 Information requirements - statement of ingredients
- Standard 1.2.5 Information requirements - date marking of food for sale
- Standard 1.2.6 Information requirements - directions for use and storage
- Standard 1.2.7 Nutrition, health and related claims
- Standard 1.2.8 Nutrition information requirements
- Standard 1.2.10 Information requirements - characterising ingredients and components of food

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STANDARD 1.2.8 NUTRITION INFORMATION REQUIREMENTS

STANDARD 1.2.8 NUTRITION INFORMATION REQUIREMENTS

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Servings per package: 21

Serving size: 17.9g (1 biscuit)

	Quantity per serving	Quantity per 100g
Energy	362kJ	2020kJ
Protein	1.1g	6.3g
Fat, total	3.8g	21.2g
Saturated fat	2.2g	12.3g
Carbohydrates	11.7g	65.4g
Sugars	3.3g	18.5g
Sodium	89mg	497mg

Standard 1.2.8 Nutrition information requirements

Note 1 This instrument is a standard under the *Food Standards Australia New Zealand Act 1991* (Cth). The standards together make up the *Australia New Zealand Food Standards Code*. See also section 1.1.1—3.

Note 2 The provisions of the Code that apply in New Zealand are incorporated in, or adopted under, the *Food Act 2014* (NZ). See also section 1.1.1—3.

Division 1 Preliminary

1.2.8—1 Name

This Standard is *Australia New Zealand Food Standards Code* – Standard 1.2.8 – Nutrition information requirements.

Note: Commencement
This Standard commences on 1 March 2016, being the date specified as the commencement date in notices in the Gazette and the New Zealand Gazette under section 92 of the *Food Standards Australia New Zealand Act 1991* (Cth). See also section 93 of that Act.

1.2.8—2 Purpose

This Standard sets out nutrition information requirements in relation to foods for sale that are required to be labelled under this Code, and for foods for sale that are exempt from these labelling requirements. This Standard sets out when nutrition information must be provided, and the manner in which such information must be provided.

Note 1 Standard 1.2.7 also sets out additional nutrition information requirements in relation to nutrition content claims and health claims. Information provided voluntarily in a nutrition information panel is a nutrition content claim.

Note 2 This Standard does not apply to infant formula products. Standard 2.9.1 sets out specific nutrition labelling requirements for infant formula products.

1.2.8—3 Application of Standard

This Standard does not apply to infant formula products or a Permitted Health Star Rating symbol.

Note See Standard 2.9.1.

1.2.8—4 Definitions

Note 1 In this Code (see section 1.1.2—2):

average energy content means the average energy content calculated in accordance with section S11—2.

available carbohydrate means available carbohydrate calculated in accordance with section S11—3.

available carbohydrate by difference means available carbohydrate by difference calculated in accordance with section S11—3.

average quantity, of a substance in a food, means the average, for such foods from that producer or manufacturer, of:

(a) where a serving or reference amount is specified—the amount of the substance that such a serving or reference amount contains; or

(b) otherwise—the proportion of that substance in the food, expressed as a percentage.

Note See also section 1.1.1—6.

WHAT IS INCLUDED IN A NUTRITION INFORMATION PANEL

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Schedule 12 Nutrition information panels

NUTRITION INFORMATION Servings per package: (insert number of servings) Serving size: g (or mL or other units as appropriate)		
	Quantity per serving	Quantity per 100 g (or 100 mL)
Energy	kJ (Cal)	kJ (Cal)
Protein	g	g
Fat, total	g	g
—saturated	g	g
Carbohydrate	g	g
—sugars	g	g
Sodium	mg (mmol)	mg (mmol)
(insert any other nutrient or biologically active substance to be declared)	g, mg, µg (or other units as appropriate)	g, mg, µg (or other units as appropriate)

HOW TO DEVELOP A NIP

Laboratory analysis of the food

FSANZ NIP Calculator

Food composition tables or databases

Other commercial software

FSANZ NIP Calculator

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Home > Business guidance > Labelling > Nutrition Panel Calculator

Nutrition Panel Calculator

The NPC is a tool to help food manufacturers calculate the average nutrient content of their food products and prepare a nutrition information panel (NIP).

Nutrition Panel Calculator | Food Standards Australia New Zealand

NPC user guide | Food Standards Australia New Zealand

CALCULATION AND DECLARATION OF NUTRIENTS

Schedule 11 Calculation of values for Nutrition Information Panel

S11—2 **Calculation of average energy content**

(1) For section 1.1.2—2, the **average energy content* of a food means the energy content ***AE***, in kJ/100 g, calculated using the following equation:

$$AE = \sum_{i=1}^{N} W_i \times F_i$$

where:

N is the number of *components in the food.

Wi is the '*average quantity' of a component of the food measured in g/100 g of the food.

Fi is the energy factor, expressed in kJ/g:

(a) for a general component listed in the table to subsection (2)—indicated in the corresponding row of that table; and

(b) for a specific component listed in the table to subsection (3)—indicated in the corresponding row of that table.

(2) For subsection (1), particular energy factors, in kJ/g, for certain *components are listed below:

Energy factors for general components

Component	*Energy factor*
alcohol	29
*carbohydrate (excluding unavailable carbohydrate)	17
unavailable carbohydrate (including dietary fibre)	8
fat	37
protein	17

(3) For subsection (1), and for paragraph 1.2.8—6(9)(a) and subparagraph 1.2.8—14(1)(c)(ii), particular energy factors, in kJ/g, for specific *components are listed below:

Energy factors for specific components

Component	*Energy factor*
erythritol	1
glycerol	18

EXCEPTIONS - NIP

All packaged foods are required to carry a NIP with exceptions of

- bottled water
- herbs, spices, tea, coffee
- vinegar or imitation vinegar;
- salt
- foods that comprise a single ingredient or category of ingredients - fruits, vegetables, meat, poultry and fish
- gelatine
- small package (<100 cm^2)

Must carry a NIP when making a health or nutrition claim

NIP AND NUTRIENT CONTENT CLAIMS

VITAMINS & MINERALS		%RDI**		%RDI**	
Vitamin B1 (Thiamin)	0.55 mg	50%	0.59 mg	54%	1.38 mg
Riboflavin (B2)	0.42 mg	25%	0.65 mg	38%	1.05 mg
Niacin (B3)	2.5 mg	25%	2.6 mg	26%	6.3 mg
Folate	80 µg	40%	80 µg	40%	200 µg
Vitamin B6	0.3 mg	20%	0.3 mg	20%	0.8 mg
Vitamin C	10.0 mg	25%	11.2 mg	28%	25.0 mg
Vitamin E	1.0 mg	10%	1.0 mg	10%	2.5 mg
Zinc	1.8 mg	15%	2.2 mg	18%	4.5 mg
Calcium	120 mg	15%	270 mg	34%	300 mg
Iron	3.0 mg	25%	3.0 mg	25%	7.5 mg

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
**Recommended Dietary Intake (Aust/NZ). All specified values are averages.

NIP must include information about the nutrient for which a nutrient content claim is made

NUTRITION INFORMATION

Servings per package: 4 Serving Size: 140 g	Average Quantity per Serving	Average Quantity per 100 g
Energy	496 kJ (119 Cal)	354 kJ (85 Cal)
Protein, total	6.3 g	4.5 g
- gluten	Nil	Nil
Fat, total	4.1 g	2.9 g
- saturated	2.8 g	2.0 g
Carbohydrate	14.0 g	10.0 g
- sugars	12.6 g	9.0 g
- lactose	Nil	Nil
- galactose	3.4 g	2.4 g
Dietary Fibre	0 g	0 g
Sodium	70 mg	50 mg
Calcium	196 mg (25% RDI#)	140 mg

#RECOMMENDED DIETARY INTAKE.
* This product should form part of a healthy diet containing a variety of foods.

NIP AND % DAILY INTAKE (DI)

Reference values for per cent daily intake information

Item	*Reference value*
energy	8 700 kJ
protein	50 g
fat	70 g
saturated fatty acids	24 g
carbohydrate	310 g
sodium	2 300 mg
sugars	90 g
dietary fibre (if declared)	30 g

If you declare %DI, you may include dietary fibre in the NIP without making a claim.

For subsection 1.2.8—8(3), an example nutrition information panel with percentage daily intake information is:

NUTRITION INFORMATION

Servings per package: (insert number of servings)
Serving size: g (or mL or other units as appropriate)

	Quantity per serving	% Daily intake* (per serving)	Quantity per 100 g (or 100 mL)
Energy	kJ (Cal)	%	kJ (Cal)
Protein	g	%	g
Fat, total	g	%	g
—saturated	g	%	g
Carbohydrate	g	%	g
—sugars	g	%	g
Sodium	mg (mmol)	%	mg (mmol)
(insert any other nutrient or biologically active substance to be declared)	g, mg, µg (or other units as appropriate)	%	g, mg, µg (or other units as appropriate)

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

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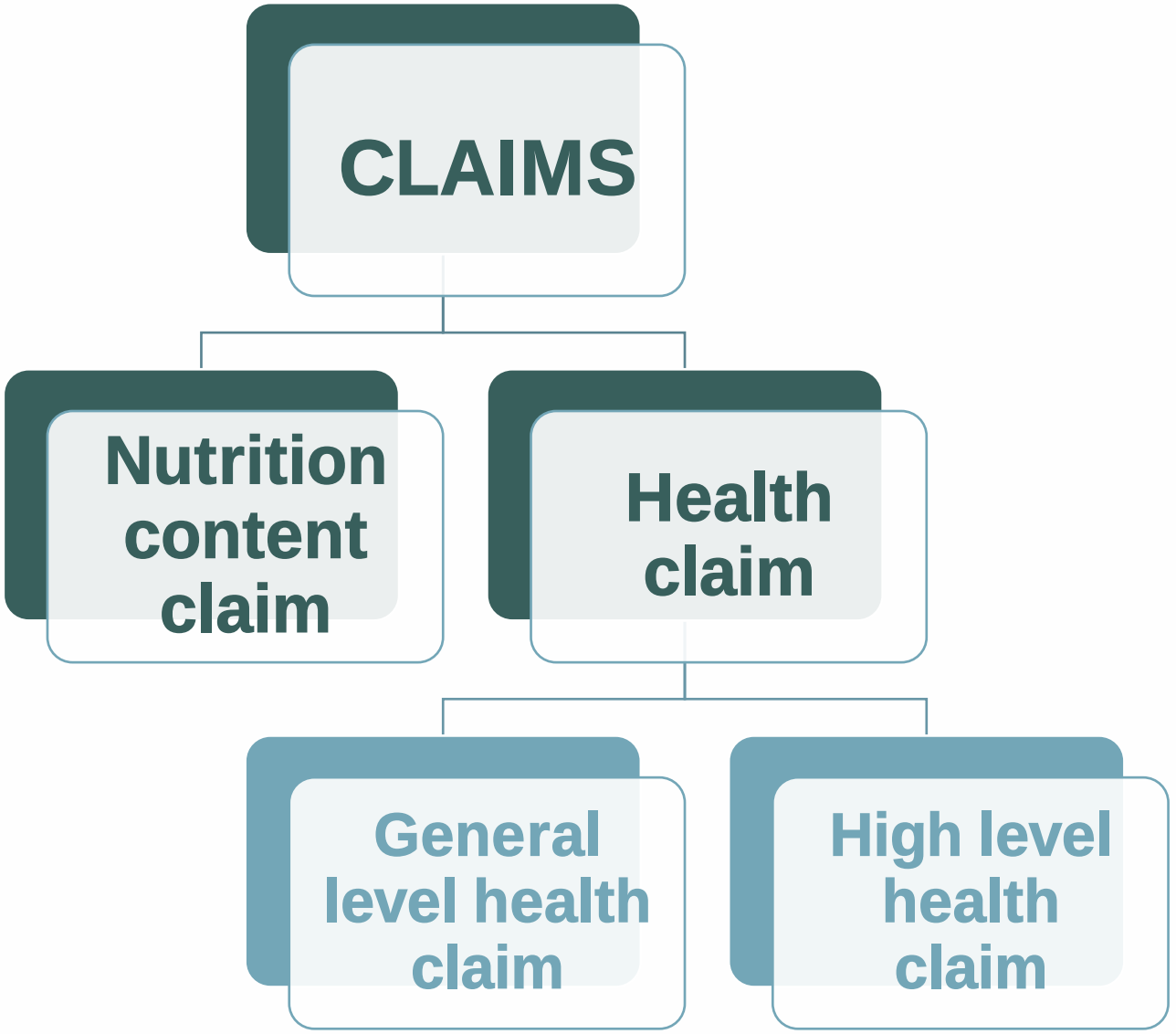
STANDARD 1.2.7 NUTRITION, HEALTH AND RELATED CLAIMS

TYPES OF CLAIMS



WHAT IS A CLAIM - Standard 1.1.2

"An express or implied statement, representation, design or information in relation to a food or property of food which is not mandatory in the Code.''

STANDARD 1.2.7 NUTRITION, HEALTH AND RELATED CLAIMS

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CONDITIONS WHERE NUTRITION AND HEALTH CLAIMS CANNOT BE MADE

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Kava

Infant formula

A food that contains more than 1.15% alcohol by volume*

Claims **not** to compare vitamin or mineral content

*Other than nutrition content claims about carbohydrate, energy or gluten

CONDITIONS WHERE NUTRITION AND HEALTH CLAIMS CANNOT BE MADE

A food that contains more than 1.15% alcohol by volume

FOOD STANDARDS Australia New Zealand
Te Mana Kounga Kai – Ahitereiria me Aotearoa

7 April 2025
336-25

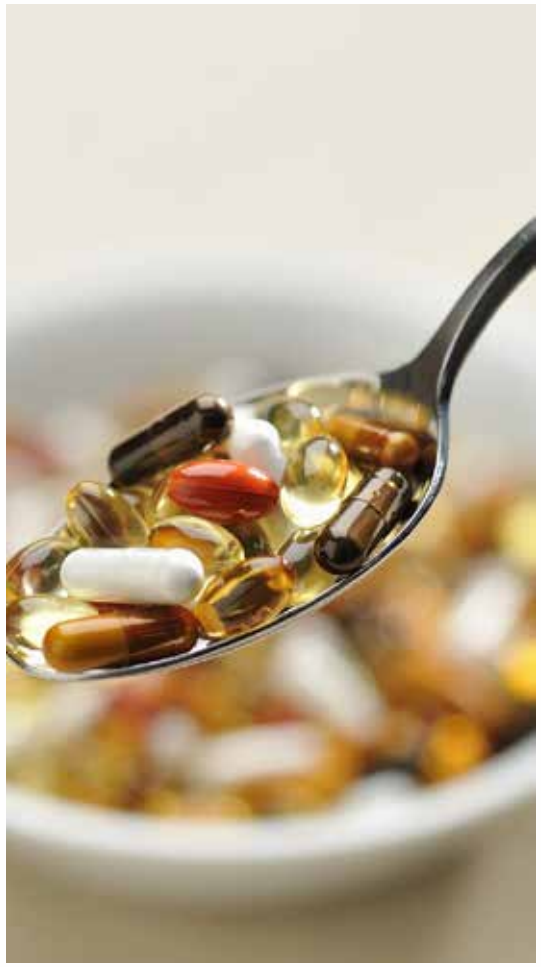
Approval report – Proposal P1049

Carbohydrate and sugar claims on alcoholic beverages

CURRENTLY PENDING FOOD MINISTERS' MEETING DECISION

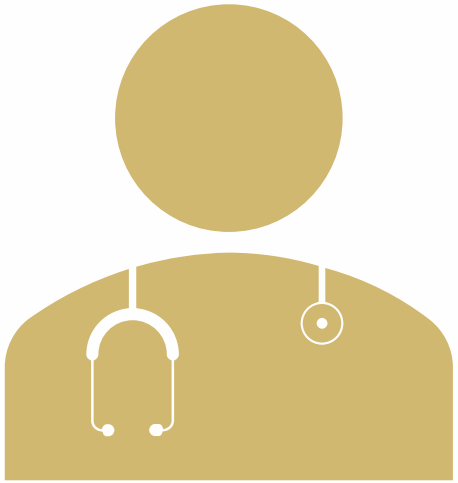
https://www.foodstandards.gov.au/food-standards-code/proposals/P1049

CLAIMS NOT TO BE THERAPEUTIC IN NATURE

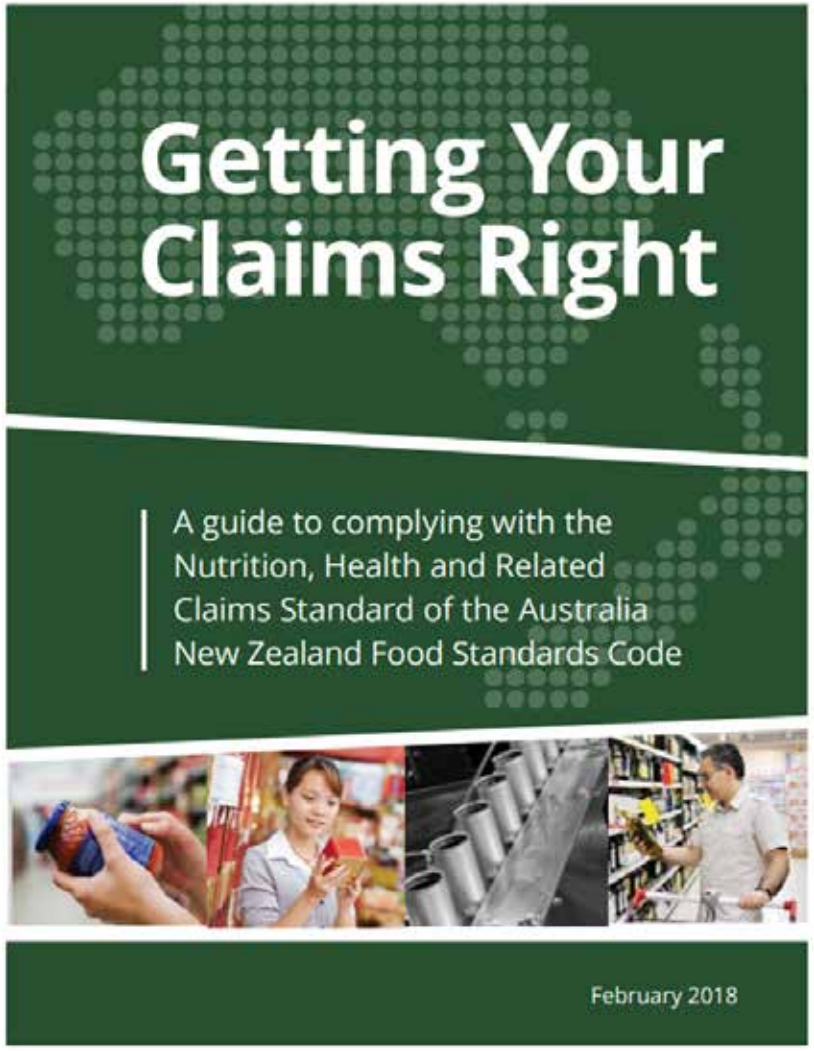


A claim must <u>not</u>

- refer to the prevention, diagnosis, cure or alleviation of a disease, disorder or condition
- compare a food with a product that is considered to be for, or be taken for therapeutic use



GUIDE TO GETTING YOUR CLAIMS RIGHT



https://www.foodstandards.gov.au/publications/gettingyourclaimsright

NUTRITION CONTENT CLAIM

A claim about the nutritional content that:

is about the presence or absence of

- a biologically active substance
- carbohydrates
- sugar
- dietary fibre
- energy
- protein
- fat
- the components of protein, carbohydrate or fat
- salt and sodium
- vitamins and minerals; or glycaemic index or glycaemic load;

NUTRITION CONTENT CLAIM REQUIREMENTS - SCHEDULE 4

Schedule 4 **Nutrition, health and related claims**

S4—3 **Conditions for nutrition content claims**

Conditions for nutrition content claims

Column 1	*Column 2*	*Column 3*	*Column 4*
**Property of food*	*General claim conditions that must be met*	*Specific descriptor*	*Conditions that must be met if using specific descriptor in Column 3*
*Carbohydrate		Reduced or light/lite	The food contains at least 25% less *carbohydrate than in the same amount of *reference food.
*Dietary fibre	A serving of the food contains at least 2 g of *dietary fibre unless the claim is about low or reduced dietary fibre.	Good source	A serving of the food contains at least 4 g of *dietary fibre.
		Excellent source	A serving of the food contains at least 7 g of *dietary fibre.
		Increased	(a) The *reference food contains at least 2 g of *dietary fibre per serving; and (b) the food contains at least 25% more *dietary fibre than in the same amount of reference food.

NUTRITION INFORMATION Servings per Pack: 10 Serving Size: 40 g	Average Quantity Per Serving	%DI* Per Serving	Avg Qty Per 40 g With 1/2 Cup Skim Milk	%DI* Per 40 g With 1/2 Cup Skim Milk	Average Quantity Per 100 g
Energy	560 kJ	6%	760 kJ	9%	1410 kJ
Protein	3.3 g	7%	7.9 g	16%	8.3 g
Fat – Total	0.7 g	1%	0.7 g	1%	1.8 g
– Saturated	0.2 g	1%	0.2 g	1%	0.4 g
Carbohydrate	24.7 g	8%	31.5 g	10%	61.7 g
– Sugars	7.4 g	8%	14.2 g	16%	18.4 g
Dietary Fibre	7.2 g	24%	7.2 g	24%	18.0 g
Sodium	48 mg	2%	97 mg	4%	120 mg

USE OF DESCRIPTORS

Schedule 4 **Nutrition, health and related claims**

S4—3 **Conditions for nutrition content claims**

Column 1	*Column 2*	*Column 3*	*Column 4*
**Property of food*	*General claim conditions that must be met*	*Specific descriptor*	*Conditions that must be met if using specific descriptor in Column 3*
Protein	The food contains at least 5 g of protein/serving unless the claim is about low or reduced protein.	Good Source	The food contains at least 10 g of protein/serving.
		Increased	(a) The food contains at least 25% more protein than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about protein.

NUTRITION INFORMATION
Servings per package: 5 Serving size: 50g

	Average Quantity per Serving	Average Quantity per 100g
Energy	900kJ 215kcal	1800kJ 430kcal
Protein	16.8 g	33.5g
-gluten	Not detected	Not detected
Fat, total	7.4g	14.8g
-saturated	5.3g	10.5g
Carbohydrate	19.8g	39.6g
-sugars	10.8g	21.5g
Dietary fibre	0.6g	1.2g
Sodium	281mg	561mg

Specific descriptors given in Schedule 4 but can use synonyms.

For example,
Good source = High protein

REQUIREMENTS – SCHEDULE 4

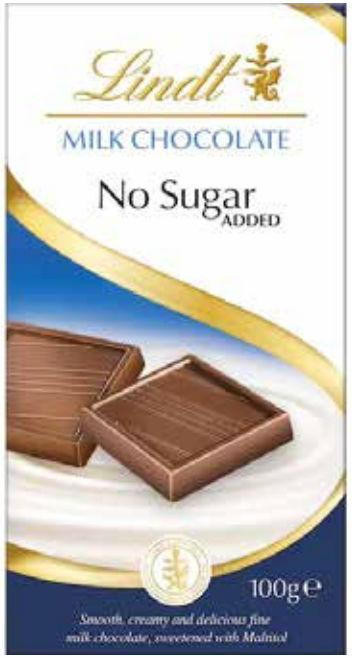
NUTRITION INFORMATION		
Servings Per Pack: 10	Serving Size: 100g	
	Avg Qty Per Serving	Avg Qty Per 100g
Energy	220kJ(52Cal)	220kJ(52Cal)
Protein	5.3g	5.3g
Fat Total	0.1g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	7.4g	7.4g
- Total Sugars	5.5g	5.5g
- Naturally Occuring	5.5g	5.5g
- Added Sugars	Nil	Nil
Sodium	90mg	90mg
Calcium	170mg (21%RDI*)	170mg (21%RDI*)
Gluten	Not Detected	Not Detected
GI	19 (Low GI)	19 (Low GI)

*RDI - RECOMMENDED DIETARY INTAKE

Schedule 4 Nutrition, health and related claims

Column 1	*Column 2*	*Column 3*	*Column 4*
**Property of food*	*General claim conditions that must be met*	*Specific descriptor*	*Conditions that must be met if using specific descriptor in Column 3*
Fat		% Free	The food meets the conditions for a nutrition content claim about low fat.
		Low	The food contains no more fat than: (a) 1.5 g/100 mL for liquid food; or (b) 3 g/100 g for solid food.
		Reduced or Light/Lite	The food contains at least 25% less fat than in the same amount of *reference food.

‘NO ADDED SUGAR’ CLAIM



The Standard does not permit 'no added sugar(s)' claims when a food:

- contains, or is, an 'added sugar' as defined in the Code
- does not contain 'added sugar' but contains more sugars (i.e. monosaccharides and disaccharides) than:
  - **10.0 g /100 g for solid food**
  - **7.5 g /100 mL for liquid food.**

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Home › Food Standards Code › Proposals › P1062 – Defining added sugars for claims

P1062 – Defining added sugars for claims

Conditions for nutrition content claims

Column 1	*Column 2*	*Column 3*	*Column 4*
Sugar or sugars		% Free	The food meets the conditions for a nutrition content claim about low sugar.
		Low	The food contains no more sugars than: (a) 2.5 g/100 mL for liquid food; or (b) 5 g/100 g for solid food.
		Reduced or Light/Lite	The food contains at least 25% less sugars than in the same amount of *reference food.
		No added	(a) The food for sale is not an added sugar. (b) The food for sale does not contain an added sugar as an added ingredient. (c) The food for sale does not contain more sugars than: (i) 10 g/100 g for solid food; or (ii) 7.5 g/100 mL for liquid food. (d) The food for sale has not had the concentration of hexose monosaccharides and disaccharides in that food increased by hydrolysis of carbohydrates during the production of that food. (e) Condition (d) does not apply if the concentration of hexose monosaccharides and disaccharides in that food is not > 1.5%. (f) For the purposes of conditions (a) and (b), an ***added sugar*** means any of the following derived from any source: (i) hexose monosaccharides (other than D-allulose) and disaccharides; (ii) low energy hexose monosaccharide D-tagatose; (iii) starch hydrolysate; (iv) glucose syrup; (v) maltodextrin and similar products; (vi) a product derived at a sugar refinery (including brown sugar, molasses, raw sugar, golden syrup, treacle); (vii) icing sugar; (viii) invert sugar;

https://www.foodstandards.gov.au/sites/default/files/2023-12/Gazette%20amendment%20224.pdf

NUTRITION CONTENT CLAIMS ABOUT VITAMINS AND MINERALS

Good Source of Vitamin C = At least 25% RDI per serve

Source of Vitamin C = a serving of the food contains at least 10% RDI or ESADDI

Must include %RDI or ESADDI in the NIP if making a claim

Conditions for nutrition content claims

Column 1	*Column 2*	*Column 3*	*Column 4*
**Property of food*	*General claim conditions that must be met*	*Specific descriptor*	*Conditions that must be met if using specific descriptor in Column 3*
Vitamin or mineral (not including potassium or sodium)	(a) The vitamin or mineral is mentioned in Column 1 of the table to section S1—2 or S1—3; and (b) a serving of the food contains at least 10% *RDI or *ESADDI for that vitamin or mineral; and (c) a claim is not for more of the particular vitamin or mineral than the amount permitted by section 1.3.2—4 or 1.3.2—5; and (d) the food is not any of the following: (i) a formulated caffeinated beverage; (ii) food for infants; (iii) a formulated meal replacement; (iv) a formulated supplementary food; (v) a formulated supplementary sports food. Paragraph (b) does not apply where: (i) a maximum claimable amount applies in relation to the mineral or vitamin; and	Good source	A serving of the food contains no less than 25% *RDI or *ESADDI for that vitamin or mineral.

Permitted forms and uses of vitamins & minerals are in Schedule 17

RDIs and ESADDIs are given in Schedule 1

CONDITIONS FOR MAKING NUTRITION CONTENT CLAIMS ABOUT VITAMINS AND MINERALS

1.2.7—9 **Claims not to compare vitamin or mineral content**

A claim that directly or indirectly compares the vitamin or mineral content of a food with that of another food must not be made unless the claim is permitted by this Code.

CONDITIONS FOR NUTRIENT CONTENT CLAIMS

Servings Per Pack: 12 Serving Size: 50g	Average Quantity per Serving	%DI* per Serving	Average Quantity per 100g
Energy	430 kJ	5%	860 kJ
	104 Cal		205 Cal
Protein	1.8 g	4%	3.6 g
Fat-total	4.7 g	7%	9.5 g
– Saturated	4.3 g	18%	8.7 g
Carbohydrates	13 g	4%	25.7 g
– Sugars	10.2 g	11%	26 g
– lactose	Nil		Nil
– galactose	2.0 g		4.0 g
Sodium	35 mg	2%	75 mg

Schedule 4 Nutrition, health and related claims

Conditions for nutrition content claims

Column 1	*Column 2*	*Column 3*	*Column 4*
**Property of food*	*General claim conditions that must be met*	*Specific descriptor*	*Conditions that must be met if using specific descriptor in Column 3*
Lactose		Free	The food contains no detectable lactose.
		Low	The food contains no more than 2 g of lactose/100 g of the food.

CONDITIONS FOR NUTRIENT CONTENT CLAIMS

GI = 55 (Low). Endorsed by the GI Foundation as Low GI

Ingredients: Low GI Long Grain White Rice.

GLYCEMIC INDEX (GI) and GLYCEMIC LOAD

Must meet the NPSC.

Include the specific numerical value of the GI either in the claim or in the NIP.

The descriptors low, medium and high are optional in a GI claim but if used must meet the conditions.

Schedule 4 Nutrition, health and related claims

Conditions for nutrition content claims

Column 1	*Column 2*	*Column 3*	*Column 4*
**Property of food*	*General claim conditions that must be met*	*Specific descriptor*	*Conditions that must be met if using specific descriptor in Column 3*
*Glycaemic Index	(a) The food meets the NPSC, unless the food is a special purpose food; and (b) the claim or the nutrition information panel includes the numerical value of the *glycaemic index of the food.	Low	The numerical value of the *glycaemic index of the food is 55 or below.
		Medium	The numerical value of the *glycaemic index of the food is at least 56 and does not exceed 69.
		High	The numerical value of the *glycaemic index of the food is 70 or above.
Glycaemic load	The food meets the NPSC, unless the food is a special purpose food.		
Protein	The food contains at least 5 g of protein/serving unless the claim is about low or reduced protein.	Good Source	The food contains at least 10 g of protein/serving.
		Increased	(a) The food contains at least 25% more protein than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about protein.

CONDITIONS FOR NUTRIENT CONTENT CLAIMS

Nutrition Information (Average)

Serving Size: 33g (2 biscuits) **Servings Per Pack:** 12

	PER SERVE	PER 100g
Energy	531 kJ 127 Cal	1610 kJ 386 Cal
Protein	3.2 g	9.7 g
- Gluten	Not Detected	
Fat, Total	2.2 g	6.7 g
- Saturated Fat	1.2 g	3.5 g
- Trans Fat	0.0 g	0.0 g
- Polyunsaturated Fat	0.4 g	1.3 g
- Monounsaturated Fat	0.6 g	1.9 g
Carbohydrate	21.9 g	66.5 g
- Sugars	2.2 g	6.8 g
Dietary Fibre	2.8 g	8.6 g
Sodium	56 mg	170 mg

Schedule 4 Nutrition, health and related claims

Conditions for nutrition content claims

Column 1	*Column 2*	*Column 3*	*Column 4*
**Property of food*	*General claim conditions that must be met*	*Specific descriptor*	*Conditions that must be met if using specific descriptor in Column 3*
Gluten		Free	The food must not contain: (a) detectable gluten; or (b) oats or oat products; or (c) cereals containing *gluten that have been malted, or products of such cereals.
		Low	The food contains no more than 20 mg gluten/100 g of the food.

CONDITIONS FOR NUTRIENT CONTENT CLAIMS

Nutrition content claims must not imply slimming effects

A nutrition content claim that meets the conditions to use the descriptor diet must **not** use another descriptor that directly or indirectly refers to slimming or a synonym for slimming.

'Diet' descriptor can only be used for foods that meet the NPSC.

Schedule 4 Nutrition, health and related claims

Conditions for nutrition content claims

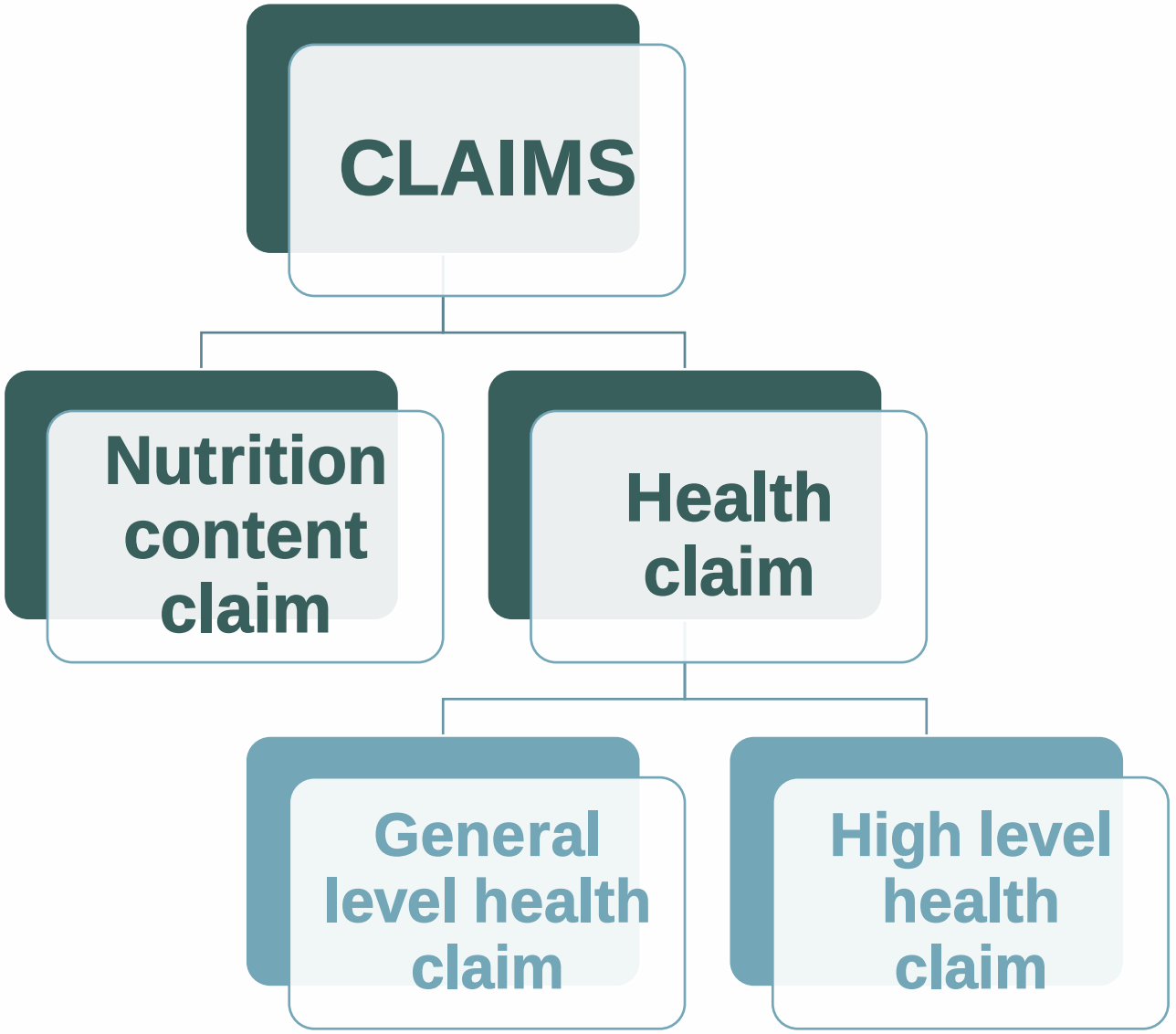
Column 1	*Column 2*	*Column 3*	*Column 4*
**Property of food*	*General claim conditions that must be met*	*Specific descriptor*	*Conditions that must be met if using specific descriptor in Column 3*
Energy		Low	The *average energy content of the food is no more than: (a) 80 kJ/100 mL for liquid food; or (b) 170 kJ/100 g for solid food.
		Reduced or Light/Lite	The food contains at least 25% less energy than in the same amount of *reference food.
		Diet	(a) The food meets the NPSC, unless the food is a special purpose food; and (b) either of the following is satisfied: (i) the *average energy content of the food is no more than 80 kJ/100 mL for liquid food or 170 kJ/100 g for solid food; or (ii) the food contains at least 40% less energy than in the same amount of *reference food.

COMPARATIVE CLAIMS

Directly or indirectly compares the nutrition content of one food or brand with another

- including claims such as ‘light’, ‘lite’, ‘reduced’ or ‘increased’
- the type of reference food and the difference in the property that is being compared between the claimed food and the reference food must also be stated with the claim
- the nutrition content claim ‘diet’ is a comparative claim when the food has at least 40% less energy than the same quantity of the reference food it is being compared to

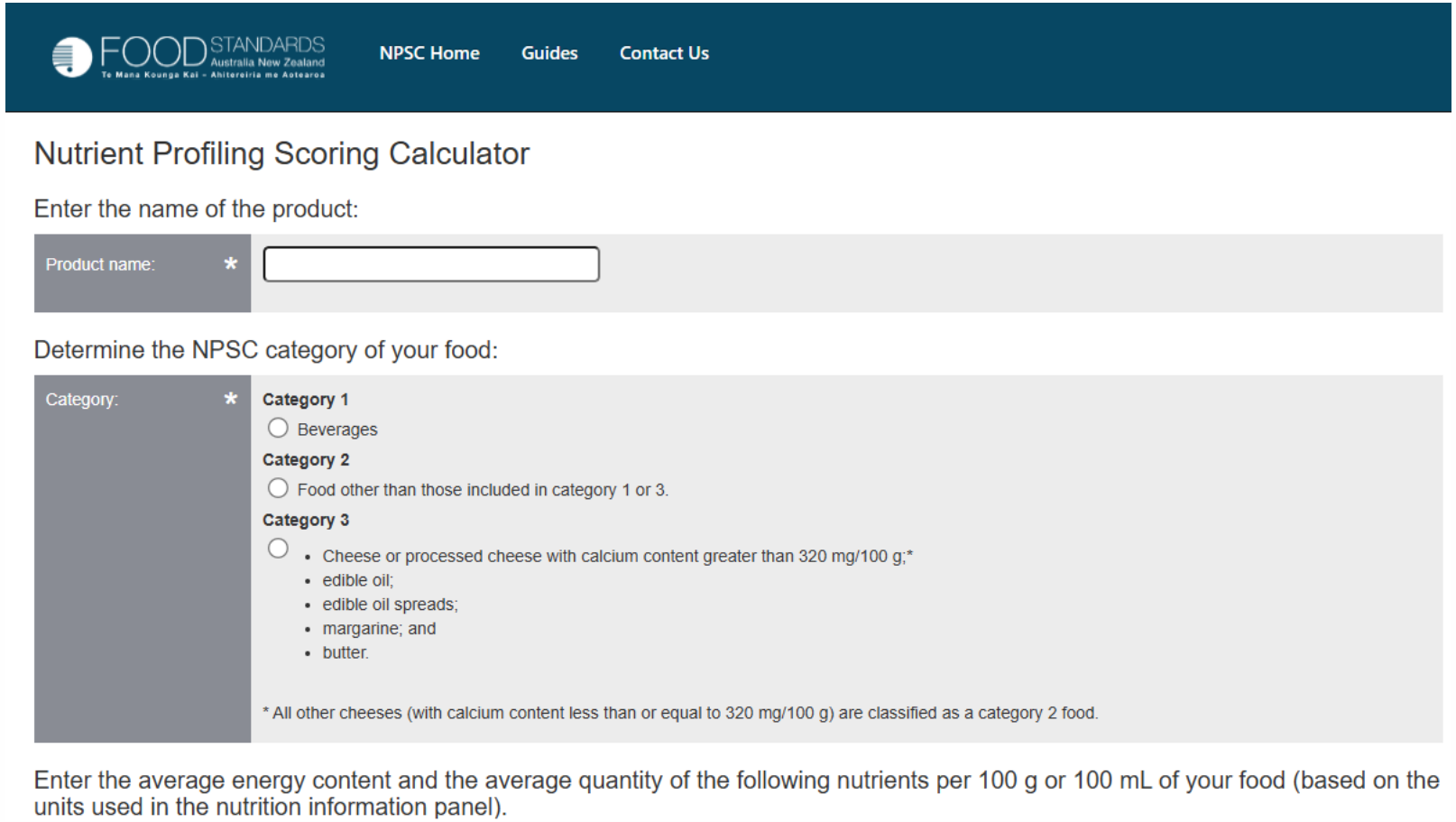
TYPES OF CLAIMS



HEALTH CLAIM

A claim that states, suggests or implies that a food or a property of food has or may have a health effect but must **not** be therapeutic in nature.

NUTRIENT PROFILING SCORING CRITERION (NPSC) – Schedule 4



FOOD STANDARDS Australia New Zealand
Te Mana Kounga Kai – Ahitereiria me Aotearoa

NPSC Home | Guides | Contact Us

Nutrient Profiling Scoring Calculator

Enter the name of the product:

Product name: *

Determine the NPSC category of your food:

Category: *

Category 1

○ Beverages

Category 2

○ Food other than those included in category 1 or 3.

Category 3

○
- Cheese or processed cheese with calcium content greater than 320 mg/100 g;*
- edible oil;
- edible oil spreads;
- margarine; and
- butter.

* All other cheeses (with calcium content less than or equal to 320 mg/100 g) are classified as a category 2 food.

Enter the average energy content and the average quantity of the following nutrients per 100 g or 100 mL of your food (based on the units used in the nutrition information panel).

Must meet the NPSC to make a Health Claim

Nutrient Profiling Scoring Criterion | Food Standards Australia New Zealand

NUTRIENT PROFILING SCORING CRITERION

AUSTRALIAN FOOD & GROCERY COUNCIL

The method for calculating a nutrient profiling score is described in Schedule 5

Baseline points for:
Energy
Saturated fat
Sodium
Total sugars

-
subtract

Modifying points for
fruit,veg, nuts, legumes (FVNL)
fibre
protein

=

Final score

Risk increasing components — Offset by — Risk reducing components

NUTRIENT PROFILING SCORING CRITERION – SCHEDULE 4

Does the food meet the NPSC?

If the product does **not** meet the NPSC , a health claim cannot be made

S4—6 Nutrient profiling scoring criterion

For this Code, the *NPSC (nutrient profiling scoring criterion) is:

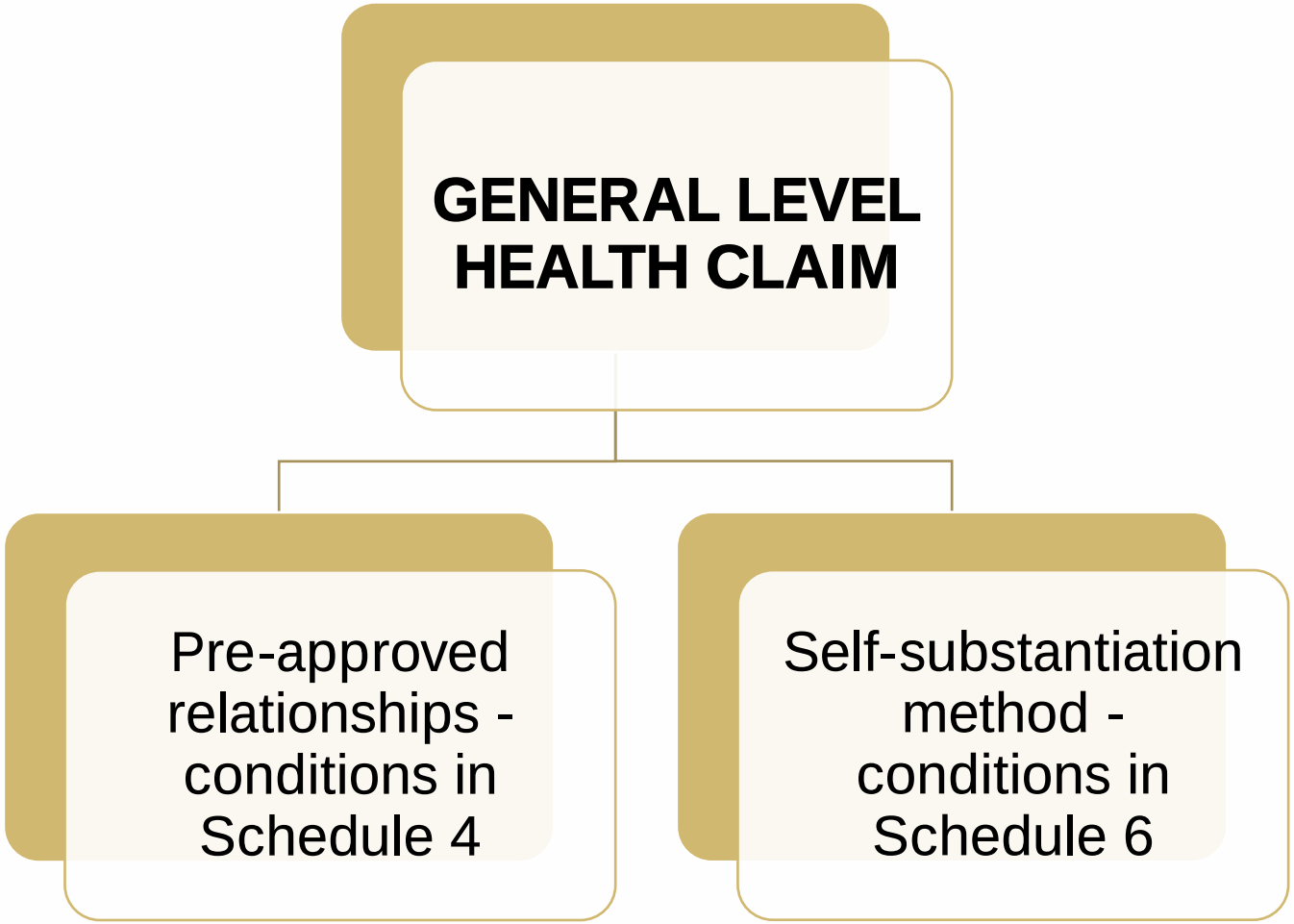
NPSC

Category	Column 1 *NPSC category*	Column 2 *The *nutrient profiling score must be less than …*
1	Beverages	1
2	Any food other than those included in category 1 or 3	4
3	(a) Cheese or processed cheese with calcium content greater than 320 mg/100 g; or	28
	(b) edible oil: or	
	(c) edible oil spread; or	
	(d) margarine; or	
	(e) butter.	

To meet the NPSC the following nutrient profiling scores must be achieved:

NPSC Category	Final Score
Category 1	less than 1
Category 2	less than 4
Category 3	less than 28

GENERAL LEVEL HEALTH CLAIM



GENERAL LEVEL HEALTH CLAIMS

AUSTRALIAN FOOD & GROCERY COUNCIL

Over 200 pre-approved relationships in Schedule 4

Conditions for permitted general level health claims
Part 2—Vitamins

Column 1	*Column 2*	*Column 3*	*Column 4*	*Column 5*
Food or property of food	*Specific health effect*	*Relevant population*	*Dietary context*	*Conditions*
Vitamin E	Contributes to cell protection from free radical damage			The food must meet the general claim conditions for making a nutrition content claim about vitamin E.
	Contributes to normal growth and development	Children		
Vitamin K	Necessary for normal blood coagulation Contributes to normal bone structure			The food must meet the general claim conditions for making a nutrition content claim about vitamin K.
	Contributes to normal growth and development	Children		
Beta-glucan	Reduces dietary and biliary cholesterol absorption		Diet low in saturated fatty acids Diet containing 3 g of beta-glucan per day	The food must contain: (a) one or more of the following oat or barley foods: (i) oat bran; or (ii) wholegrain oats; or (iii) wholegrain barley; and (b) at least 1 g per serving of beta-glucan from the foods listed in (a).

GENERAL LEVEL HEALTH CLAIMS

†2g of plant sterols daily lowers cholesterol within 4 weeks as part of a healthy diet low in saturated fat.

Nutritional Information (Average)

Serving Size: 36g (2 biscuits) **Servings Per Pack:** 12

	PER SERVE	PER 100g
Energy	540 kJ 129 Cal	1500 kJ 358 Cal
Protein	4.4 g	12.2 g
Fat, Total	1.8 g	5.1 g
- Saturated Fat	0.3 g	0.8 g
- Trans Fat	0.0 g	0.0 g
- Polyunsaturated Fat	1.0 g	2.9 g
- Monounsaturated Fat	0.5 g	1.3 g
Plant Sterols	2.0 g	5.6 g
Carbohydrate	21.5 g	59.8 g
- Sugars	1.0 g	2.9 g
Dietary Fibre	3.7 g	10.3 g
Sodium	93 mg	257 mg
Potassium	121 mg	335 mg
Thiamin (Vitamin B1)**	0.55 mg (50%)*	1.53 mg
Riboflavin (Vitamin B2)	0.43 mg (25%)*	1.19 mg
Niacin (Vitamin B3)	2.5 mg (25%)*	6.9 mg
Folate	71 µg (36%)*	198 µg
Iron	3.0 mg (25%)*	8.3 mg
Magnesium	32 mg (10%)*	89 mg

Schedule 4 Nutrition, health and related claims

Conditions for permitted general level health claims
Part 3—Other

Column 1	*Column 2*	*Column 3*	*Column 4*	*Column 5*
Food or property of food	*Specific health effect*	*Relevant population*	*Dietary context*	*Conditions*
*Phytosterols, phytostanols and their esters	Reduces dietary and biliary cholesterol absorption		Diet low in saturated fatty acids Diet containing 2 g of *phytosterols, phytostanols and their esters per day	The food must: (a) meet the relevant conditions specified in the table to section S25—2; and (b) contain a minimum of 0.8 g *total plant sterol equivalents content per serving.

Must also include the **dietary context** given in Schedule 4

GENERAL LEVEL HEALTH CLAIMS – SPLIT CLAIM

Column 1	Column 2	Column 3	Column 4	Column 5
Food or property of food	*Specific health effect*	*Relevant population*	*Dietary context*	*Conditions*
	Contributes to normal growth and development	Children		
Iron	Necessary for normal oxygen transport Contributes to normal energy production			The food must meet the general claim conditions for making a nutrition content claim about iron.
Vitamin D	Necessary for normal absorption and utilisation of calcium and phosphorus Contributes to normal cell division Necessary for normal bone structure			The food must meet the general claim conditions for making a nutrition content claim about vitamin D.
Calcium	Necessary for normal teeth and bone structure Necessary for normal nerve and muscle function			The food must meet the general claim conditions for making a nutrition content claim about calcium.

VOLUNTARY COMPLIANCE TEMPLATE - USER GUIDE

AUSTRALIAN FOOD & GROCERY COUNCIL

Compliance template—general level health claims (section S4—5 pre-approved food-health relationship)

This template may help food businesses to build a general level health claim based on a pre-approved food-health relationship; and demonstrate compliance with the Food Standards Code.

See sections 2, 4 and 5 of this document for conditions on making of general level health claims.

General information

1. What is the wording of the proposed general level health claim?

2. What food will the general level health claim be applied to?

3. Has the form of the food to which the claim relates been determined in accordance with **section 1.2.7—7**?

   Yes ☐ No ☐

   If **NO**, the claim is **NOT** permitted.

4. Does the general level health claim state the form of the food to which the claim applies together with the claim as required by **paragraph 1.2.7—20(3)(b)** unless the form of the food is as sold?

   Yes ☐ No ☐

   If **NO**, the claim is **NOT** permitted in its current form.

5. Do the words in the general level health claim refer to the prevention, diagnosis, cure, or alleviation of a disease, disorder or condition or compare a food with a product that is represented in any way to be for, or be taken for therapeutic use, whether because the way in which the product is presented or for any other reason?

   Yes ☒ No ☐

   If **YES**, the claim is **NOT** permitted.

6. Do words used in the general level health claim contradict or detract from the effect of a statement required by Standard 1.2.7?

   Yes ☐ No ☒

   If **YES**, the claim is **NOT** permitted in its current form.

7. Does the claim refer to a serious disease or a biomarker of a serious disease?

   Yes ☐ No ☒

   If **YES**, the claim is **NOT** permitted as a general level health claim.

8. What category does the food belong to in the Nutrient Profiling Scoring Criterion (NPSC) as listed in the 'Category' column of **section S4—6**?

   Category 1 ☐ Category 2 ☐ Category 3 ☒

   Note: Special purpose foods (as defined in Standard 1.1.2 of the Food Standards Code) do not need to comply with the NPSC.

9. What is the final nutrient profiling score of the food?

   For information on calculating the nutrient profiling score see the FSANZ wesbite.

   If food is Category 1, nutrient profiling score must be less than 1 to qualify for health claim.
   If food is Category 2, nutrient profiling score must be less than 4 to qualify

paragraphs 1.2.7—20 (3)(a) and **1.2.7—20(6)(a)** and **(b)**?

Yes ☒ No ☐

If **NO**, the claim is **NOT** permitted in its current form (unless the food is contained in a small package).

*A health claim about phytosterols, phytostanols and their esters must be shown with the advisory statement required by **subsection 1.2.3—2(1)**. When this requirement is met the dietary context statement required by* **paragraph** ***1.2.7—20(6)(a)*** *is not needed* ***(section 1.2.7—22)***.

15. Is the general level health claim being made as a split claim?

    Yes ☐ No ☐

    If **NO**, go to question 16

    If **YES**, is a statement available with the stated property of food and the health effect on the label of the food or advertisement, indicating where all required elements of the general level health claim may be found on the label or advertisement, as required by **section 1.2.7— 21**?

    Yes ☐ No ☐

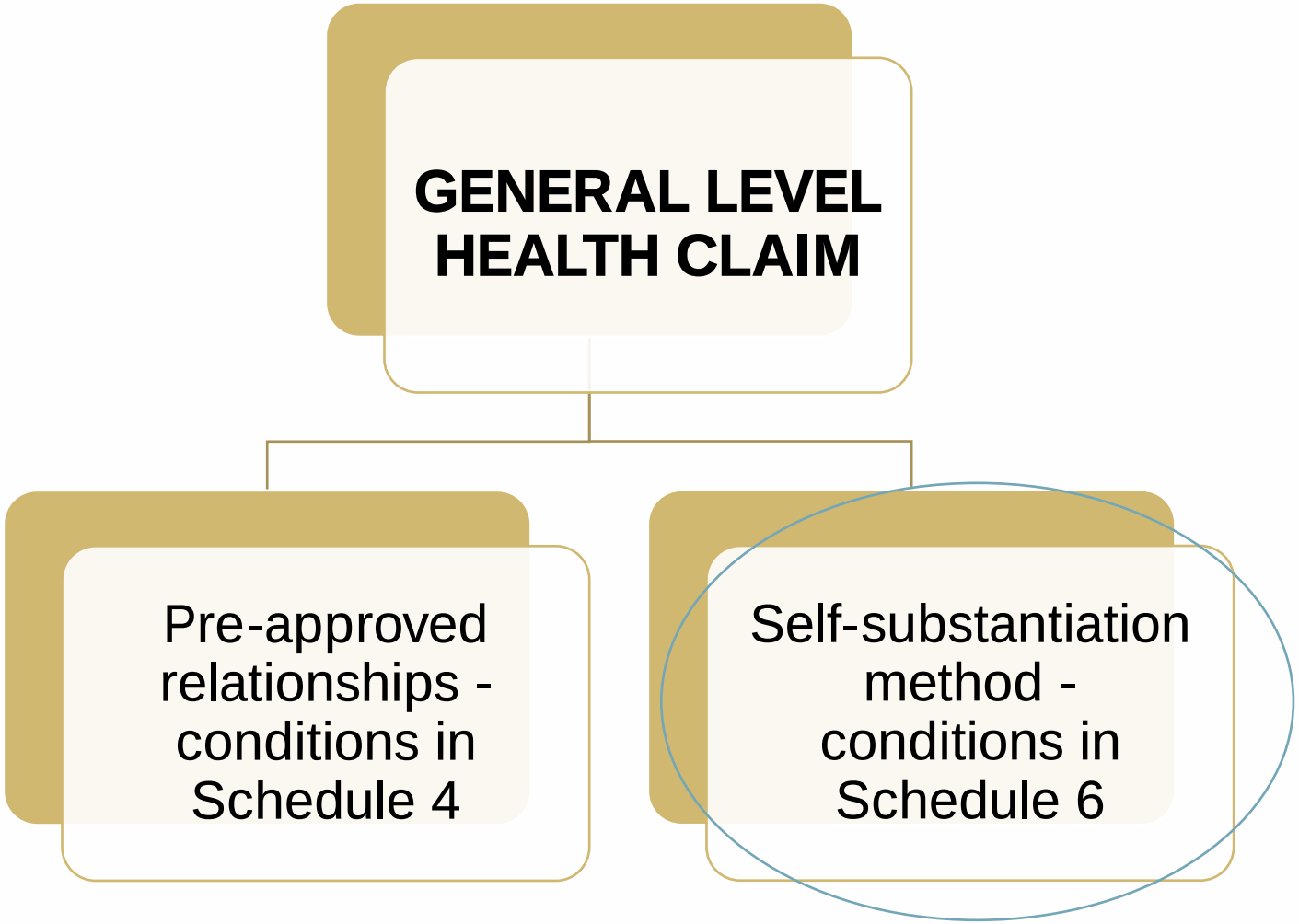
    If **NO**, the claim is **NOT** permitted in its current form.

16. Do the details of the nutrients or biologically active substances used to make the general level health claim appear in the nutrition information panel (NIP) on the label of the package of the food as required by section **1.2.8—8**?

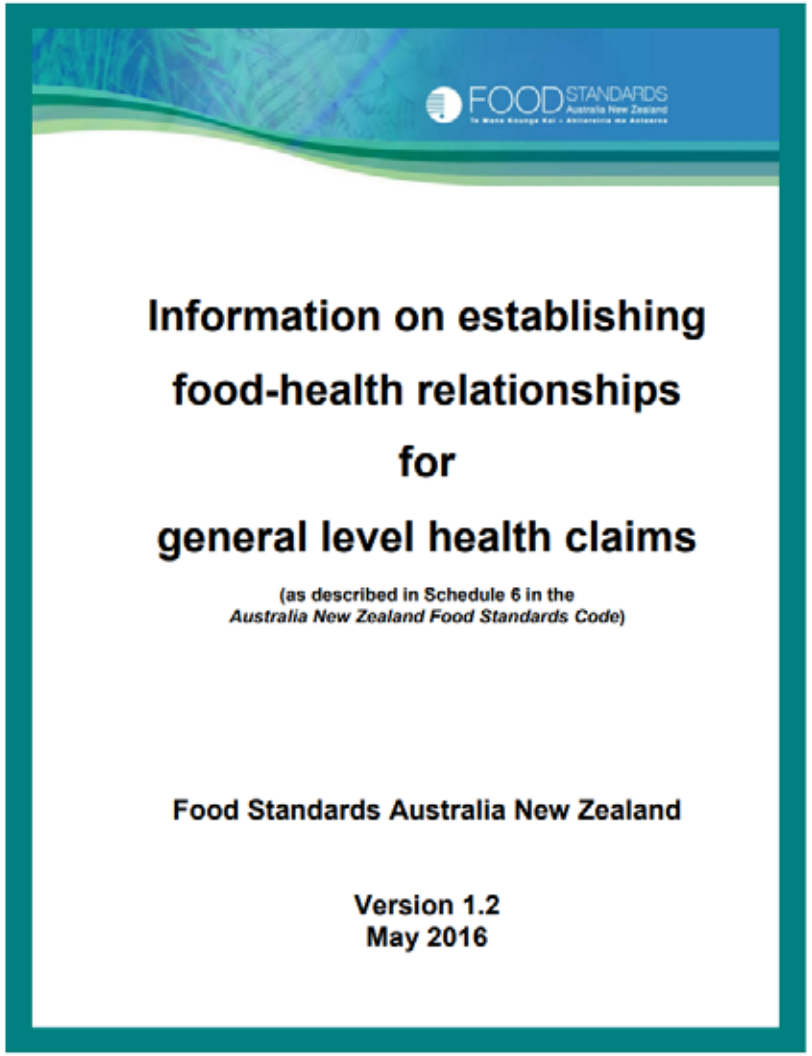
    Yes ☐ No ☐

    If **NO**, the particulars of the nutrient or biologically active substance must be declared in the NIP, or if no label is required under **subsection 1.2.1—6 (1)**, the NIP (with the particulars of the claimed nutrient or biologically active substance) should be displayed on or in connection with the display of the food or provided to the purchaser upon request. This requirement does not apply to food in small packages however certain information must be included on the label of the small package (**section 1.2.8—14**).

GENERAL LEVEL HEALTH CLAIM



GENERAL LEVEL HEALTH CLAIMS
Self-substantiation



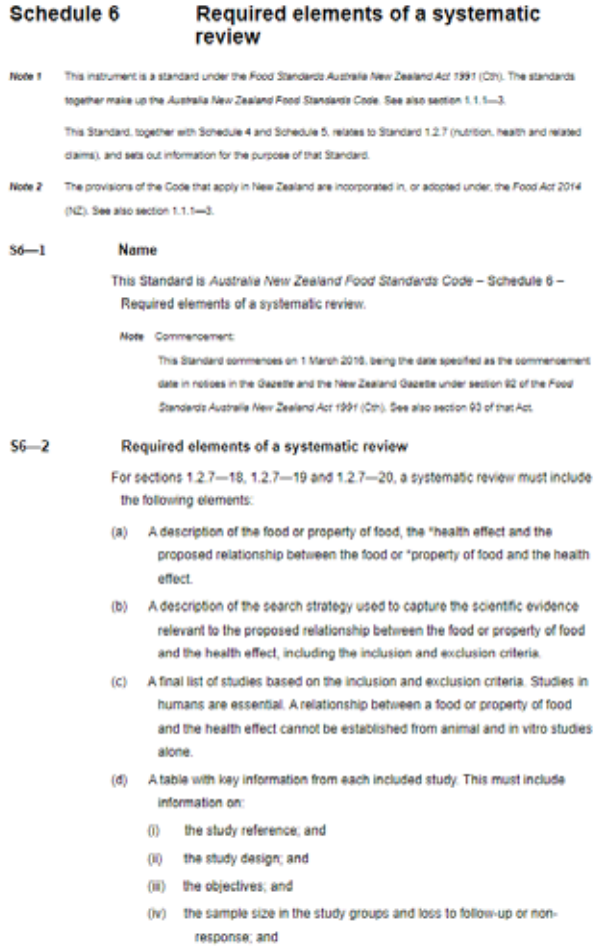
Information on establishing food-health relationships for general level health claims | FSANZ

GENERAL LEVEL HEALTH CLAIMS
Self-substantiation Schedule 6

AUSTRALIAN FOOD & GROCERY COUNCIL

A systematic review must include the following elements:

- A list of scientific studies relied upon
- Criteria for the inclusion and exclusion of studies
- Human clinical trials
- An assessment of the quality of each study
- The studies as a whole demonstrate a causal connection between the food and health effect
- The amount of the food required to achieve the health effect



Schedule 6 Required elements of a systematic review

Note 1 This instrument is a standard under the *Food Standards Australia New Zealand Act 1991* (Cth). The standards together make up the *Australia New Zealand Food Standards Code*. See also section 1.1.1—3.

This Standard, together with Schedule 4 and Schedule 5, relates to Standard 1.2.7 (nutrition, health and related claims), and sets out information for the purpose of that Standard.

Note 2 The provisions of the Code that apply in New Zealand are incorporated in, or adopted under, the *Food Act 2014* (NZ). See also section 1.1.1—3.

S6—1 Name

This Standard is *Australia New Zealand Food Standards Code* – Schedule 6 – Required elements of a systematic review.

Note Commencement:

This Standard commences on 1 March 2016, being the date specified as the commencement date in notices in the Gazette and the New Zealand Gazette under section 92 of the *Food Standards Australia New Zealand Act 1991* (Cth). See also section 93 of that Act.

S6—2 Required elements of a systematic review

For sections 1.2.7—18, 1.2.7—19 and 1.2.7—20, a systematic review must include the following elements:

(a) A description of the food or property of food, the *health effect and the proposed relationship between the food or *property of food and the health effect.

(b) A description of the search strategy used to capture the scientific evidence relevant to the proposed relationship between the food or property of food and the health effect, including the inclusion and exclusion criteria.

(c) A final list of studies based on the inclusion and exclusion criteria. Studies in humans are essential. A relationship between a food or property of food and the health effect cannot be established from animal and in vitro studies alone.

(d) A table with key information from each included study. This must include information on:

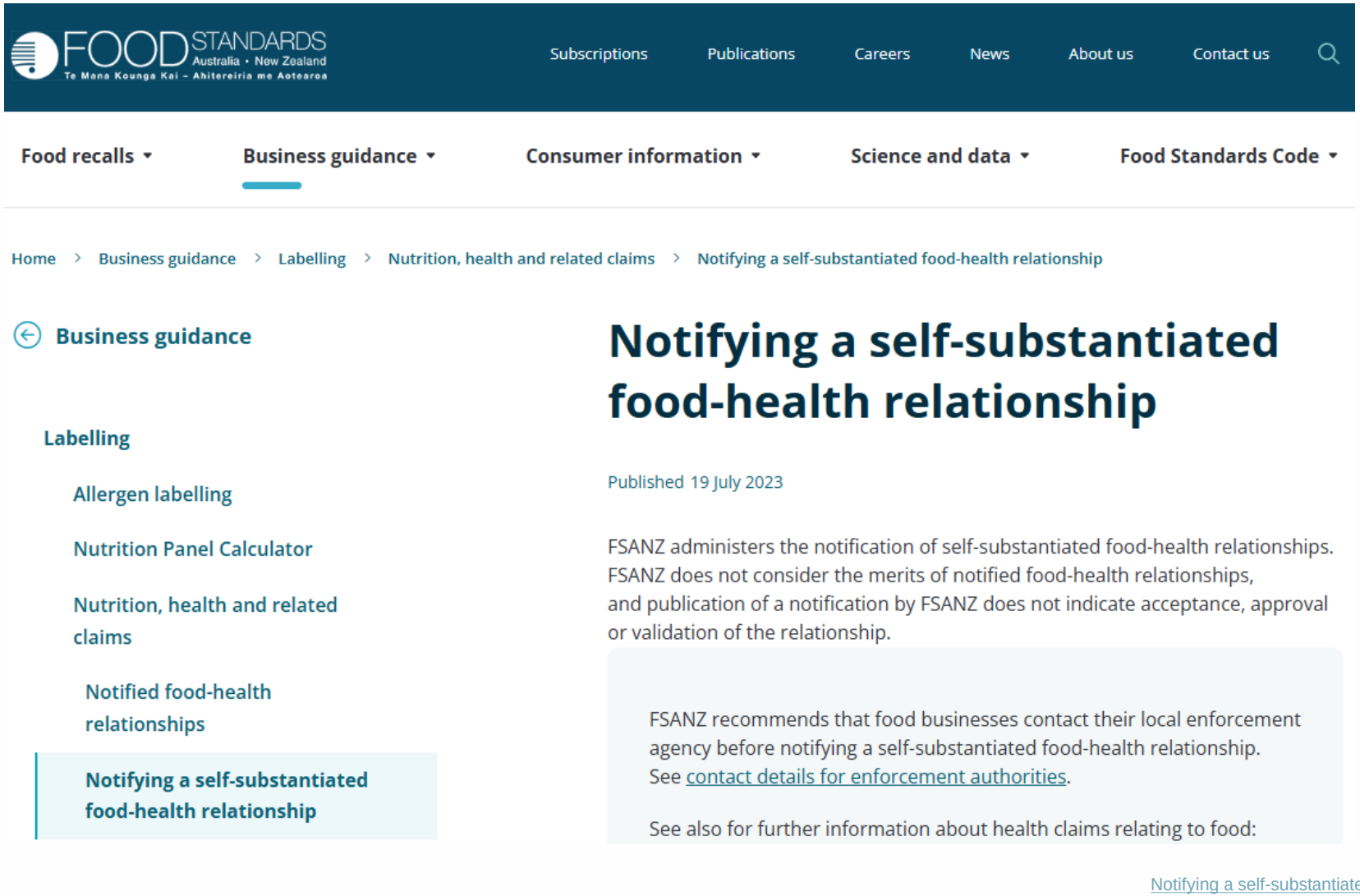
(i) the study reference; and

(ii) the study design; and

(iii) the objectives; and

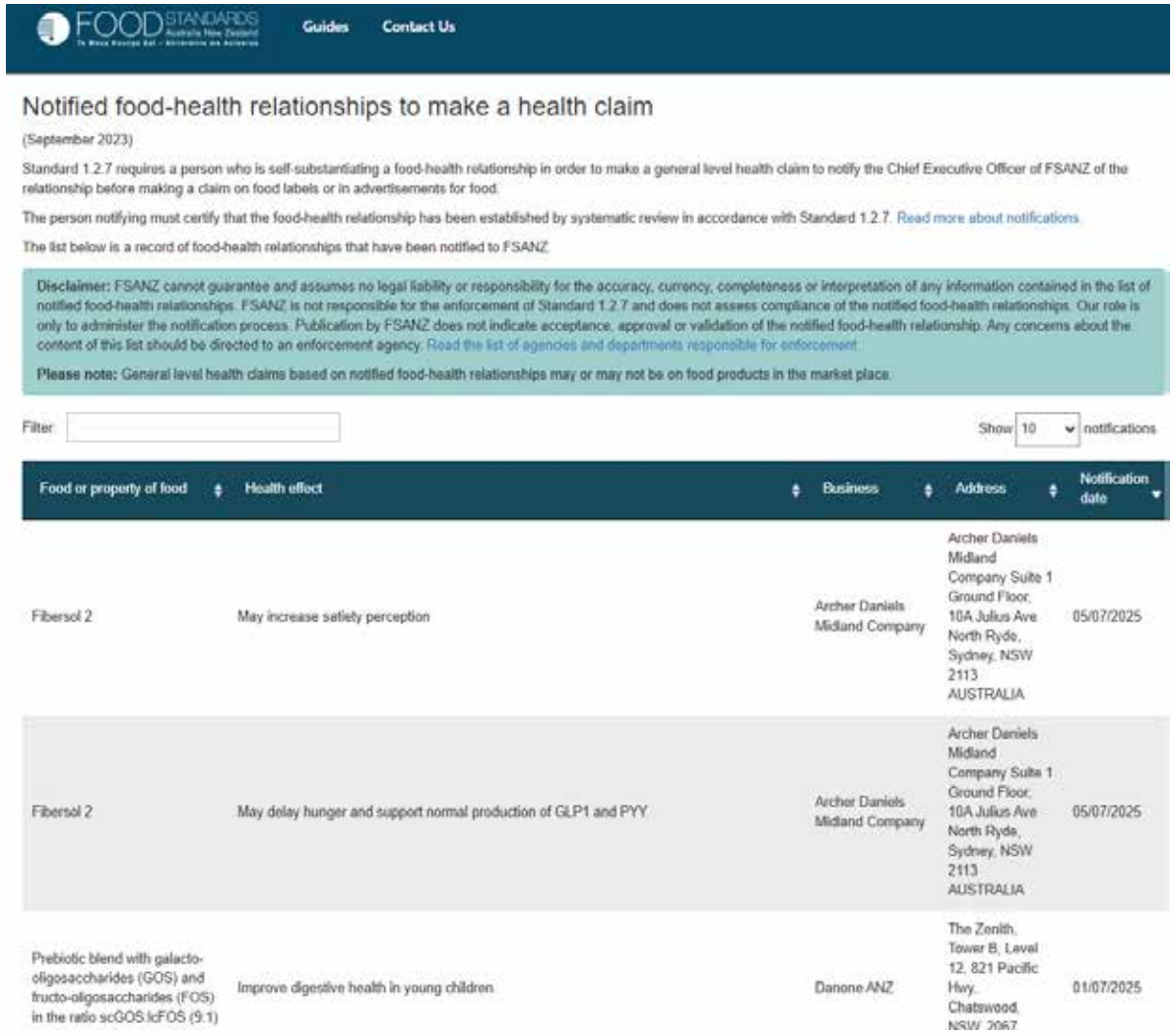
(iv) the sample size in the study groups and loss to follow-up or non-response; and

GENERAL LEVEL HEALTH CLAIMS
Self-substantiation



Notifying a self-substantiated food-health relationship | FSANZ

GENERAL LEVEL HEALTH CLAIMS
Self-substantiation



FOOD STANDARDS Australia New Zealand

Guides Contact Us

Notified food-health relationships to make a health claim

(September 2023)

Standard 1.2.7 requires a person who is self-substantiating a food-health relationship in order to make a general level health claim to notify the Chief Executive Officer of FSANZ of the relationship before making a claim on food labels or in advertisements for food.

The person notifying must certify that the food-health relationship has been established by systematic review in accordance with Standard 1.2.7. Read more about notifications.

The list below is a record of food-health relationships that have been notified to FSANZ.

Disclaimer: FSANZ cannot guarantee and assumes no legal liability or responsibility for the accuracy, currency, completeness or interpretation of any information contained in the list of notified food-health relationships. FSANZ is not responsible for the enforcement of Standard 1.2.7 and does not assess compliance of the notified food-health relationships. Our role is only to administer the notification process. Publication by FSANZ does not indicate acceptance, approval or validation of the notified food-health relationship. Any concerns about the content of this list should be directed to an enforcement agency. Read the list of agencies and departments responsible for enforcement.

Please note: General level health claims based on notified food-health relationships may or may not be on food products in the market place.

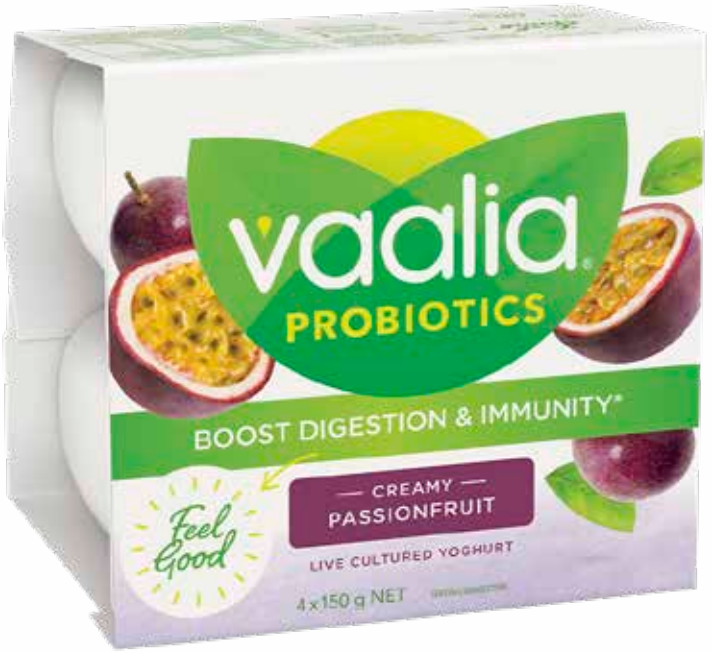
Filter

Show 10 notifications

Food or property of food	Health effect	Business	Address	Notification date
Fibersol 2	May increase satiety perception	Archer Daniels Midland Company	Archer Daniels Midland Company Suite 1 Ground Floor, 10A Julius Ave North Ryde, Sydney, NSW 2113 AUSTRALIA	05/07/2025
Fibersol 2	May delay hunger and support normal production of GLP1 and PYY	Archer Daniels Midland Company	Archer Daniels Midland Company Suite 1 Ground Floor, 10A Julius Ave North Ryde, Sydney, NSW 2113 AUSTRALIA	05/07/2025
Prebiotic blend with galacto-oligosaccharides (GOS) and fructo-oligosaccharides (FOS) in the ratio scGOS:lcFOS (9:1)	Improve digestive health in young children	Danone ANZ	The Zenith, Tower B, Level 12, 821 Pacific Hwy, Chatswood, NSW 2067	01/07/2025

Notified Food Health Relationships Application

GENERAL LEVEL HEALTH CLAIM: Self-substantiation



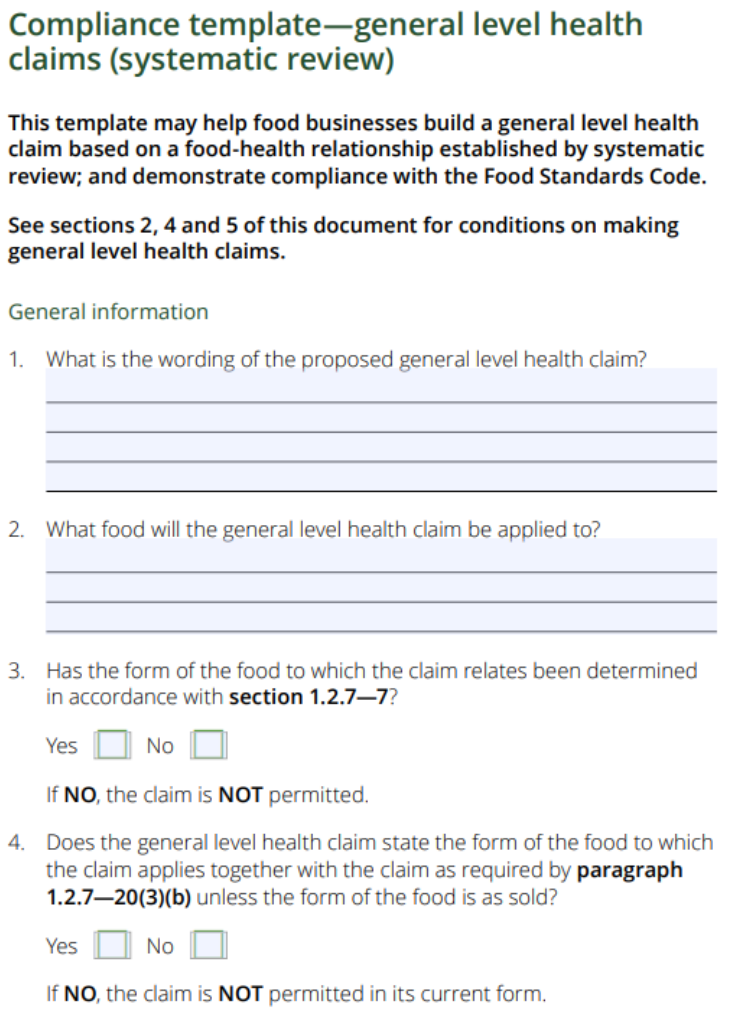
Food or property of food	Health effect	Business	Address	Notification date
Lactobacillus rhamnosus, LGG®.	Strengthens the immune response.	Lactalis Australia Pty Ltd	Level 5, 35 Boundary St, South Brisbane, QLD 4101 Australia	05/03/2020
Bifidobacterium animalis subsp. lactis, BB-12®	Improves bowel function in adults.	Lactalis Australia Pty Ltd	Level 5, 35 Boundary Street, South Brisbane, QLD 4101, Australia	05/03/2020
dairy products in which the natural level of lactose has been reduced or removed.	Health effect – ease of digestion by reducing gastrointestinal symptoms in those with lactose intolerance.	Lactalis Australia Pty Ltd	Level 5, 35 Boundary Street (PO Box 3012) South Brisbane QLD 4101	09/08/2017
Dairy products treated with the lactase enzyme such that lactose is sufficiently hydrolysed and the end-product contains no detectable lactose.	Contributes to (improved) ease of digestion	Murray Goulburn Co-operative Co. Limited	Freshwater Place, Level 15, 2 Southbank Boulevard, Southbank VIC 3006	12/01/2016

- LGG® probiotic can help strengthen your immune system*
- BB-12® probiotic and dietary fibre for digestive support*

Notified Food Health Relationships Application

VOLUNTARY COMPLIANCE TEMPLATE - USER GUIDE

AUSTRALIAN FOOD & GROCERY COUNCIL



Compliance template—general level health claims (systematic review)

This template may help food businesses build a general level health claim based on a food-health relationship established by systematic review; and demonstrate compliance with the Food Standards Code.

See sections 2, 4 and 5 of this document for conditions on making general level health claims.

General information

1. What is the wording of the proposed general level health claim?

2. What food will the general level health claim be applied to?

3. Has the form of the food to which the claim relates been determined in accordance with **section 1.2.7—7**?

   Yes ☐ No ☐

   If **NO**, the claim is **NOT** permitted.

4. Does the general level health claim state the form of the food to which the claim applies together with the claim as required by **paragraph 1.2.7—20(3)(b)** unless the form of the food is as sold?

   Yes ☐ No ☐

   If **NO**, the claim is **NOT** permitted in its current form.

HIGH LEVEL HEALTH CLAIMS

NUTRITION INFORMATION			
SERVINGS PER PACKAGE: 4	SERVING SIZE: 250mL		
	AVE. QTY PER 250mL SERVE	%DI* PER SERVE	AVE. QTY PER 100mL
ENERGY	575 kJ (138 Cal)	7 %	230 kJ (55 Cal)
PROTEIN	11.3 g	23 %	4.5 g
FAT, TOTAL	3.3 g	5 %	1.3 g
- SATURATED	2.0 g	8 %	0.8 g
CARBOHYDRATE, TOTAL	15.5 g	5 %	6.2 g
- SUGARS	15.5 g	17 %	6.2 g
SODIUM	128 mg	6 %	51 mg
CALCIUM†	400 mg	(50% RDI*)	160 mg
PHOSPHORUS	300 mg	(30% RDI*)	120 mg

ONCE OPENED, CONSUME WITHIN 5 DAYS

Research shows having a diet high in calcium can enhance bone mineral density at all ages and reduce the risk of osteoporosis in adults 65+ years. Dairy Farmers BoneActive is high in calcium and provides protein and phosphorus, needed for healthy bones.

For best results, consume foods high in calcium, like BoneActive, everyday, as part of a diet high in calcium and vitamin D and have an active lifestyle.

- **Link a nutrient or substance in the food to a serious disease or a biomarker of a serious disease**
- **Only one of the 13 pre-approved food-health relationships in Schedule 4 can be used for making high level health claims**

NUTRITION AND HEALTH CLAIMS

Nutrition content claim

refers to the presence or absence of a nutrient

e.g, Source of calcium

General level health claim

refers to a nutrient or substance in a food and its effect on a health function

e.g. Calcium for strong bones

High level health claim

refers to a nutrient or substance in a food and its relationship to a disease or to a biomarker of a disease

e.g. calcium to reduce the risk of osteoporosis

SUMMARY OF NUTRITION AND HEALTH CLAIM REQUIREMENTS

AUSTRALIAN FOOD & GROCERY COUNCIL

<table>
<tr><th colspan="3">CLAIMS</th></tr>
<tr><th>NUTRITION CONTENT CLAIM</th><th>GENERAL LEVEL HEALTH CLAIM</th><th>HIGH LEVEL HEALTH CLAIM</th></tr>
<tr><td>Not mandatory to meet the NPSC (except for glycaemic index, glycaemic load or ‘diet’ claim).</td><td>Must meet the NPSC.</td><td>Must meet the NPSC.</td></tr>
<tr><td></td><td colspan="2">Special purpose foods e.g., formulated supplementary sports food, do not need to meet the NPSC.</td></tr>
<tr><td>Compositional thresholds for some claims.</td><td>Must be pre-approved or self-substantiated.</td><td>Must be pre-approved
Cannot be self-substantiated.</td></tr>
<tr><td colspan="3">The Nutrition Information Panel must include information about the nutrient(s) if a claim is made.</td></tr>
</table>

NEXT WEBINAR: SEPTEMBER 2025

Standard 1.5.1 - Novel Foods

Standard 1.5.2 - Food produced using gene technology

Standard 1.5.3 - Irradiation of Food

THANK **YOU**

Q&A

AUSTRALIAN FOOD & GROCERY COUNCIL