

Short guide for industry to the Nutrient Profiling Scoring Criterion in Standard 1.2.7 – Nutrition, health and related Claims

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Food standards in Australia and New Zealand

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- in New Zealand – the *Food Act 2014* and *Fair Trading Act 1986*.

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Introduction

The purpose of this Guide is to provide the food industry with an overview of the Nutrient Profiling Scoring Criterion (NPSC). The NPSC was developed by FSANZ for the regulation of health claims in Australia and New Zealand.

What is the Nutrient Profiling Scoring Criterion (NPSC)?

The NPSC is a nutrient profiling system used in Australia and New Zealand to determine whether a food is suitable to make a health claim, based on its nutrient profile. Section 1.2.7—18 of *Standard 1.2.7 – Nutrition, Health and Related Claims*, requires that most foods making a health claim must meet the NPSC. It should be noted that in addition to the NPSC, other conditions specified in Standard 1.2.7 also apply for making a health claim.

There are also requirements in *Schedule 4 – Nutrition, Health and Related Claims* of the Code for foods making particular types of nutrition content claims (i.e. claims about glycaemic index, glycaemic load, and ‘diet’) to meet the NPSC.

Standard 1.2.7 sets out certain instances where a food is not required to meet the NPSC to make a health claim. These include a special purpose food in Part 2.9 of the Code, and foods that make an endorsement (as defined in *Standard 1.1.2 – Definitions Used Throughout the Code*). However, if the food also carries a health claim that is not an endorsement, then it must meet the NPSC.

How the NPSC works

The NPSC takes into account the energy, saturated fat, sodium and sugars content of the food along with certain ingredients such as fruit and vegetables and, in some instances, dietary fibre and protein. Taking these components into account, points are allocated based on 100 g or 100 mL of the food (based on the units used in the nutrition information panel).

‘Baseline points’ are first allocated for the energy, saturated fat, sugars and sodium content of the food. ‘Modifying points’ can then be obtained for the percentage of the food that is fruits, vegetables, nuts and legumes including coconut, spices, herbs, fungi, seeds and algae (*fvnl*). These are known as ‘fruit and vegetable points (V points)’. Some foods are able to score further modifying points for the protein and dietary fibre content in the food. These are known as ‘protein points (P points)’ or ‘fibre points (F points)’ respectively. A final nutrient profiling score is calculated by subtracting the modifying points (V, P and F points) from the baseline points.

FSANZ has developed an online calculator to help food businesses to calculate a food’s nutrient profiling score. This calculator is available on the FSANZ website:

<http://www.foodstandards.govt.nz/industry/claims/pages/nutrientprofilingcalculator/Default.aspx>

Using the correct form of the food

The calculations to determine a food’s nutrient profiling score apply to the form of the food as set out in section 1.2.7—7 of Standard 1.2.7. For example, if a food is required to be prepared and consumed according to directions, the calculations must be based on the food as prepared according to those directions.

There is one exception that occurs when calculating the fruit and vegetable points (V points) (see Step 3 below). Section S5—4 of *Schedule 5 – Nutrient Profiling Scoring Method* requires that the percentage of fruits, vegetables, nuts and legumes including coconut, spices, herbs, fungi, seeds and algae (**fvnl**) in a food be determined using the appropriate method in *Standard 1.2.10 – Information requirements - characterising ingredients and components of food*.

Additional labelling of food required to meet the NPSC

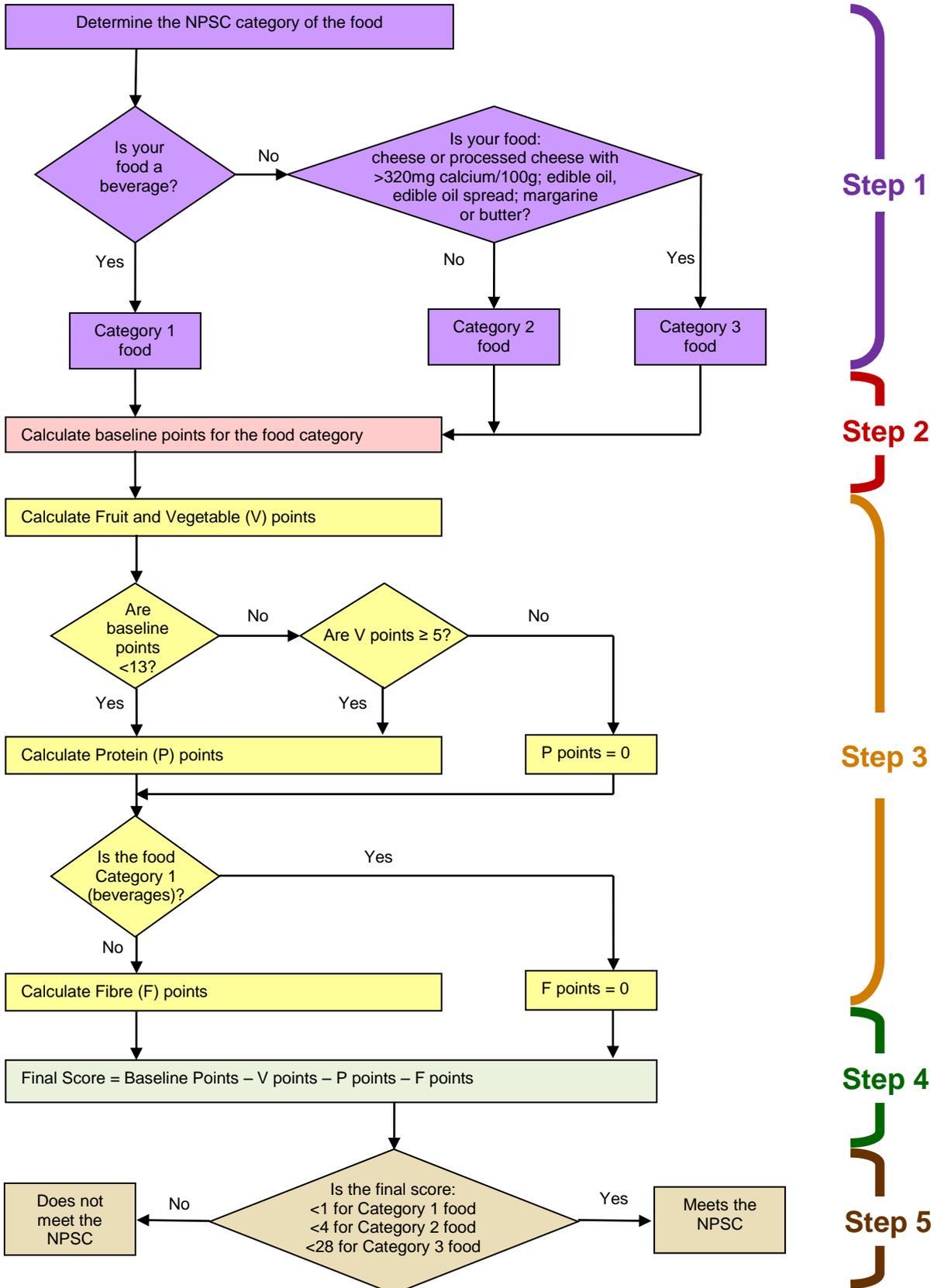
If a food is required to meet the NPSC in order to make a claim, then there are some specific labelling requirements that will apply to these foods (section 1.2.7—26 of Standard 1.2.7):

- The particulars of a property of food (defined in Standard 1.1.2) must be declared in the nutrition information panel, if the property of food (other than fvnl) was relied on to meet the NPSC, and those properties are not otherwise required to be included in the nutrition information panel.
- The calcium content of a food must be declared in the nutrition information panel if the food is classified in Category 3 of the NPSC (see Step 1 below) and is a cheese or processed cheese.
- If a food scores V points (see Step 3 below) and the claim is not a health claim about fruits and vegetables, then the percentage of each element of fvnl that is relied on to meet the NPSC must be included on the label.

Food in a small package is exempt from these requirements (section 1.2.7—27 of Standard 1.2.7).

Steps to assess a food against the NPSC

In this Guide, the process to determine a food's nutrient profiling score and to assess this against the NPSC has been broken down into a series of steps. Each step is described on the following pages. The flowchart below outlines these steps.



Step 1: Determine the NPSC category of the food

Section S4—6 of Schedule 4 is used to determine which category a food belongs to under the NPSC. There are three categories:

- **Category 1** is for beverages
- **Category 2** is for any food other than those included in Category 1 or 3
- **Category 3** is for the following foods¹:
 - cheese or processed cheese (with calcium content >320 mg/100 g)*
 - edible oil
 - edible oil spread
 - margarine
 - butter.

**All other cheeses (with calcium content ≤320 mg/100g) are classified as a Category 2 food.*

The category of the food is used to determine how some of the scoring points are allocated in the remaining steps below.

Step 2: Calculate baseline points

In the calculation of baseline points, it necessary to know:

- The average energy content and average quantity of saturated fat, sugars and sodium in 100 g or 100 ml of the food (based on the units used in the nutrition information panel).
- The NPSC category of the food from Step 1.

This information is used for determining the number of baseline points. A formula is provided at section S5—3 of Schedule 5 of the Code for calculating baseline points.

$$T = AEC + ASFA + ATS + AS$$

where:

T is the total baseline points.

AEC is the number of points for the average energy content (kJ) in the *unit quantity of the food.

ASFA is the number of points for the average quantity of saturated fatty acids (g) in the unit quantity of the food.

ATS is the number of points for the average quantity of sugars (g) in the unit quantity of the food.

AS is the number of points for the average quantity of sodium (mg) in the unit quantity of the food.

* unit quantity is defined in Standard 1.1.2 as 100 g for solid or semi-solid food, or 100 ml for a beverage or other liquid food.

Section S5—3 of Schedule 5 contains two tables (Tables 1 and 2) that list the number of points that are to be allocated to each part of the formula above. The points are allocated based on the relevant energy and nutrient content in the food, and also on the category of the food (refer Step 1 above). For example, a Category 2 food with the following composition would be allocated a total of 17 baseline points:

¹ These foods are defined in section 1.1.2—3 of *Standard 1.1.2 – Definitions Used Throughout the Code*.

Component	Content per 100 g	Baseline Points
Energy	1940 kJ	5 (AEC)
Saturated fatty acids	4.5 g	4 (ASFA)
Sugars	36.4 g	8 (ATS)
Sodium	30 mg	0 (AS)
Total Baseline Points		17

Step 3: Calculate modifying points

Once baseline points have been determined, it is then necessary to determine the number of modifying points. In calculating the final nutrient profiling score, these modifying points are subtracted from the baseline points (see Step 4 below). There are three types of modifying points:

1. Fruit and vegetable (V) points
2. Protein (P) points
3. Fibre (F) points

The modifying points should be calculated in the order of V, P, F, as calculations for some of the modifying points rely on knowing the modifying points for the others.

Fruit and vegetable (V) points

V points are calculated as per section S5—4 of Schedule 5. The *Fruit and Vegetable Points* page on the FSANZ website ([http://www.foodstandards.gov.au/industry/labelling/Pages/Fruit-and-Vegetable-points-\(V-points\).aspx](http://www.foodstandards.gov.au/industry/labelling/Pages/Fruit-and-Vegetable-points-(V-points).aspx)) outlines these requirements, describes what can and cannot count towards V points, and provides further information about using the NPSC calculator to score V points. The following is a brief summary of this information.

What foods can score V points?

V points can be scored for:

- Foods that contain either non-concentrated fvnl sources, concentrated fruit or vegetables, or a mixture of both.
- Coconut flesh (which is to be scored as a nut), whether juiced, dried or desiccated, but not processed coconut products such as coconut milk, coconut cream or coconut oil.
- The water in the centre of the coconut.

'fvnl' is defined in S5—4 as fruits, vegetables, nuts and legumes including coconut, spices, herbs, fungi, seeds and algae.

To score V points, three pieces of information are needed:

1. *Percentage of non-concentrated fvnl ingredients in the food*
2. *Percentage of the concentrated fruit or vegetable ingredients in the food*
3. *Percentage of the non-fvnl ingredients in the food*

Section S5—4 of Schedule 5 requires that these percentages are determined using the appropriate method in *Standard 1.2.10 – Characterising Ingredients and Components of Food*. Note that if a food requires reconstitution prior to consumption, then the above percentages may be calculated as a proportion of the food as reconstituted. Also, all of the percentages must add up to 100%.

Calculate V points based on percentages

V points are allocated using Table 3 and subsections S5—4(5)-(9) in Schedule 5. If a food contains a mixture of concentrated fruit or vegetables and non-concentrated fruit or vegetables, the equation in subsection S5—4(8) must be followed before using Table 3 to determine the V points.

Protein (P) points

What foods can score P points?

- A food can score P points if it scores less than 13 baseline points.
- Food that scores equal to or more than 13 baseline points cannot score P points unless it has scored 5 or more V points.

Calculate P points based on average quantity of protein

If a food can score P points, then these points are allocated based on the average quantity of protein (g) in 100 g or 100 mL of the food as listed in Table 4 of Schedule 5.

Fibre (F) points

What foods can score F points?

F points can be scored for Category 2 and 3 foods only (see Step 1 for categories). Category 1 foods (beverages) cannot score F points.

Calculate F points based on average quantity of dietary fibre

- If a food can score F points, then these points are allocated based on the average quantity of dietary fibre (defined in Standard 1.1.2) in 100 g or 100 ml of the food as listed in Table 5 of Schedule 5.
- Note that the dietary fibre content of the food must have been determined using one (or more) of the methods prescribed in the Code for analysing dietary fibre content. These methods are listed at section S11—4 of *Schedule 11 – Calculation of values for nutrition information panel*.

Step 4: Calculate the final score

The final score (the nutrient profiling score) is calculated by subtracting the modifying points from the baseline points. That is:

$$\text{Final Score} = \text{Baseline points} - \text{V points} - \text{P points} - \text{F points}$$

where

Baseline points are determined according to Section S5—3 of Schedule 5 (see Step 2)

V points are determined according to Section S5—4 of Schedule 5 (see Step 3)

P points are determined according to Section S5—5 of Schedule 5 (see Step 3)

F points are determined according to Section S5—6 of Schedule 5 (see Step 3)

Step 5: Does the food meet the NPSC?

To determine if a food meets the NPSC, the final nutrient profiling score (see Step 4) is assessed against the criterion provided in section S4–6 of Schedule 4. Accordingly, to meet the NPSC the following nutrient profiling scores must be achieved:

NPSC Category (see Step 1)	Final Score (see Step 4)
Category 1	less than 1
Category 2	less than 4
Category 3	less than 28