

Standard 1.2.8

Nutrition Information Requirements

Purpose

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

This Standard does not apply to infant formula products except where Standard 2.9.1 (Infant Formula Products) otherwise provides. Standard 2.9.1 sets out specific nutrition labelling requirements that apply to infant formula products. Standard 1.3.2 (Vitamins and Minerals) sets out the labelling requirements for claims made about the vitamin and mineral content of foods.

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Division 1 - Interpretation

Clauses

1 Definitions

In this Standard –

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_i means the average weight of the food component (g/100 g food); and
 F_i means the energy factor assigned to that food component (kJ/g).

biologically active substance means a substance, other than a nutrient, with which health effects are associated.

Editorial note:

Examples of biologically active substances are phytoestrogens.

carbohydrate means carbohydrate by difference, calculated by subtracting from 100, the average quantity expressed as a percentage of water, protein, fat, dietary fibre, ash, and if quantified, any other unavailable carbohydrate and the substances listed in column 1 of Table 2 to subclause 2(2).

fat means total fat.

gluten means the main protein in wheat, rye, oats, barley, triticale and spelt relevant to the medical conditions, Coeliac disease and dermatitis herpetiformis.

monounsaturated fatty acids means the total of cis-monounsaturated fatty acids and declared as monounsaturated fat.

nutrition claim means 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; or
- (b) salt, sodium or potassium; or
- (c) amino acids, carbohydrate, cholesterol, fat, fatty acids, fibre, protein, starch or sugars; or
- (d) vitamins or minerals; or
- (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; or
- (h) the provision of particulars relating to a nutrient or energy that is required by clause 5; or
- (i) a reference in the commonly accepted name of a food; or
- (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; or
- (k) a reference to a reduction in alcohol content.

Editorial note:

‘Sweetened’, ‘salted’ and ‘calcium enriched’ are examples of nutrition claims that are expressed affirmatively. Examples of nutrition claims that are expressed negatively are ‘unsweetened’, ‘no added sugar’ and ‘low in fat’.

Examples of a reference in a commonly accepted name of a food are ‘sweet corn’, ‘sweet potato’ and ‘sweetbread’.

A reference to a nutrient that is not required by clause 5 in a nutrition information panel is a nutrition claim and, depending upon the nutrient claimed, may trigger the need for particulars of further nutrients to be included in the panel.

polyunsaturated fatty acids means the total of polyunsaturated fatty acids with cis-cis-methylene interrupted double bonds acids and declared as polyunsaturated fat.

saturated fatty acids means the total of fatty acids containing no double bonds acids and declared as saturated fat.

sugars means monosaccharides and disaccharides.

trans fatty acids means the total of unsaturated fatty acids where one or more of the double bonds are in the trans configuration acids and declared as trans fat.

unit quantity means, in the case of a solid or semi-solid food, 100 grams or, in the case of a beverage or other liquid food, 100 millilitres.

2 Energy factors

(1) In this clause -

energy factor means the metabolisable energy (ME) of the food component calculated according to the following formula, expressed in kilojoules per gram of food component, rounded to the nearest whole number -

$$\text{ME} = \text{GE} - \text{FE} - \text{UE} - \text{GaE} - \text{SE}$$

Where -

ME means metabolisable energy

GE means gross energy (as measured by bomb calorimetry)

FE means energy lost in faeces

UE means energy lost in urine

GaE means the energy lost in gases produced by fermentation in the large intestine

SE means the energy content of waste products lost from surface areas

(2) Energy factors in relation to the food components listed in column 1 of Table 1 and column 1 of Table 2 to this subclause are specified in the corresponding entry in column 2 of Table 1 and Table 2.

Table 1 to subclause 2(2)

Column 1 Food Component	Column 2 Energy factor (kJ/g)
Alcohol	29
Carbohydrate (excluding unavailable carbohydrate)	17
Unavailable carbohydrate (including dietary fibre)	8
Fat	37
Protein	17

Table 2 to subclause 2(2)

Column 1 Food Component	Column 2 Energy factor (kJ/g)
Erythritol	1
Glycerol	18
Isomalt	11
Lactitol	11
Maltitol	16
Mannitol	9
Organic acids	13
Polydextrose	5
Sorbitol*	14
Xylitol	14

Editorial note:

Average energy content may also be expressed as Calories. The conversion factor is one Calorie for each 4.18 kilojoules.

* Energy factor for sorbitol taken as an average of calculated range determined with or without ingestion of other foods.

Division 2 – Nutrition information panels

3 Nutrition information requirements and exemptions

Subject to clause 4, the label on a package of food must include a nutrition information panel except where the food is –

- (a) sold at fund-raising events; or
- (b) an alcoholic beverage standardised in Part 2.7 of this Code; or
- (c) a herb, a spice, a herbal infusion, water; or
- (d) vinegar and related products as standardised in Standard 2.10.1; or
- (e) salt and salt products as standardised in Standard 2.10.2; or
- (f) tea, decaffeinated tea, decaffeinated instant or soluble tea, instant or soluble tea, coffee, decaffeinated coffee, decaffeinated instant or soluble coffee, as defined in Standard 1.1.2; or
- (g) an additive as defined in Standard 1.3.1; or
- (h) a processing aid as defined in Standard 1.3.3; or
- (i) fruit, vegetables, meat, poultry, and fish that comprise a single ingredient or category of ingredients; or
- (j) in a small package.

4 Requirements for nutrition information panels where nutrition claims are made in relation to food

(1) Where a nutrition claim is made in relation to a food, a nutrition information panel must be included on the label on the package of the food.

(2) Subject to subclause (3), where a nutrition claim is made in relation to a food which is not required to bear a label pursuant to clause 2 of Standard 1.2.1, the information prescribed in clause 5, must be –

- (a) declared in a nutrition information panel displayed on or in connection with the display of the food; or
- (b) provided to the purchaser upon request.

(3) Where a nutrition claim is made in relation to a food in a small package, the label must include the information prescribed in clause 8.

5 Prescribed declarations in a nutrition information panel

- (1) A nutrition information panel must include the following particulars -
- (a) the number of servings of the food in the package; and
 - (b) the average quantity of the food in a serving expressed, in the case of a solid or semi-solid food, in grams or, in the case of a beverage or other liquid food, in millilitres; and
 - (c) the unit quantity of the food; and
 - (d) the average energy content, expressed in kilojoules or both in kilojoules and in Calories (kilocalories), of a serving of the food and of the unit quantity of the food; and
 - (e) subject to clause 12, the average quantity, expressed in grams of, protein, fat, saturated fat, carbohydrate and sugars, in a serving of the food and in a unit quantity of the food; and
 - (f) the average quantity, expressed in milligrams or both milligrams and millimoles, of sodium in a serving of the food and in the unit quantity of the food; and
 - (g) the name and the average quantity of any other nutrient or biologically active substance in respect of which a nutrition claim is made, expressed in grams, milligrams or micrograms or other units as appropriate, that is in a serving of the food and in the unit quantity of the food;

set out, unless otherwise prescribed in this Code, in the following format -

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

- (2) A nutrition information panel must clearly indicate that –
- (a) the average quantities set out in the panel are average quantities; and
 - (b) any minimum and maximum quantities set out in the panel are minimum and maximum quantities.

Editorial note:

'Average quantity' is determined in accordance with the definition set out in clause 2 of Standard 1.1.1. Average quantities may be indicated, for example, by inserting the word 'Average' or the abbreviation 'Ave' at the beginning of 'Quantity per Serving' and the 'Quantity per 100 g (or 100 mL)' columns, or including a note at the end of the panel stating that all specified values are averages.

No format is prescribed for the indication of minimum and maximum quantities. They may be indicated, for example, by inserting the bracketed abbreviations '(min)' and '(max)' immediately after the relevant quantities in the Quantity per Serving column and the Quantity per 100 g (or 100 ml) column.

Clause 12 explains when minimum and maximum quantities may be indicated.

- (3) The word 'serving' may be replaced in the nutrition information panel by -
- (a) the word 'slice', 'pack' or 'package'; or
 - (b) the words 'metric cup' or 'metric tablespoon' or other appropriate word or words expressing a unit or common measure.
- (4) The nutrition information panel must include declarations of the trans, polyunsaturated and monounsaturated fatty acids in accordance with subclause (7), where a nutrition claim is made in respect of -
- (a) cholesterol; or
 - (b) saturated, trans, polyunsaturated or monounsaturated fatty acids; or
 - (c) omega-3, omega-6 or omega-9 fatty acids.
- (5) The nutrition information panel must include declarations of the type of carbohydrate and dietary fibre in accordance with subclause (7), where a nutrition claim is made in respect of -
- (a) fibre; or
 - (b) sugars; or
 - (c) any other type of carbohydrate.
- (6) The nutrition information panel must include declarations of unavailable carbohydrate other than dietary fibre, and those substances listed in column 1 of the Table 2 to subclause 2(2) where they have been subtracted from the carbohydrate declaration as defined in clause 1.
- (7) The information prescribed in subclause (4) and subclause (5), where required to be included in a nutrition information panel, must be set out in the following format -

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

*a sub-group nutrient **a sub-sub-group nutrient

Editorial note:

This format sets out how sub-groups and sub-sub-groups of nutrients may be included. The number of these nutrient groupings that may be displayed in the panel is not limited by this format.

The word ‘total’ following ‘fat’, ‘carbohydrate’, ‘dietary fibre’ or ‘protein’ in the first column of the panel need be included only if it is immediately followed by a sub-group.

(8) The declaration of dietary fibre in a panel must be a declaration of dietary fibre determined in accordance with clause 18.

6 Expression of average energy content and quantities of nutrients and biologically active substances

(1) The average energy content, and average or minimum or maximum quantities of nutrients and biologically active substances must be expressed in the panel to not more than three significant figures.

(2) Where the average energy content of a serving or unit quantity of the food is less than 40 kJ, that average energy content may be expressed in the panel as 'LESS THAN 40 kJ'.

(3) Where the average quantity of protein, fat, classes of fatty acids, carbohydrate, sugars or dietary fibre in a serving or unit quantity of the food is less than 1 gram, that average quantity may be expressed in the panel as 'LESS THAN 1 g'.

(4) Where the average quantity of sodium or potassium in a serving of the food, the unit quantity of the food is less than 5 milligrams, that average quantity may be expressed in the panel as 'LESS THAN 5 mg'.

7 Percentage daily intake information

(1) Information relating to the percentage daily intake of nutrients set out in a nutrition information panel may be included in the panel.

(2) Where percentage daily intake information is included in a panel -

- (a) the percentage daily intake of dietary fibre may be included in the panel; and
- (b) the following matters must be included in the panel –
 - (i) the percentage daily intake of energy, fat, saturated fatty acids, carbohydrate, sugars, protein and sodium; and
 - (ii) the statement –

“*Percentage daily intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending upon your energy needs.”.

Editorial note:

The inclusion of '% Daily Intake' information is voluntary. An example of a recommended nutrition information panel for mandatory nutrients incorporating the optional '% Daily Intake' element is set out below.

EXAMPLE:

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

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

(3) The percentage daily intakes of the food components listed in column 1 of the Table to this subclause, that are included in the panel, must be calculated using the corresponding reference value specified in column 2.

Table to subclause 7(3)

Column 1 Food component	Column 2 Reference Value
Energy	8700 kJ
Protein	50 g
Fat	70 g
Saturated fatty acids	24 g
Carbohydrate	310 g
Sodium	2300 mg
Sugar	62 g
Dietary fibre (if included)	30 g

8 Food in small packages

(1) Subject to subclause (2), where a nutrition claim is made in relation to a food in a small package, the label on that package must include a declaration, expressed in accordance with clause 5 and subclause 13(5), of the –

- (a) average quantity of the claimed nutrient or biologically active substance present per unit quantity of the food; and
- (b) average quantity of energy, carbohydrate, sugars and dietary fibre present per unit quantity of the food where a nutrition claim is made in respect of -
 - (i) fibre; or
 - (ii) sugars; or
 - (iii) any other type of carbohydrate; and
- (c) saturated fatty acids, trans fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids content of the food where a nutrition claim is made in respect of -
 - (i) cholesterol; or
 - (ii) saturated fatty acids, trans fatty acids, polyunsaturated fatty acids or monounsaturated fatty acids; or
 - (iii) omega-3, omega-6 or omega-9 fatty acids; and
- (d) average quantity of energy present per unit quantity of the food where a nutrition claim is made that the food is fat-free, sugar-free, low joule or any similar term.

(2) The information required to be declared in subclause (1) need not be set out in the prescribed panel format.

Editorial note:

Standard 1.2.1 defines ‘small package’ as a package with a surface area of less than 100 cm². Food in a small package is not required to have a nutrition information panel although the information that must be declared under clause 8 may be declared in a panel.

9 Food in dehydrated or concentrated form

Where a food in dehydrated or concentrated form is labelled with directions that indicate that the food should be reconstituted with water before consumption, the label on the package of that food must include the particulars set out in each column of the panel expressed as a proportion of the food as so reconstituted.

10 Food that must be drained before consumption

The label on a package of food with directions indicating that the food should be drained before consumption, must clearly indicate that the particulars set out in each column of the panel relate to the drained food.

11 Food to be prepared or consumed with other food

The label on a package of food intended to be prepared or consumed with at least one other food, may include an additional column at the right hand side of the panel specifying, in the same manner as set out in the panel, descriptions and quantities of the foods in question together with the average energy content of the food and the average quantities of nutrients and biologically active substances declared in the panel.

Division 3 – Conditions for making certain nutrition claims

12 Claims in relation to polyunsaturated or monounsaturated fatty acid content of foods

- (1) A nutrition claim, subject to clause 13, must not be made in relation to the polyunsaturated fatty acid content or monounsaturated fatty acid content of a food unless -
- (a) the total of saturated fatty acids and trans fatty acids comprises no more than 28 per cent of the total fatty acid content of the food; and
 - (b) the fatty acid in respect of which the nutrition claim is made comprises no less than 40 per cent of the total fatty acid content of the food.
- (2) Where a claim is made in relation to the polyunsaturated fatty acid content or monounsaturated fatty acid content of foods for which there are compositional requirements specified in Standard 2.4.1 or Standard 2.4.2, the quantity of saturated fatty acids, polyunsaturated fatty acids, monounsaturated fatty acids and trans fatty acids may be set out in the panel as a minimum or maximum quantity in a serving of the food.

Editorial note:

Subclause 12(2) provides manufacturers of edible oils and edible oil spreads with the option of setting out the minimum and maximum fatty acid content of the types of fatty acids referred to in subclause 12(2) instead of their average quantity. Total fat must still be expressed as an average quantity in accordance with paragraph 5(1)(e).

13 Claims in relation to omega fatty acid content of foods

- (1) Where a nutrition claim using the word ‘omega’ is made in relation to the omega fatty acid content of a food, the word ‘omega’ must be qualified by the type of omega fatty acid present and this qualification must appear immediately after the word ‘omega’.

Editorial note:

For example, in the format ‘Omega-3’, ‘Omega-6’ or ‘Omega-9’.

- (2) Subject to subclause (3) and subclause (4), a claim must not be made in relation to the omega-3 fatty acid content of a food, other than fish or fish products that have no added saturated fatty acids, unless the –

- (a) total of saturated fatty acids and trans fatty acids is less than 28 per cent of the total fatty acid content of the food; or
 - (b) food contains no more than 5 g of saturated fatty acids and trans fatty acids per 100 g of the food.
- (3) A nutrition claim must not be made in relation to the omega-3 fatty acid content of a food, unless the food satisfies the requirements of subclause (2) and contains no less than –
- (a) 200 mg alpha-linolenic acid per serving; or
 - (b) 30 mg total eicosapentaenoic acid and docosahexaenoic acid per serving.
- (4) A nutrition claim must not be made that a food is a ‘good source’ of omega-3 fatty acid or words of similar import, unless the food satisfies the requirements of subclause (2) and contains no less than 60 mg total eicosapentaenoic acid and docosahexaenoic acid per serving.
- (5) Where a nutrition claim is made in accordance with subclause (3) or subclause (4), the declarations in the nutrition information panel must indicate the source of omega 3 fatty acids, namely, alpha-linolenic acid, docosahexaenoic acid and/or eicosapentaenoic acid.
- (6) A nutrition claim must not be made in relation to the omega-6 or omega-9 fatty acid content of a food, unless the –
- (a) total of saturated fatty acids and trans fatty acids content of the food is no more than 28 per cent of the total fatty acid content of the food; and
 - (b) fatty acid in respect of which the nutrition claim is made comprises no less than 40 per cent of the total fatty acid content of the food.

Editorial note:

The omega-3, omega-6 or omega-9 fatty acid content of a food that is the subject of such a claim should be set out in the nutrition information panel in the format immediately following subclause 5(6) as a sub-sub-group of polyunsaturated fatty acids or monounsaturated fatty acids, as the case may be.

14 Low joule claims in relation to food

- (1) Subject to subclause (2), a claim to the effect that a food is a low joule food, must not be made unless the average energy content of the food is no more than -
- (a) 80 kJ per 100 mL of beverages or other liquid foods; and
 - (b) 170 kJ per 100 g of solid or semi-solid foods.
- (2) 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.

Editorial note:

Low joule food claims are nutrition claims as they make reference to the energy content of a food.

The term describing the energy content of a food intrinsically low in energy must not precede the name of the food (e.g.: “low joule” [name of the food]), but should refer to the whole class of foods, and be in the following form –

“[class of the food] is a low joule food”

15 Lactose claims in relation to food

- (1) A claim to the effect that a food is low lactose must not be made unless the food contains no more than 0.3 g of lactose per 100 g of the food.
- (2) A claim to the effect that a food is lactose free must not be made unless the food contains no detectable lactose.
- (3) A claim to the effect that a food is lactose reduced must be accompanied by a declaration of the proportion by which the lactose content of the food has been reduced.

Editorial note:

Where a claim is made that a food is lactose reduced, the proportion of lactose in the food should be declared in words to the effect -

“[here state percentage] % lactose reduced”

- (4) Where a claim is made in relation to the lactose content of a food, particulars of the lactose and galactose content of the food must be provided in accordance with subclause 5(1).

Editorial note:

The declaration of the lactose and galactose content of a food in a nutrition information panel should be in the following form:

Carbohydrate, total
- sugars
- lactose
- galactose

16 Claims in relation to gluten content of food

- (1) Claims in relation to the gluten content of food are prohibited unless expressly permitted by this Code.

Editorial note:

This subclause does not prohibit the declaration of the presence of gluten, for example, in an ingredient list on the label on a food.

- (2) A claim to the effect that a food is gluten free must not be made in relation to a food unless the food contains no -
- (a) detectable gluten; and
 - (b) oats or malt.

- (3) A claim to the effect that a food has a low gluten content, must not be made in relation to a food unless the food contains no –

- (a) more than 20 mg gluten per 100 g of the food; and
- (b) oats or malt.

Editorial note:

Subclauses (2) and (3) of this clause permit claims to the effect that a food is gluten free or has a low gluten content, providing certain specified conditions are met.

- (4) A claim to the effect that a food contains gluten or is high in gluten may be made in relation to a food.

Editorial note:

Subclause 16(1) prohibits all claims about gluten unless expressly permitted. Subclauses 16(2), (3) and (4) provide those express permissions.

17 Claims in relation to salt, sodium or potassium content of food

- (1) A claim to the effect that a food is low in sodium content must not be made unless the food contains no more than 120 mg of sodium per 100 g of the food.

- (2) Where a nutrition claim is made in respect of the salt, sodium or potassium content of a food, or any two or all of them, then particulars, including particulars relating to both the sodium and potassium content of the food, must be provided in relation to the food in accordance with subclause 5(1).

Editorial note:

If the claim is made for a food naturally or intrinsically low in sodium, it should refer to the whole class of similar foods.

Division 4 – Miscellaneous

18 Prescribed methods of analysis for the determination of dietary fibre in food

- (1) The methods set out in this clause are the prescribed methods of analysis for the determination of dietary fibre content of food.
- (2) Proceed according to Section 985.29 of the 4th Supplement (1998) to the A.O.A.C, 16th Edition (1995), or in the alternate to Section 991.43 of the A.O.A.C, 16th Edition (1995), in so far as these methods measure as the endpoint, the total dietary fibre and not the soluble and insoluble fractions of dietary fibre.