

# **Nutrition Information User Guide**

to

**Standard 1.2.8 – *Nutrition Information Requirements***

## **Part B – Nutrition Claims**

**March 2012**

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# Background

## Food Standards in Australia and New Zealand

The Australian and New Zealand food standards system is governed by legislation in the states, territories, New Zealand, and the Commonwealth of Australia; including the *Food Standards Australia New Zealand Act 1991* (the FSANZ Act).

The FSANZ Act sets out how food regulatory measures are developed. It created FSANZ as the agency responsible for developing and maintaining the *Australia New Zealand Food Standards Code* (the Code).

Responsibility for enforcing the Code in Australia rests with authorities in the states and territories; the Commonwealth Department of Agriculture, Fisheries and Forestry for imported food; and with the Ministry of Agriculture and Forestry in New Zealand.

## Responsibility of food businesses

This User Guide is not a legally binding document. It is designed to help interested parties understand or interpret provisions in the Code.

While this User Guide reflects the views of FSANZ, it cannot be relied upon as stating the law. The views of FSANZ may change when, for example, courts determine cases; or government regulations are made or changed. Ultimately, interpretation of the law will always be up to the courts.

### **Food businesses should obtain legal advice to ensure they are aware of developments in the law and any implications of such developments.**

As well as complying with food standards requirements, food businesses must also continue to comply with other legislation.

In Australia, this legislation includes the *Competition and Consumer Act 2010*; the *Imported Food Control Act 1992*; and state and territory fair trading Acts and food Acts.

In New Zealand, this legislation includes the *Food Act 1981* and *Fair Trading Act 1986*.

### **Disclaimer**

FSANZ disclaims any liability for any loss or injury directly or indirectly sustained by any person as a result of any reliance upon (including reading or using) this guide. Any person relying on this guide should seek independent legal advice in relation to any queries they may have regarding obligations imposed under the standards in the *Australia New Zealand Food Standards Code*.

## Purpose

The purpose of this User Guide is to help food businesses, food officers and other users interpret the provisions set out in Standard 1.2.8 – Nutrition Information Requirements. There are two parts to the Nutrition Information User Guide. Part A explains when nutrition information is required and the way in which it must be presented. This part – Part B outlines the requirements in the Code for nutrition claims.

A glossary of some of the terms used in this User Guide is provided at the end of this document.

## Other standards referring to nutrition claims

The following standards of the Code also have provisions relevant to nutrition claims:

- Standard 1.2.1 – Application of Labelling and Other Information Requirements sets out general labelling and information requirements, and exemptions to these requirements, and defines small packages.
- Standard 1.3.2 – Vitamins and Minerals sets out the requirements for when claims can be made about the vitamin and mineral content of a food.
- Standard 2.2.1 – Meat and Meat Products sets out mandatory fat declaration where a reference is made to the fat content of minced meat.
- Standard 2.6.2 – Non-alcoholic Beverages and Brewed Soft Drinks has a clause that sets out requirements for claims in relation to the tonicity (e.g. 'isotonic') of electrolyte drinks.
- Standard 2.9.2 – Foods for Infants includes specific nutrition labelling requirements of foods intended and/or represented for use as food for infants.
- Standard 2.9.3 – Formulated Meal Replacements and Formulated Supplementary Foods includes nutrition labelling requirements that apply to formulated meal replacements and formulated supplementary foods.
- Standard 2.9.4 – Formulated Supplementary Sports Foods includes requirements for when a nutrition claim is made about the vitamin and mineral content and other ingredients of these foods.
- Standard 2.10.2 – Salt and Salt Products includes requirements for labelling of reduced sodium salt mixtures and salt substitutes.

# Code of Practice on Nutrient Claims in Food Labels and in Advertisements (CoPoNC)

The Code does not specifically refer to all nutrition claims.

In Australia, the voluntary *Code of Practice on Nutrient Claims in Food Labels and in Advertisements* (CoPoNC) provides information on the use of some claims. While codes of practice may not necessarily be enforceable by law, the success of codes of practice is dependent on food businesses adhering to the guidelines as specified.

CoPoNC should be read in conjunction with Standard 1.2.8. In this User Guide, cross-references are made to CoPoNC where appropriate.

A copy of CoPoNC can be obtained from the Information Officer at FSANZ:

tel: +61 2 6271 2241

email: [info@foodstandards.gov.au](mailto:info@foodstandards.gov.au)

or from the FSANZ website:

[http://www.foodstandards.gov.au/srcfiles/Code\\_of\\_Practice\\_jan1995.pdf](http://www.foodstandards.gov.au/srcfiles/Code_of_Practice_jan1995.pdf)

## 1. What is a nutrition claim?

A nutrition claim is a representation that states, suggests or implies that a food has a nutritional property and includes references to energy, carbohydrate, sugars, starch, protein, amino acids, fat, cholesterol, fatty acids, dietary fibre, salt, sodium, potassium, vitamins, minerals and biologically active substances. Biologically active substances means substances, other than nutrients, that are associated with health effects, for example, plant sterols and lycopene.

A nutrition claim does not include:

- a reference in a statement of ingredients, a prescribed name (see subclause 1(2) of Standard 1.2.2 – Food Identification Requirements) or any other prescribed information
- particulars of a nutrient or energy that are required in a nutrition information panel under clause 5 of Standard 1.2.8
- a reference in the commonly accepted name of a food, for example, sweet corn, sweet potato and sweetbread
- a reference to a quantitative or qualitative declaration of nutrients, ingredients or energy on the label where that declaration is required by the Act<sup>1</sup> or the Code
- a reference to a reduction in alcohol content, e.g. *reduced alcohol*.

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<sup>1</sup> **Act** is defined in Standard 1.1.1 as being the Act as amended; or an Ordinance; of a State, Territory, external Territory, the Commonwealth, or New Zealand under which the Code is enforced.

**Code reference**

A nutrition claim is defined in clause 1 of Standard 1.2.8.

## 1.1 Examples of nutrition claims

Nutrition claims can either be expressed affirmatively, for example, *high protein* and *calcium enriched*; or negatively, for example, *no added sugar* and *low in fat*. Some more examples of nutrition claims are:

- *good source of calcium*
- *high in dietary fibre*
- *contains less cholesterol*
- *reduced salt.*

Terms such as *unsalted* and *light/lite* may also be considered to be nutrition claims.

The voluntary disclosure of a nutrient in the nutrition information panel is likely to be considered a nutrition claim and any conditions applicable to that nutrition claim must therefore be met. For example, if calcium is voluntarily declared in the nutrition information panel of a food, the relevant conditions for making a claim about calcium content in Standard 1.3.2 or Part 2.9 must be met.

## 2. Provision of nutrition information when a nutrition claim is made

### 2.1 Food for retail sale

If a nutrition claim is made about a food, a nutrition information panel must be included on the label of the package of that food (clause 4), unless the food for retail sale is exempt from the general labelling requirements under subclause 2(1) of Standard 1.2.1. There are particular information requirements where the food is in a small package (see section 5 of this part of the User Guide).

#### **Food that is exempt from the general labelling requirements**

When a nutrition claim is made about a food for retail sale that is exempt from the general labelling requirements under subclause 2(1) of Standard 1.2.1, a nutrition information panel would need to be displayed on or in connection with the display of the food, or provided to the purchaser upon request (subclause 4(2) of Standard 1.2.8).

#### **Food that is exempt from the requirement to label with a nutrition information panel**

Some packaged foods for retail sale are specifically exempt from the requirement to label with a nutrition information panel (under clause 3 of Standard 1.2.8). When a nutrition claim is made about these foods, this exemption no longer applies, and a nutrition information panel must be provided (subclause 4(1) of Standard 1.2.8).

The nutrition information panel should be provided on the label of the package of food, or, if the food is exempt from the requirement to bear a label under subclause 2(1) of Standard 1.2.1, the panel should be displayed on or in connection with the display of the food or provided to the purchaser on request.

### 2.2 Food for catering purposes

When a nutrition claim is made about a food for catering purposes, nutrition information would need to be provided on the label or in documentation, even if the food meets an exemption under clause 3 of Standard 1.2.8.

#### **Code reference**

Subclause 6(1) of Standard 1.2.1 provides that nutrition information for foods for catering purposes can be provided in documentation, instead of a label.

### 3. Requirements for the nutrition information panel if a nutrition claim is made

Where a nutrition claim is made, you must include specific information, including the name and average amount of any claimed nutrient or biologically active substance in the food in the nutrition information panel. This is in addition to the average energy content and the six mandatory nutrients, as outlined in Part A of the User Guide.

The following example shows how a nutrition information panel may be set out for a tomato sauce with a nutrition claim that it is a 'source of lycopene'.

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 20 mL		
	Average Quantity per Serving	Average Quantity per 100 mL
Energy	86.4 kJ	432 kJ
Protein	0.2 g	1.1 g
Fat, total	LESS THAN 1 g	LESS THAN 1 g
– saturated	LESS THAN 1 g	LESS THAN 1 g
Carbohydrate	5 g	25 g
– sugars	4.9 g	24.4 g
Sodium	123 mg	615 mg
Lycopene	2.6 mg	13 mg

**Note:** In this User Guide, the term 'Average' is used at the beginning of the 'Quantity per Serving' and 'Quantity per 100 g/100 mL' column headings in the nutrition information panel – the format for providing this information is not prescribed (see Part A of the User Guide for further information).

#### Code reference

Paragraph 5(1)(g) of Standard 1.2.8 requires, among other things, the name and average quantity of any nutrient or biologically active substance for which a nutrition claim is made to be included in the nutrition information panel (see Part A of the User Guide to Standard 1.2.8 which includes further information on how to determine and present the information required in the nutrition information panel).



### 3.1 Declarations of other nutrients or substances when certain nutrition claims are made

When the nutrition information panel includes nutrients that are sub-groups of other declared nutrients, they should be indented under the main nutrient and set out in logical groupings, e.g. the saturated, *trans*, polyunsaturated and monounsaturated fatty acids should be indented under the declaration of total fat.

#### **Code Reference**

Subclause 5(7) of Standard 1.2.8 outlines the required panel format when certain nutrients are declared in the nutrition information panel.

## 4. Conditions for certain nutrition claims

There are conditions in Standard 1.2.8 associated with making nutrition claims about:

- polyunsaturated and monounsaturated fatty acids (subclause 5(4) and clause 12)
- omega fatty acids (subclause 5(4) and clause 13)
- trans fatty acids (subclause 5(4))
- saturated fatty acids (subclause 5(4))
- cholesterol (subclause 5(4))
- energy (clause 14)
- lactose (clause 15)
- gluten (clause 16)
- salt, sodium, and potassium (clause 17)
- dietary fibre or any specifically named dietary fibre (subclause 5(5) and clause 18)
- sugars (subclause 5(5))
- carbohydrate (subclause 5(5)).

There are conditions in Standard 1.3.2 – Vitamins and Minerals, and Part 2.9 – Special Purpose Foods, for making claims about vitamins and minerals.

If a nutrition claim is made, other information specific to the nature of the claim may be required to be provided. This information is outlined in the following sections.

Nutrition information may not always need to be provided in a nutrition information panel format. Foods in small packages have specific requirements when nutrition claims are made about them – see section 5 of this part of the User Guide.

### **Code References**

Division 3 (clauses 12–17) of Standard 1.2.8 sets out the conditions, or eligibility criteria, for making certain nutrition claims.

Subclauses 5(4) and 5(5) of Standard 1.2.8 set out the requirements for declaring additional nutrients in the nutrition information panel when certain nutrition claims are made.

Clause 8 of Standard 1.2.8 sets out the nutrition labelling requirements where a nutrition claim is made about a food in a small package.

Standard 1.3.2 – Vitamins and Minerals sets out the conditions for making nutrition claims about vitamins and minerals on foods.

Part 2.9 – Special Purpose Foods, sets out the conditions for making certain claims about special purpose foods.

## 4.1 Nutrition claims about polyunsaturated fatty acids and monounsaturated fatty acids

A nutrition claim must not be made about the polyunsaturated or monounsaturated fatty acids content of a food without giving consideration to the total fatty acid composition of the food. Specifically:

- the total of saturated fatty acids and *trans* fatty acids comprises no more than 28% of the total fatty acid content of the food; and
- the fatty acid in respect of which the nutrition claim is made comprises no less than 40% of the total fatty acid content of the food.

### Code References

Clause 12 of Standard 1.2.8 set out the criteria for nutrition claims about the content of polyunsaturated fatty acids and monounsaturated fatty acids of a food.

Definitions of monounsaturated fatty acids and polyunsaturated fatty acids are found in clause 1 of Standard 1.2.8.

### 4.1.1 Nutrition information panels when a nutrition claim about polyunsaturated fatty acids or monounsaturated fatty acids is made

If you make a nutrition claim about polyunsaturated fatty acids or monounsaturated fatty acids, information must be provided in the nutrition information panel about the *trans* fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids content, in addition to energy and the six mandatory nutrients referred to in subclause 5(1). Note that these conditions do not apply when claims are made about food in a small package – refer to section 5 of this part B of the User Guide for the requirements for small packages.

Where a claim is made about polyunsaturated fatty acid content or monounsaturated fatty acid content of edible oils and edible oil spreads (for which there are compositional requirements specified in Standards 2.4.1 and 2.4.2), the content of the different types of fatty acids can be expressed as a minimum or a maximum instead of the average quantity in a serving of food. There is no prescribed format for declaring minimum or maximum quantities but the nutrition information panel should clearly indicate that the values are expressed as a maximum or minimum as applicable. For example, they could be shown as bracketed abbreviations '(min)' and '(max)' after the relevant fatty acid quantities (in grams) listed in the 'Quantity per Serving' column. Total fat content would still be expressed as an average quantity.

The following is an example of how a nutrition information panel may be set out when a nutrition claim about polyunsaturated fatty acid content is made on an edible oil:

<b>NUTRITION INFORMATION</b>		
Servings per package: (insert number of servings)		
Serving size: mL		
	Average Quantity per Serving	Average Quantity per 100 mL
Energy	kJ (Cal)	kJ (Cal)
Protein	g	g
Fat, total	g	g
– saturated (max)	g	g
– trans (max)	g	g
– polyunsaturated (min)	g	g
– monounsaturated (min)	g	g
Carbohydrate	g	g
– sugars	g	g
Sodium	mg (mmol)	mg (mmol)

### **Code References**

Subclause 5(4) of Standard 1.2.8 sets out the requirements for nutrition information panels when nutrition claims are made about polyunsaturated fatty acids and monounsaturated fatty acids.

Subclause 12(2) of Standard 1.2.8 enables the quantity of fatty acids to be set out in the nutrition information panel as a minimum or maximum quantity on edible oils or edible oil spreads.

## **4.2 Nutrition claims about omega fatty acids**

Nutrition claims about omega fatty acids must be qualified by the type of omega fatty acid that is the subject of the claim. This qualification must appear immediately after the word *omega*, for example *omega-3*, *omega-6* or *omega-9*.

### **Code reference**

Clause 13 of Standard 1.2.8 set out the conditions for nutrition claims about omega fatty acids.

### **4.2.1 Nutrition claims about omega-3 fatty acids**

Other than for certain fish and fish products, a nutrition claim should not be made about the omega-3 fatty acid content of a food (e.g. *source of omega-3 fatty acids* or *good source of omega-3 fatty acids*) unless certain conditions are met:

- the food contains no more than 28% of its total fatty acid content as saturated and trans fatty acids; or
- the food contains no more than 5 g total of saturated fatty acids and trans fatty acids per 100 g of food.

Fish and fish products that are a natural source of omega-3 fatty acids and have no added saturated fat are exempt from the requirements listed above in relation to the saturated fatty acid and trans fatty acid content.

In addition, for claims about the omega-3 content of a food, the food should contain at least:

- 200 mg alpha-linolenic acid (ALA) per serving; or
- 30 mg total eicosapentaenoic (EPA) and docosahexaenoic (DHA) acid per serving.

For claims that a food is a *good source of omega-3* or claims with similar meaning (e.g. *high in omega-3*), the food must contain at least 60 mg total of EPA and DHA per serving.

#### 4.2.2 Nutrition claims about omega-6 fatty acids and omega-9 fatty acids

A nutrition claim should not be made about omega-6 fatty acids or omega-9 fatty acids content of a food unless:

- the total of saturated fatty acids and trans fatty acids comprises no more than 28% of the total fatty acid content of the food; and
- the fatty acid in respect of which the nutrition claim is made comprises no less than 40% of the total fatty acid content of the food.

#### 4.2.3 Nutrition information panels when nutrition claims about omega fatty acids are made

If you make a nutrition claim about omega-3, omega-6 or omega-9 fatty acids, information must be provided in the nutrition information panel about the claimed nutrient (e.g. omega-3) as well as the trans fatty acids, polyunsaturated fatty acids, and monounsaturated fatty acids, in addition to energy and the mandatory nutrients (refer to section 3 of this part of the User Guide for information about the requirements when nutrition claims are made about food in a small packages).

The content of the omega-3, omega-6 or omega-9 fatty acids that is the subject of such a claim must be listed in the nutrition information panel (paragraph 5(1)(g) of Standard 1.2.8), e.g. under 'polyunsaturated'.

For nutrition claims about omega-3 fatty acids, the type of omega-3 fatty acid (namely ALA or EPA and DHA) should be indicated in the nutrition information panel (subclause 13(5) of Standard 1.2.8).

The following is an example of the format of a nutrition information panel for a food carrying an omega-3 nutrition claim.

<b>NUTRITION INFORMATION</b>		
Servings per package: (insert number of servings)		
Serving size: g (or mL or other units as appropriate)		
	Average Quantity per Serving	Average Quantity per 100 g (or 100 mL)
Energy	kJ (Cal)	kJ (Cal)
Protein	g	g
Fat, total	g	g
– saturated	g	g
– trans	g	g
– polyunsaturated	g	g
– omega 3	g	g
– eicosapentaenoic acid	mg	mg
– docosahexaenoic acid	mg	mg
– monounsaturated	g	g
Carbohydrate	g	g
– sugars	g	g
Sodium	mg (mmol)	mg (mmol)

#### **Code References**

Subclauses 5(4) and 13(5) of Standard 1.2.8 set out the requirements for nutrition information panels when nutrition claims are made about omega fatty acids.

### **4.3 Nutrition claims about trans fatty acids, saturated fatty acids, and cholesterol**

If you make a nutrition claim about trans fatty acids, saturated fatty acids, or cholesterol, information must be provided in the nutrition information panel about the claimed nutrient as well as the trans fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids, in addition to energy and the six mandatory nutrients referred to in subclause 5(1) (refer to section 5 of this part of the User Guide for information about the requirements when claims are made about food in a small packages).

If monounsaturated fatty acids or polyunsaturated fatty acids are included in the nutrition information panel under this requirement, the inclusion of these fatty acids in the nutrition information panel does not constitute a nutrition claim for the purposes of Standard 1.2.8 (see definition of nutrition claim in clause 1 of Standard 1.2.8), and the conditions in clause 12 of Standard 1.2.8 for making claims about these fatty acids would not apply.

#### **Code References**

Clause 1 of Standard 1.2.8 includes a definition of saturated fatty acids and trans fatty acids.

Subclause 5(4) of Standard 1.2.8 sets out the requirements for nutrition information panels when nutrition claims are made about trans fatty acids, saturated fatty acids, and cholesterol.

For more information about making nutrition claims about some fatty acids and cholesterol in Australia (for example, *low cholesterol* and *reduced in saturated fat*) see the *Code of Practice on Nutrient Claims in Food Labels and in Advertisements*.

## 4.4 Low joule nutrition claims

Low joule claims are nutrition claims as they make reference to the energy content of a food. Low joule and similar claims such as low energy should not be made for beverages and other liquid foods unless the average energy content<sup>2</sup> is 80 kJ per 100 mL or less. For solid and semi-solid foods, a claim to the effect that a food is a low joule food should not be made unless the average energy content is no more than 170 kJ per 100 g. Where a food is to be prepared as directed on the label, the average energy content of the food must be calculated for the food as prepared.

### Code Reference

Clause 14 of Standard 1.2.8 provides conditions for making nutrition claims to the effect that a food is a low joule food.

The *Code of Practice for Nutrient Claims in Food Labels and in Advertisements* provides information about making other nutrition claims about energy in Australia, such as *reduced energy* and *reduced joule* (page 16).

## 4.5 Claims about lactose

To make a claim to the effect that a food is low in lactose, the food must contain no more than 0.3 g of lactose per 100 g of the food.

For claims to the effect that a food is lactose free, the food must contain no detectable lactose.

For claims to the effect that a food is reduced in lactose, the claim must be accompanied by a declaration of the proportion by which the lactose content of the food has been reduced, for example, *x% lactose reduced*.

### 4.5.1 Nutrition information panels when claims about lactose are made

When a claim is made in relation to the content of lactose in a food, the amount of lactose and galactose in the food, in addition to energy and the six mandatory nutrients referred to in subclause 5(1), must be provided in the nutrition information panel.

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<sup>2</sup> Average energy content is defined in clause 1 of Standard 1.2.8.

The following is an example of the format of a nutrition information panel for a food carrying a lactose claim:

<b>NUTRITION INFORMATION</b>		
Servings per package: (insert number of servings)		
Serving size: g (or mL or other units as appropriate)		
	Average Quantity per Serving	Average 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
– lactose	g	g
– galactose	g	g
Sodium	mg (mmol)	mg (mmol)

#### **Code Reference**

Clause 15 of Standard 1.2.8 sets out the requirements for claims about lactose.

## **4.6 Claims about gluten**

The only claims that are permitted in relation to gluten content are claims to the effect that a food is gluten free, has a low gluten content, contains gluten or is high in gluten.

Claims to the effect that a food is gluten free should not be made unless the food contains no detectable gluten. In addition, the claim should not be made if the food contains oats or their products, or cereals containing gluten that have been malted, or their products.

Claims to the effect that a food has a low gluten content should not be made unless the food contains no more than 20 mg gluten per 100 g of the food.

#### **Code References**

Gluten is defined in clause 1 of Standard 1.2.8.

Clause 16 of Standard 1.2.8 sets out the requirements for claims about gluten content of food.

### **4.6.1 Nutrition information panels when claims about gluten are made**

If a claim is made in relation to gluten, the average quantity of gluten in the food – in addition to energy and the six mandatory nutrients referred to in subclause 5(1) – should be provided in the nutrition information panel.



The following is an example of the format for a nutrition information panel for a food carrying a gluten claim.

<b>NUTRITION INFORMATION</b>		
Servings per package: (insert number of servings)		
Serving size: g (or mL or other units as appropriate)		
	Average Quantity per Serving	Average Quantity per 100 g (or 100 mL)
Energy	kJ (Cal)	kJ (Cal)
Protein, total	g	g
– gluten	mg	mg
Fat, total	g	g
– saturated	g	g
Carbohydrate	g	g
– sugars	g	g
Sodium	mg (mmol)	mg (mmol)

#### 4.7 Claims about salt, sodium or potassium

A claim to the effect that a food is low in sodium or low in salt may be made only if the food contains no more than 120 mg of sodium per 100 g of the food.

Where a nutrition claim is made about the salt, sodium or potassium content of the food, then information about both the sodium and potassium content should be provided, in addition to information about energy and six mandatory nutrients referred to in subclause 5(1). Examples of nutrition claims about salt content include *no added salt* and *unsalted*.

The following is an example of the format of a nutrition information panel for a food carrying a claim about sodium:

<b>NUTRITION INFORMATION</b>		
Servings per package: (insert number of servings)		
Serving size: g (or mL or other units as appropriate)		
	Average Quantity per Serving	Average 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)
Potassium	mg (mmol)	mg (mmol)

#### **Code Reference**

Clause 17 of Standard 1.2.8 includes provisions for nutrition claims about salt, sodium or potassium.

The Code of Practice on Nutrient Claims in Food Labels and in Advertisements also provides information about making specific nutrition claims about salt and sodium in Australia, such as *no added salt*, *very low in sodium*, *unsalted*, and *reduced in salt*.

## 4.8 Nutrition claims about fibre, sugars, and other carbohydrates

When a nutrition claim is made about fibre, any specifically named fibre, sugars or any other carbohydrate (including carbohydrate itself), the nutrition information panel must include a declaration of the presence or absence of dietary fibre, in addition to energy and the six mandatory nutrients referred to in subclause 5(1) (refer to section 3 of this part of the User Guide for information about the requirements when claims are made about food in a small packages). Absence of dietary fibre must be declared as zero (0).

For claims such as *no added sugar* or *no added sugars*, the definition of sugars in Standard 1.2.8 (i.e. sugars mean monosaccharides and disaccharides) should be considered when providing information about sugars in the nutrition information panel.

The following is an example of the required panel format in relation to a claim about a specifically named dietary fibre (inulin).

NUTRITION INFORMATION		
Servings per package: (insert number of servings)		
Serving size: g (or mL or other units as appropriate)		
	Average Quantity per Serving	Average 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
Dietary fibre, total	g	g
– inulin	g	g
Sodium	mg (mmol)	mg (mmol)

### Code references

Subclauses 5(5) and 5(5A) of Standard 1.2.8 set out the requirements for nutrition information panels when nutrition claims are made about fibre, specifically named fibre, sugars or any other carbohydrate.

Clause 18 of Standard 1.2.8 lists the methods of analysis that should be used to determine dietary fibre and components of dietary fibre and Attachment 1 to Part A of the Standard 1.2.8 User Guide provides further detail.

For more information about nutrition claims for sugars and dietary fibre in Australia see the Code of Practice on Nutrient Claims in Food Labels and in Advertisements.

## 4.9 Claims about vitamins or minerals

In order to make a claim about the vitamin or mineral content of a food, the vitamin or mineral should be listed in Column 1 of the Schedule to Standard 1.1.1 and the food must be a 'claimable food, as defined in Standard 1.3.2. Note that conditions for claims about the vitamin or mineral content of special purpose foods, as outlined in Part 2.9 of the Code, differ to the conditions outlined below.

In order to make a claim about the presence of a vitamin or mineral (e.g. *source of...*) the product must contain at least 10% of the Recommended Dietary Intake (RDI)<sup>3</sup> or Estimated Safe and Adequate Daily Dietary Intake (ESADDI)<sup>4</sup> per reference quantity (defined in Standard 1.3.2) for the vitamin or mineral.

For claims to the effect that a food is a good source of a vitamin or mineral, the reference quantity of that food must contain no less than 25% of the RDI or ESADDI for the vitamin or mineral. The proportion of the RDI (but not of the ESADDI) of the vitamin or mineral contributed by one serving of food must be stated on the label, in addition to the average quantity per serving and in 100 g or 100 mL of the food.

The following is an example of the declaration of vitamin C in the nutrition information panel (see subclause 5(1) of Standard 1.2.8).

NUTRITION INFORMATION		
Servings per package: (insert number of servings)		
Serving size: g (or mL or other units as appropriate)		
	Average Quantity per Serving	Average 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)
Vitamin C	mg (...% RDI*)	mg

\*Recommended dietary intake

Note that the proportion of the RDI of the vitamin or mineral contributed by a serving of food must be stated on the label when a claim about a vitamin or mineral is made, as illustrated in the above example.

### Code References

Standard 1.3.2 outlines conditions for making claims about the vitamin or mineral content of a food (other than a Special Purpose Food).

<sup>3</sup> RDIs and ESADDIs are given in the Schedule to Standard 1.1.1. RDI and ESADDI are defined in Standard 1.1.1.

Conditions for making claims about vitamins and minerals are provided in clauses 4-9 of Standard 1.3.2.

Clause 9 of Standard 1.3.2 and paragraph 5(1)(g) of Standard 1.2.8 set out the requirements for additional labelling when a claim about a vitamin or mineral is made.

## 5. Nutrition claims about food in a small package

A small package means a package with a surface area of less than 100 cm<sup>2</sup>.

When you make a nutrition claim about a food in a small package, the label must include the average quantity of the claimed nutrient or biologically active substance present per unit quantity of the food, i.e. per 100 g (for solid or semi solid foods) or per 100 mL (for beverages and liquid foods). This information does not need to be in the nutrition information panel format prescribed in clause 5 of Standard 1.2.8. The label may not need to include the average quantity of energy or other nutrients, e.g. protein, fat, saturated fat, carbohydrate, sugars, and sodium unless a nutrition claim is made about them, or where particular nutrition claims are made (refer to the following sections).

### Example

*This product is low in fat.*

If you make this claim on a small package of a solid or semi-solid food, the label should include the amount of fat per 100 g.

E.g. Fat: 1.5 g/100 g

### Code References

A small package is defined in Standard 1.2.1.

Clause 8 of Standard 1.2.8 sets out the nutrition labelling requirements for small packages.

## 5.1 Nutrition claims about dietary fibre, sugars, and other types of carbohydrate in relation to food in a small package

When you make a nutrition claim about dietary fibre, sugars or any other type of carbohydrate in relation to a food in a small package, the average quantity of energy, carbohydrate, sugars and dietary fibre present, as well as the average quantity of the claimed nutrient present, per 100 g (for semi-solid and solid foods) or per 100 mL (for beverages and liquid foods) of the food must be shown on the label.

### Example

*This product is high in dietary fibre*

If you make this claim on a small package of a solid or semi-solid food, the label should include the average quantity of energy, carbohydrate, sugars and dietary fibre per 100 g.

E.g. Amounts per 100 g – Energy: 1470 kJ; Carbohydrate: 81.7 g; Sugars: 21.4 g; Dietary fibre: 21.0 g.

### Code Reference

Paragraph 8(1)(b) of Standard 1.2.8 sets out the nutrition labelling requirements when claims about dietary fibre, sugars or any other type of carbohydrate are made about a food in a small package.

## 5.2 Nutrition claims about cholesterol and fatty acids in relation to food in a small package

When you make a nutrition claim about cholesterol or saturated fatty acids, trans fatty acids, polyunsaturated fatty acids or monounsaturated fatty acids, or any omega fatty acids, in relation to a food in a small package, the amount of saturated fatty acids, trans fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids present in the food, as well as the average quantity of the claimed nutrient present, must be shown on the label.

### Example

*Brand X is a monosaturated margarine*

If you make this claim, the label should include the quantity of saturated fatty acids, monounsaturated fatty acids, polyunsaturated fatty acids and trans fatty acids in the food.

E.g. Amounts per 100 g – saturated fatty acids: 15.6 g max; monounsaturated fatty acids: 27 g min; polyunsaturated fatty acids: 12 g min; trans fatty acids: 0.4 g max.

**Note:** When you make a polyunsaturated or monounsaturated fatty acid nutrition claim in relation to foods for which there are compositional requirements specified in Standard 2.4.1 or 2.4.2, you may declare the minimum or maximum fatty acid content of the types of fatty acids instead of the average quantity, on edible oils and edible spreads (as defined in Standards 2.4.1 and 2.4.2) in small packages. Total fat should still be expressed as an average quantity.

**Code References**

Paragraphs 8(1)(a) and (c) of Standard 1.2.8 set out the nutrition labelling requirements when claims about cholesterol, saturated fatty acids, trans fatty acids, polyunsaturated fatty acids or monounsaturated fatty acids, or any omega fatty acids are made about a food in a small package.

### 5.3 Fat-free, sugar-free, and low joule claims in relation to food in small package

When you make a nutrition claim about a food in a small package, that the food is fat-free, sugar-free, low joule or any similar terms, the label should include the average quantity of energy as well as the average quantity of the claimed nutrient present per 100 g (for semi-solid and solid foods) or per 100 mL (for beverages and liquid foods) of the food.

**Example**

*This product is low in energy.*

If you make this claim on a small package containing a solid or semi-solid food, the label should include the average quantity of energy per 100g.

E.g. Energy: 120 kJ/100 g

**Code References**

Paragraphs 8(1)(a) and (d) of Standard 1.2.8 set out the nutrition labelling requirements when claims that a food in a small package is fat-free, sugar-free, low joule or similar are made.

## Glossary

Appendix 1 of the Part A Nutrition Information User Guide includes a glossary of some of the terms used in this part of the User Guide. Further definitions that apply to this Guide are listed below.

### Average energy content

'Average energy content' is defined in clause 1 of Standard 1.2.8 on the basis of the amount of each food component in 100 g of the food and the energy factor of that food component.

'Average energy content' means the energy content of a food determined by multiplying the average amount of each food component per 100 grams of the food by the energy factor for that food component and summing the amounts calculated for each using the following formula -

$$\text{Average energy (kJ/100 g)} = \sum W_i F_i$$

Where:

**W<sub>i</sub>** means the average weight of the food component (g/100 g food)

**F<sub>i</sub>** means the energy factor assigned to that food component (kJ/g).

Specific energy factors for each food component are given in the tables to subclause 2(2) of Standard 1.2.8 and are also in Attachment 4 of Part A of the Nutrition Information User Guide.

### Claim

Claim is defined in Standard 1.1.1 and means any statement, representation, information, design, words or reference in relation to a food which is not mandatory in the Code. A claim can be made for example, on the label on a package of food or in an advertisement.

### Claimable food

This term is defined in Standard 1.3.2 and is referred to in the conditions for claims about vitamins and minerals.

Claimable food means a food which consists of at least 90% by weight of:

- (a) primary foods
- (b) foods listed in the Table to clause 3
- (c) a mixture of:
  - (i) primary foods; and/or
  - (ii) water; and/or;
  - (iii) foods listed in the Table to clause 3 excluding butter, cream and cream products, edible oils, edible oil spreads and margarine.

## Primary food

'Primary food' is referred to in the definition of 'claimable food', and is defined in Standard 1.3.2. For the purposes of the definition of 'claimable food', primary food means fruit, vegetables, grains, legumes, meat, milk, eggs, nuts, seeds and fish.

## Gluten

Gluten is defined in Standard 1.2.8 to mean the main protein in wheat, rye, oats, barley, triticale and spelt relevant to the medical conditions, Coeliac disease and dermatitis herpetiformis.

## Nutrition claim

This term is defined in Standard 1.2.8 to mean a representation that states, suggests or implies that a food has a nutritional property whether general or specific and whether expressed affirmatively or negatively, and includes a reference to:

- (a) energy
- (b) salt, sodium or potassium
- (c) amino acids, carbohydrate, cholesterol, fat, fatty acids, fibre, protein, starch or sugars
- (d) vitamins or minerals
- (e) any other nutrient, or
- (f) a biologically active substance

but does not include –

- (g) a reference in a statement of ingredients, a prescribed name, or any other prescribed information
- (h) the provision of particulars relating to a nutrient or energy that is required by clause 5
- (i) a reference in the commonly accepted name of a food
- (j) a reference to a quantitative or qualitative declaration of certain nutrients, ingredients or energy in the label where that declaration is required otherwise by the Act or this Code
- (k) a reference to a reduction in alcohol content.

## Reference quantity

Reference quantity is defined in Standard 1.3.2 and is referred to in the conditions for claims about vitamins and minerals in that Standard. Reference quantity means:

- (a) in relation to a food specified in the Table to clause 3, either the quantity specified in that Table for that food or, in relation to a food which requires dilution or reconstitution according to directions, the quantity of the food which when diluted or reconstituted produces the quantity specified in column 2 of the Table
- (b) in relation to all other claimable foods, either a normal serving or, in relation to a food which requires dilution, reconstitution, draining or preparation according to directions, the quantity of the food which when diluted, reconstituted, drained or prepared produces a normal serving.