

Schedule 4 Nutrition, health and related claims

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 5 and Schedule 6, 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.

S4—1 Name

This Standard is *Australia New Zealand Food Standards Code – Schedule 4 – Nutrition, health and related claims*.

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.

S4—2 Definitions

In this Schedule:

maximum claimable amount means the maximum claimable amount as prescribed by section 1.3.2—4 or 1.3.2—5.

reference quantity means the reference quantity specified for the food in the Table to section S17—4.

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

sugars:

- (a) in Standard 1.2.7, Standard 1.2.8 and Schedule 4 (except where it appears with an asterisk as 'sugars*')—means monosaccharides and disaccharides; and
- (a) otherwise—means any of the following products, derived from any source:
 - (i) hexose monosaccharides and disaccharides, including dextrose, fructose, sucrose and lactose;
 - (ii) starch hydrolysate;
 - (iii) glucose syrups, maltodextrin and similar products;
 - (iv) products derived at a sugar refinery, including brown sugar and molasses;
 - (v) icing sugar;
 - (vi) invert sugar;
 - (vii) fruit sugar syrup;
 but does not include:
 - (i) malt or malt extracts; or
 - (ii) sorbitol, mannitol, glycerol, xylitol, polydextrose, isomalt, maltitol, maltitol syrup, erythritol or lactitol.

Note **Sugar** is defined differently—see section 1.1.2—3.

Note **Sugars*** is relevant for claims about no added sugar.

S4—3 Conditions for nutrition content claims

For subsection 1.2.7—12(1), the table is:

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
*Carbohydrate		Reduced or light/lite	The food contains at least 25% less *carbohydrate than in the same amount of *reference food.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
		Increased	The food contains at least 25% more *carbohydrate than in the same amount of *reference food.
Cholesterol	The food meets the conditions for a nutrition content claim about low saturated fatty acids.	Low	The food contains no more cholesterol than: (a) 10 mg/100 mL for liquid food; or (b) 20 mg/100 g for solid food.
		Reduced or Light / Lite	The food contains at least 25% less cholesterol 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.
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.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
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.
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.
*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.		
Lactose		Free	The food contains no detectable lactose.
		Low	The food contains no more than 2 g of lactose/100 g of the food.
Mono-unsaturated fatty acids	The food contains, as a proportion of the total fatty acid content: (a) no more than 28% saturated fatty acids and trans fatty acids; and (b) no less than 40% monounsaturated fatty acids.	Increased	(a) The food contains at least 25% more *monounsaturated fatty acids than in the same amount of *reference food; and
			(b) the reference food meets the general claim conditions for a nutrition content claim about monounsaturated fatty acids.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Omega-9 fatty acids	(a) The food meets the conditions for a nutrition content claim about omega fatty acids; and (b) the food contains, as a proportion of the total fatty acid content: (i) no more than 28% *saturated fatty acids and trans fatty acids; and (ii) no less than 40% omega-9 fatty acids.	Increased	(a) The food contains at least 25% more omega-9 fatty acids than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about omega-9 fatty acids.
Poly-unsaturated fatty acids	The food contains, as a proportion of the total fatty acid content: (a) no more than 28% *saturated fatty acids and trans fatty acids; and (b) no less than 40% polyunsaturated fatty acids.	Increased	(a) The food contains at least 25% more *polyunsaturated fatty acids than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about polyunsaturated fatty acids.
Potassium	The nutrition information panel indicates the sodium and potassium content.		
Protein	The food contains at least 5 g of protein/serving unless the claim is about low or reduced protein.	Good Source Increased	The food contains at least 10 g of protein/serving. (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.
Salt or sodium		Low Reduced or Light/Lite No added Unsalted	The food contains no more sodium than: (a) 120 mg/100 mL for liquid food; or (b) 120 mg/100 g for solid food. The food contains at least 25% less sodium than in the same amount of *reference food. (a) The food contains no added sodium compound including no added salt; and (b) the ingredients of the food contain no added sodium compound including no added salt. The food meets the conditions for a nutrition content claim about no added salt or sodium.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Saturated and trans fatty acids		Low	The food contains no more *saturated and *trans fatty acids than: (a) 0.75 g/100 mL for liquid food; or (b) 1.5 g/100 g for solid food.
		Reduced or Light/Lite	(a) The food contains at least 25% less saturated and *trans fatty acids than in the same amount of *reference food; and (b) both saturated and trans fatty acids are reduced relative to the same amount of reference food.
		Low proportion	(a) The food contains as a proportion of the total fatty acid content, no more than 28% *saturated fatty acids and *trans fatty acids; and (b) the claim expressly states in words to the effect of 'low proportion of *saturated and *trans fatty acids of total fatty acid content'.
Saturated fatty acids		Free	(a) The food contains no detectable *saturated fatty acids; and (b) the food contains no detectable *trans fatty acids.
		Low	The food contains no more *saturated and *trans fatty acids than: (a) 0.75 g/100 mL for liquid food; or (b) 1.5 g/100 g for solid food.
		Reduced or Light/Lite	The food contains: (a) at least 25% less *saturated fatty acids than in the same amount of *reference food; and (b) no more *trans fatty acids than in the same amount of reference food.
		Low proportion	(a) The food contains as a proportion of the total fatty acid content, no more than 28% *saturated fatty acids and trans fatty acids; and (b) the claim expressly states in words to the effect of 'low proportion of saturated fatty acids of the total fatty acid content'.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
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 contains no added sugars*, honey, malt, or malt extracts; and (b) the food contains no added concentrated fruit juice or deionised fruit juice, unless the food is any of the following: (i) a brewed soft drink; (ii) an electrolyte drink; (iii) an electrolyte drink base; (iv) juice blend; (v) a formulated beverage; (vi) fruit juice; (vii) fruit drink; (viii) vegetable juice; (ix) mineral water or spring water; (x) a non-alcoholic beverage.
		Unsweetened	(a) The food meets the conditions for a nutrition content claim about no added sugar; and (b) the food contains no intense sweeteners, sorbitol, mannitol, glycerol, xylitol, isomalt, maltitol syrup or lactitol.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Trans fatty acids		Free	The food contains no detectable trans fatty acids, and contains: (a) no more than: (i) 0.75 g saturated fatty acids/100 mL of liquid food; or (ii) 1.5 g saturated fatty acids/100 g of solid food; or (b) no more than 28% saturated fatty acids as a proportion of the total fatty acid content.
		Reduced or Light / Lite	The food contains: (a) at least 25% less *trans fatty acids than in the same amount of *reference food, and (b) no more *saturated fatty acids than in the same amount of reference food.
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.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<p><i>General claim conditions that must be met</i></p> <ul style="list-style-type: none"> (ii) the serving size is less than the reference quantity; and (iii) the reference quantity contains at least 10% *RDI or *ESADDI for the vitamin or mineral; and (iv) the maximum claimable amount is less than 10% *RDI or *ESADDI per serving. <p>For food for infants, the food satisfies the condition for making a claim under subsection 2.9.2—10(2).</p> <p>For a formulated meal replacement, the food meets the condition for making a claim under subsection 2.9.3—4(2).</p> <p>For a formulated supplementary food, the food meets the conditions for making a claim under subsection 2.9.3—6(2).</p> <p>For a formulated supplementary food for young children, the food meets the conditions for making a claim under 2.9.3—8(2).</p>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>

S4—4

Conditions for permitted high level health claims

For subsection 1.2.7—18(2), the table is:

Conditions for permitted high level health claims

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Context claim statements</i>	<i>Conditions</i>
A high intake of fruit and vegetables	Reduces risk of coronary heart disease		Diet containing a high amount of both fruit and vegetables	(a) Claims are not permitted on: <ul style="list-style-type: none"> (i) juice blend; or (ii) fruit juice; or (iii) vegetable juice; or (iv) a formulated beverage; or (v) mineral water or spring water; or (vi) a non-alcoholic beverage; or (vii) brewed soft drink; or (viii) fruit drink; or (ix) electrolyte drink; or (x) electrolyte drink base; and (b) the food must contain no less than 90% fruit or vegetable by weight.
Beta-glucan	Reduces blood cholesterol		Diet low in saturated fatty acids Diet containing 3 g of beta-glucan per day	The food must contain: <ul style="list-style-type: none"> (a) one or more of the following oat or barley foods: <ul style="list-style-type: none"> (i) oat bran; (ii) wholegrain oats; or (iii) wholegrain barley; and (b) at least 1 g per serving of beta-glucan from the foods listed in (a).
Calcium	Enhances bone mineral density		Diet high in calcium	The food must contain no less than 200 mg of calcium/serving.
	Reduces risk of osteoporosis	Persons 65 years and over	Diet high in calcium, and adequate vitamin D status	The food must contain no less than 290 mg of calcium/serving.
	Reduces risk of osteoporotic fracture			
Calcium and Vitamin D	Reduces risk of osteoporosis	Persons 65 years and over	Diet high in calcium, and adequate vitamin D status	The food must: <ul style="list-style-type: none"> (a) contain no less than 290 mg of calcium/serving; and (b) meet the general claim conditions for making a nutrition content claim about vitamin D.
	Reduces risk of osteoporotic fracture			

Conditions for permitted high level health claims

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Context claim statements</i>	<i>Conditions</i>
Folic acid (but not folate)	Reduces risk of foetal neural tube defects	Women of child bearing age	Consume at least 400 µg of folic acid per day, at least the month before and three months after conception	<p>The food must:</p> <ul style="list-style-type: none"> (a) contain no less than 40 µg folic acid/serving; and (b) the food is not: <ul style="list-style-type: none"> (i) soft cheese; or (ii) pâté; or (iii) liver or liver product; or (iv) food containing added *phytosterols, phytosterols and their esters; or (v) a formulated caffeinated beverage; or (vi) a formulated supplementary sports food; or (vi) a formulated meal replacement.
Increased intake of fruit and vegetables	Reduces risk of coronary heart disease		Diet containing an increased amount of both fruit and vegetables	<ul style="list-style-type: none"> (a) Claims are not permitted on: <ul style="list-style-type: none"> (i) juice blend; or (ii) fruit juice; or (iii) vegetable juice; or (iv) a formulated beverage; or (v) mineral water or spring water; or (vi) a non-alcoholic beverage; or (vii) a brewed soft drink; or (viii) fruit drink; or (ix) an electrolyte drink; or (x) an electrolyte drink base; and (b) the food must contain no less than 90% fruit or vegetable by weight.

Conditions for permitted high level health claims

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Context claim statements</i>	<i>Conditions</i>
*Phytosterols, phytostanols and their esters	Reduces blood cholesterol		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 in section S25—2; and (b) contain a minimum of 0.8 g total plant sterol equivalents content/serving.
Saturated fatty acids	Reduces total blood cholesterol or blood LDL cholesterol		Diet low in saturated fatty acids	The food must meet the conditions for making a nutrition content claim about low saturated fatty acids.
Saturated and trans fatty acids	Reduces total blood cholesterol or blood LDL cholesterol		Diet low in saturated and trans fatty acids	The food must meet the conditions for making a nutrition content claim about low saturated and trans fatty acids.
Sodium or salt	Reduces blood pressure		Diet low in salt or sodium	The food must meet the conditions for making a nutrition content claim about low sodium or salt.

S4—5

Conditions for permitted general level health claims

For subsection 1.2.7—18(3), the table is:

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Calcium	Necessary for normal teeth and bone structure Necessary for normal nerve and muscle function Necessary for normal blood coagulation Contributes to normal energy metabolism Contributes to the normal function of digestive enzymes Contributes to normal cell division			The food must meet the general claim conditions for making a nutrition content claim about calcium.

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Contributes to normal growth and development	Children		
Chromium	Contributes to normal macronutrient metabolism			The food must meet the general claim conditions for making a nutrition content claim about chromium.
Copper	<p>Contributes to normal connective tissue structure</p> <p>Contributes to normal iron transport and metabolism</p> <p>Contributes to cell protection from free radical damage</p> <p>Necessary for normal energy production</p> <p>Necessary for normal neurological function</p> <p>Necessary for normal immune system function</p> <p>Necessary for normal skin and hair colouration</p>	Children		The food must meet the general claim conditions for making a nutrition content claim about copper.
Fluoride	Contributes to the maintenance of tooth mineralisation			The food must contain no less than 0.6 mg fluoride/L.
Iodine	<p>Necessary for normal production of thyroid hormones</p> <p>Necessary for normal neurological function</p> <p>Necessary for normal energy metabolism</p> <p>Contributes to normal cognitive function</p> <p>Contributes to the maintenance of normal skin</p>			The food must meet the general claim conditions for making a nutrition content claim about iodine.

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Iodine	Contributes to normal growth and development	Children		
Iron	Necessary for normal oxygen transport Contributes to normal energy production Necessary for normal immune system function Contributes to normal blood formation Necessary for normal neurological development in the foetus Contributes to normal cognitive function Contributes to the reduction of tiredness and fatigue Necessary for normal cell division			The food must meet the general claim conditions for making a nutrition content claim about iron.
	Contributes to normal growth and development	Children		
	Contributes to normal cognitive development	Children		
Manganese	Contributes to normal bone formation Contributes to normal energy metabolism Contributes to cell protection from free radical damage Contributes to normal connective tissue structure			The food must meet the general claim conditions for making a nutrition content claim about manganese.
	Contributes to normal growth and development	Children		

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Magnesium	<p>Contributes to normal energy metabolism</p> <p>Necessary for normal electrolyte balance</p> <p>Necessary for normal nerve and muscle function</p> <p>Necessary for teeth and bone structure</p> <p>Contributes to a reduction of tiredness and fatigue</p> <p>Necessary for normal protein synthesis</p> <p>Contributes to normal psychological function</p> <p>Necessary for normal cell division</p>	Children		The food must meet the general claim conditions for making a nutrition content claim about magnesium.
Molybdenum	Contributes to normal sulphur amino acid metabolism			The food must meet the general claim conditions for making a nutrition content claim about molybdenum.
Phosphorus	<p>Necessary for normal teeth and bone structure</p> <p>Necessary for the normal cell membrane structure</p> <p>Necessary for normal energy metabolism</p>	Children		The food must meet the general claim conditions for making a nutrition content claim about phosphorus.
Selenium	Necessary for normal immune system function			The food must meet the general claim conditions for making a nutrition

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Necessary for the normal utilisation of iodine in the production of thyroid hormones Necessary for cell protection from some types of free radical damage Contributes to normal sperm production			content claim about selenium.
Selenium	Contributes to the maintenance of normal hair and nails			
	Contributes to normal growth and development	Children		
Zinc	Necessary for normal immune system function Necessary for normal cell division Contributes to normal skin structure and wound healing			The food must meet the general conditions for making a nutrition content claim about zinc.
	Contributes to normal growth and development	Children		
	Contributes to normal acid-base metabolism Contributes to normal carbohydrate metabolism Contributes to normal cognitive function Contributes to normal fertility and reproduction Contributes to normal macronutrient metabolism			

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Contributes to normal metabolism of fatty acids			
	Contributes to normal metabolism of vitamin A			
	Contributes to normal protein synthesis			
	Contributes to the maintenance of normal bones			
	Contributes to the maintenance of normal hair and nails			
	Contributes to the maintenance of normal testosterone levels in the blood			
	Contributes to cell protection from free radicals			
	Contributes to the maintenance of normal vision			

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Biotin	<p>Contributes to normal fat metabolism and energy production</p> <p>Contributes to normal functioning of the nervous system</p> <p>Contributes to normal macronutrient metabolism</p> <p>Contributes to normal psychological function</p> <p>Contributes to maintenance of normal hair</p> <p>Contributes to maintenance of normal skin and mucous membranes</p>			The food must meet the general conditions for making a nutrition content claim about biotin.
Choline	<p>Contributes to normal homocysteine metabolism</p> <p>Contributes to normal fat metabolism</p> <p>Contributes to the maintenance of normal liver function</p>			The food must contain no less than 50 mg choline/serve.
Folate	<p>Necessary for normal blood formation</p> <p>Necessary for normal cell division</p> <hr/> <p>Contributes to normal growth and development</p> <hr/> <p>Contributes to maternal tissue growth during pregnancy</p> <p>Contributes to normal amino acid synthesis</p>	Children		The food must meet the general conditions for making a nutrition content claim about folate.

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	<p>Contributes to normal homocysteine metabolism</p> <p>Contributes to normal psychological function</p> <p>Contributes to normal immune system function</p> <p>Contributes to the reduction of tiredness and fatigue</p>			
Folic acid (but not folate)	Contributes to normal neural tube structure in the developing foetus	Women of child bearing age	Consume at least 400 µg of folic acid/day, at least the month before and three months after conception	<p>(a) The food must contain no less than 40 µg folic acid per serving; and</p> <p>(b) the food is not:</p> <ul style="list-style-type: none"> (i) soft cheese; or (ii) pâté; or (iii) liver or liver product; or (iv) food containing added *phytosterols, phytosterols and their esters; or (v) a formulated caffeinated beverage; or (vi) a formulated supplementary sports food; or (vii) a formulated meal replacement.
Niacin	<p>Necessary for normal neurological function</p> <p>Necessary for normal energy release from food</p> <p>Necessary for normal structure and function of skin and mucous membranes</p>			The food must meet the general claim conditions for making a nutrition content claim about niacin.
	Contributes to normal growth and development	Children		

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	<p>Contributes to normal psychological function</p> <p>Contributes to the reduction of tiredness and fatigue</p>			
Pantothenic acid	<p>Necessary for normal fat metabolism</p> <hr/> <p>Contributes to normal growth and development</p> <hr/> <p>Contributes to normal energy production</p> <p>Contributes to normal mental performance</p> <p>Contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters</p> <p>Contributes to the reduction of tiredness and fatigue</p>	<p>Children</p>		<p>The food must meet the general claim conditions for making a nutrition content claim about pantothenic acid.</p>
Riboflavin	<p>Contributes to normal iron transport and metabolism</p> <p>Contributes to normal energy release from food</p> <p>Contributes to normal skin and mucous membrane structure and function</p> <hr/> <p>Contributes to normal growth and development</p> <hr/> <p>Contributes to normal functioning of the nervous system</p>	<p>Children</p>		<p>The food must meet the general claim conditions for making a nutrition content claim about riboflavin.</p>

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	<p>Contributes to the maintenance of normal red blood cells</p> <p>Contributes to the maintenance of normal vision</p> <p>Contributes to the protection of cells from oxidative stress</p> <p>Contributes to the reduction of tiredness and fatigue</p>			
Thiamin	<p>Necessary for normal carbohydrate metabolism</p> <p>Necessary for normal neurological and cardiac function</p>			The food must meet the general claim conditions for making a nutrition content claim about thiamin.
	Contributes to normal growth and development	Children		
	Contributes to normal energy production			
	Contributes to normal psychological function			
Vitamin A	<p>Necessary for normal vision</p> <p>Necessary for normal skin and mucous membrane structure and function</p> <p>Necessary for normal cell differentiation</p>			The food must meet the general claim conditions for making a nutrition content claim about vitamin A.
	Contributes to normal growth and development	Children		
	Contributes to normal iron metabolism			
	Contributes to normal immune system function			

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Vitamin B ₆	Necessary for normal protein metabolism			The food must meet the general claim conditions for making a nutrition content claim about vitamin B ₆ .
	Necessary for normal iron transport and metabolism			
	Contributes to normal growth and development	Children		
	Contributes to normal cysteine synthesis			
	Contributes to normal energy metabolism			
	Contributes to normal functioning of the nervous system			
	Contributes to normal homocysteine metabolism			
	Contributes to normal glycogen metabolism			
	Contributes to normal psychological function			
	Contributes to normal red blood cell formation			
	Contributes to normal immune system function			
	Contributes to the reduction of tiredness and fatigue			
	Contributes to the regulation of hormonal activity			
Vitamin B ₁₂	Necessary for normal cell division			The food must meet the general conditions for making a nutrition content claim about vitamin B ₁₂ .
	Contributes to normal blood formation			

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Necessary for normal neurological structure and function			
	Contributes to normal growth and development	Children		
	Contributes to normal energy metabolism			
	Contributes to normal homocysteine metabolism			
	Contributes to normal psychological function			
	Contributes to normal immune system function			
	Contributes to the reduction of tiredness and fatigue			
Vitamin C	Contributes to iron absorption from food			The food must meet the general claim conditions for making a nutrition content claim about vitamin C.
	Necessary for normal connective tissue structure and function			
	Necessary for normal blood vessel structure and function			
	Contributes to cell protection from free radical damage			
	Necessary for normal neurological function			
	Contributes to normal growth and development	Children		

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	<p>Contributes to normal collagen formation for the normal structure of cartilage and bones</p> <p>Contributes to normal collagen formation for the normal function of teeth and gums</p> <p>Contributes to normal collagen formation for the normal function of skin</p> <p>Contributes to normal energy metabolism</p> <p>Contributes to normal psychological function</p> <p>Contributes to the normal immune system function</p> <p>Contributes to the reduction of tiredness and fatigue</p>			
Vitamin D	<p>Necessary for normal absorption and utilisation of calcium and phosphorus</p> <p>Contributes to normal cell division</p> <p>Necessary for normal bone structure</p>			The food must meet the general claim conditions for making a nutrition content claim about vitamin D.
	<p>Contributes to normal growth and development</p>	Children		
	<p>Contributes to normal blood calcium levels</p> <p>Contributes to the maintenance of normal muscle function</p>			

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Contributes to the maintenance of normal teeth			
	Contributes to the normal function of the immune system			
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			The food must meet the general claim conditions for making a nutrition content claim about vitamin K.
	Contributes to normal bone structure			
	Contributes to normal growth and development	Children		

**Conditions for permitted general level health claims
Part 3—Other**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
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).
*Carbohydrate	Contributes energy for normal metabolism			(a) *Carbohydrate must contribute at least 55% of the energy content of the food; or (b) the food must: (i) be a formulated meal replacement or a formulated supplementary food; and (ii) have a maximum 10% of *carbohydrate content from sugars.
	Contributes energy for normal metabolism	Young children aged 1–3 years		The food must: (a) be a formulated supplementary food for young children; and (b) have a maximum 10% of *carbohydrate content from sugars.
Dietary fibre	Contributes to regular laxation			The food must meet the general conditions for making a nutrition content claim about dietary fibre.

**Conditions for permitted general level health claims
Part 3—Other**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Eicosa-pentaenoic acid (EPA) and Docosa-hexaenoic acid (DHA) (but not Omega-3)	Contributes to heart health		Diet containing 500 mg of EPA and DHA per day	(a) The food must contain a minimum of 50 mg EPA and DHA combined in a serving of food; and (b) other than for fish or fish products with no added saturated fatty acids—the food contains: <ul style="list-style-type: none"> (i) as a proportion of the total fatty acid content, no more than 28% *saturated fatty acids and trans fatty acids; or (ii) no more than 5 g per 100 g saturated fatty acids and trans fatty acids.
Energy	Contributes energy for normal metabolism			The food must contain a minimum of 420 kJ of energy/serving
	Contributes energy for normal metabolism	Young children aged 1–3 years		The food must be a formulated supplementary food for young children
Energy	Contributes to weight loss or weight maintenance		Diet reduced in energy and including regular exercise	The food: <ul style="list-style-type: none"> (a) meets the conditions for making a 'diet' nutrition content claim; or (b) is a formulated meal replacement and contains no more than 1200 kJ per serving
Live yoghurt cultures	Improves lactose digestion	Individuals who have difficulty digesting lactose		The food must: <ul style="list-style-type: none"> (a) be yoghurt or fermented milk; and (b) contain at least 108 cfu/g (<i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> and <i>Streptococcus thermophilus</i>).

**Conditions for permitted general level health claims
Part 3—Other**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
*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.
Potassium	Necessary for normal water and electrolyte balance Contributes to normal growth and development Contributes to normal functioning of the nervous system Contributes to normal muscle function	Children		The food contains no less than 200 mg of potassium/serving
Protein	Necessary for tissue building and repair Necessary for normal growth and development of bone Contributes to the growth of muscle mass Contributes to the maintenance of muscle mass Contributes to the maintenance of normal bones Necessary for normal growth and development Necessary for normal growth and development	Children and adolescents aged 4 years and over Children aged 4 years and over Infants aged 6 months to 12 months		The food must meet the general conditions for making a nutrition content claim about protein. The food must be a food for infants and comply with subsection 2.9.2—8(2).

**Conditions for permitted general level health claims
Part 3—Other**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Fruits and vegetables	Contributes to heart health		Diet containing an increased amount of fruit and vegetables; or Diet containing a high amount of fruit and vegetables	(a) The food is not: (i) juice blend; or (ii) fruit juice; or (iii) vegetable juice; or (iv) a formulated beverage; or (v) mineral water or spring water; or (vi) a non-alcoholic beverage; or (vii) a brewed soft drink; or (viii) fruit drink; or (ix) an electrolyte drink; or (x) an electrolyte drink base; and (b) the food contains no less than 90% fruit or vegetable by weight.
Sugar or sugars	Contributes to dental health		Good oral hygiene	The food: (a) is confectionery or chewing gum; and (b) either: (i) contains 0.2% or less starch, dextrins, mono-, di- and oligosaccharides, or other fermentable carbohydrates combined; or (ii) if the food contains more than 0.2% fermentable carbohydrates, it must not lower plaque pH below 5.7 by bacterial fermentation during 30 minutes after consumption as measured by the indwelling plaque pH test, referred to in 'Identification of Low Caries Risk Dietary Components' by T.N. Imfeld, Volume 11, Monographs in Oral Science, 1983.

**Conditions for permitted general level health claims
Part 3—Other**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Chewing gum	Contributes to the maintenance of tooth mineralisation Contributes to the neutralisation of plaque acids		Chew the gum for at least 20 minutes after eating or drinking	The food is chewing gum and either: (a) contains 0.2% or less starch, dextrans, mono-, di- and oligosaccharides, or other fermentable carbohydrates combined; or (b) if the food contains more than 0.2% fermentable carbohydrates, it must not lower plaque pH below 5.7 by bacterial fermentation during 30 minutes after consumption as measured by the indwelling plaque pH test, referred to in 'Identification of Low Caries Risk Dietary Components' by T.N. Imfeld, Volume 11, Monographs in Oral Science, 1983.
	Contributes to the reduction of oral dryness		Chew the gum when the mouth feels dry	

S4—6 Nutrient profiling scoring criterion

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

NPSC

Column 1	Column 2
<i>Category</i> <i>score</i>	<i>The *nutrient profiling score must be less than ...</i>
1	1
2	4
3	28
(a) Cheese or processed cheese with calcium content greater than 320 mg/100 g; or	
(b) edible oil: or	
(c) edible oil spread; or	
(d) margarine; or	
(e) butter.	

Note With regard to NPSC category 3(a), all other cheeses (with calcium content of less than or equal to 320 mg/100 g) are classified as an NPSC category 2 food.

Application, saving and transitional provisions

The table below details information on application, saving or transitional provisions in instruments affecting this Schedule.

Australia New Zealand Food Standards Code – Transitional Variation 2015 (Proposal P1037 – Amendments associated with Nutrition Content & Health Claims)				
Instrument items affected	Amendment No.	FRLI registration Gazette	Instrument's transitional provision	Description of transitional arrangement
Item [4] of the Schedule	159	F2015L01931 3 Dec 2015 FSC101 7 Dec 2015	Clause 4	<p>Clause 4 establishes a transitional arrangement for variations to the Code made by Item [4] of the Schedule.</p> <p>The transition period is the period of time that commences on 1 March 2016 and ends on 18 January 2017.</p> <p>Subclause 4(2) provides that section 1.1.1—9 of the Code does not apply to the above variations.</p> <p>Subclause 4(3) provides that, during the transition period, a food may comply with either:</p> <ul style="list-style-type: none"> (a) the Code as in force without the above variations; or (b) the Code as amended by the above variations; <p>but not a combination of both.</p> <p>Subclause 4(4) provides an exemption for stock-in-trade that will apply from 18 January 2007. A food is deemed to comply with the Code as amended by the above variations for a period of 12 months commencing on 18 January 2017 if the food otherwise complied with the Code before that date.</p>

Amendment History

The Amendment History provides information about each amendment to the Standard. The information includes commencement or cessation information for relevant amendments.

These amendments are made under section 92 of the *Food Standards Australia New Zealand Act 1991* unless otherwise indicated. Amendments do not have a specific date for cessation unless indicated as such.

About this compilation

This is a compilation of Schedule 4 as in force on **1 March 2016** (up to Amendment No. 159). It includes any commenced amendment affecting the compilation to that date.

Prepared by Food Standards Australia New Zealand on **7 December 2015**.

Uncommenced amendments or provisions ceasing to have effect

To assist stakeholders, the effect of any uncommenced amendments or provisions which will cease to have effect, may be reflected in the Standard as shaded boxed text with the relevant commencement or cessation date. These amendments will be reflected in a compilation registered on the Federal Register of Legislative Instruments including or omitting those amendments and provided in the Amendment History once the date is passed.

The following abbreviations may be used in the table below:

ad = added or inserted

am = amended

exp = expired or ceased to have effect

rep = repealed

rs = repealed and substituted

Schedule 4 was published in the Food Standards Gazette No. FSC96 on 10 April 2015 as part of Amendment 154 (F2015L00474-- 1 April 2015) and has since been amended as follows:

Section affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
S4—2	159	F2015L01931 3 Dec 2015 FSC101 7 Dec 2015	1 March 2016	ad	Text with definitions of 'maximum claimable amount' and 'reference quantity'. <i>For application, saving and transitional provisions, see above table.</i>
table to S4—3	159	F2015L01931 3 Dec 2015 FSC101 7 Dec 2015	1 March 2016	am	Entries for lactose, salt and sodium and omega-3 fatty acids in relation to references to the nutrition information panel. <i>For application, saving and transitional provisions, see above table.</i>
table to S4—3	159	F2015L01929 3 Dec 2015 FSC101 7 Dec 2015	1 March 2016	am	Entry for vitamin or mineral (not including potassium or sodium) to permit nutrition content claims about sodium and salt in relation to foods (not beverages) containing alcohol. <i>For application, saving and transitional provisions, see above table.</i>