

About Nutrition Panel Calculator dataset

2026

Acknowledgement of country

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Summary

The Nutrition Panel Calculator (NPC) is an online tool which can help create a Nutrition Information Panel (NIP) for a food label. It is supported by data from FSANZ NPC dataset.

This document outlines how the supporting dataset was developed.

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The Nutrition Panel Calculator dataset

The Nutrition Panel Calculator (NPC) is supported by FSANZ NPC dataset containing mandatory NIP information for common ingredient foods and is available to users who do not have their own ingredient data. The 2026 dataset includes two downloadable files ([Food details](#) and [Nutrient profiles](#)) and an additional four files to support its use.

Foods in the NPC

The 2026 NPC dataset includes nutrient data for 1,500 foods primarily sourced from FSANZ's food composition databases: [The Australian Food Composition Database](#) (AFCD) and [AUSNUT](#).

Common foods used as basic ingredients such as flour, sugar, milk or pasta were selected from both datasets and modified for use in nutrition labelling. Multi-ingredient foods such as sandwiches or iced cakes were not selected for inclusion as the most accurate NIP values are obtained when these foods are constructed from their individual components.

A small number of new foods not available in AFCD or AUSNUT were also added to the 2026 dataset to address some data gaps. This included commercially significant indigenous foods provided by the ARC Centre for Uniquely Australian Foods, Queensland Alliance for Agriculture and Food Innovation (QAAFI), and updates to the Australia New Zealand Food Standards Code (the Code), such as the inclusion of D-allulose.

The dataset also includes a selection of food additives and processing aids like stabilisers and colours if they contain sodium or ingredients that contribute to energy content.

Identification codes, names and descriptions

Each food in the NPC dataset is assigned descriptive information to help users easily identify and view the data. Information on IDs, food names and descriptions is available in the Excel file Nutrition Panel Calculator 2026 – Food Details on the [FSANZ website](#).

Alignment with previous NPC databases

This update is the first complete revision of the NPC dataset since 2011. The 2026 NPC dataset reflects updates made to our other food composition databases since this time including:

- Restructuring of foods within categories
- Reduction in multi-component foods
- Removal of foods which are no longer available
- Removal of generic forms of foods in favour specific varieties
- Removal of foods due to poor data quality
- Addition of foods for which new analytical data is available

The Public Food Key (PFK) can be used to identify foods across both databases which are considered the same. There may be some foods in the previous NPC database which have the same or a similar name to a food in the 2026 NPC dataset but have a different PFK. This may be due to a legacy issue of multiple data sources existing within the NPC. You will need to use your discretion using the food descriptions and nutrient profiles to determine if the foods are a suitable match.

Requirements for users following NPC database updates

When an updated supporting database becomes available in the NPC, users may choose to review labels to determine if the updated data affects their calculations. There is no mandatory requirement to change existing labels.

Nutrients in the NPC

Each food in the dataset reports the seven nutrients which align with the mandatory requirements in the Code (see Table 1). They are reported per 100 g edible portion, for example, the weight of banana without the peel.

Table 1 **Nutrients in the NPC**

Nutrient	Unit
Energy	kJ
Protein	g
Fat, total	g
Fat, saturated	g
Carbohydrate	g
Sugars	g
Sodium	mg

More information on nutrient definitions and equations is available in the Excel file NPC 2026 – Nutrient profiles on the [FSANZ website](#) with some specific notes provided below.

Energy

Differences between FSANZ datasets

The NPC uses a different equation to derive energy values than AFCD and AUSNUT. This is primarily due to the:

- use of different energy factors for available carbohydrate components
- inclusion or exclusion of other energy yielding substances and the energy factors applying to these.

Therefore, AFCD and AUSNUT energy values are not directly appropriate for use in nutrition labelling. All values for foods from these datasets in the NPC database have had their energy values recalculated to be consistent with the requirements of Standard 1.2.8. This is the case even though the foods have the same food ID.

Carbohydrate

Calculation methods

The Code allows for carbohydrate in an NIP to be calculated using two methods:

- 1 available carbohydrate
- 2 available carbohydrate by difference

The NPC database reports values using the first method, which is the sum of individual carbohydrate components such as sugars (e.g. sucrose, fructose, lactose), starch, oligosaccharides, glycogen and maltodextrin. The individual components are generally based on high quality analytical data and are considered to result in a good estimation of available carbohydrate.

You can read more about both methods in section S11–3 section S11—3 of the Australia New Zealand Food Standards Code.

Differences between FSANZ datasets

The NPC equation used to derive available carbohydrate values does not include sugar alcohols (e.g. sorbitol, xylitol) which is different to the equation used for AFCD and AUSNUT. Therefore, AFCD and AUSNUT available carbohydrate values are not directly appropriate for use in nutrition labelling.

All values for foods from these databases in the NPC database have had their available carbohydrate values recalculated to be consistent with the requirements of Standard 1.2.8. This is the case even though the foods have the same food ID.

References

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