

# **STANDARD 2.9.2**

## **FOODS FOR INFANTS**

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### **Purpose**

This Standard provides for the compositional (including nutritional) and labelling requirements of foods intended or represented for use as food for infants. Foods in this Standard are intended to be fed to infants in addition to human milk or infant formula products or both. This Standard does not apply to infant formula products, as they are regulated by Standard 2.9.1, nor does it apply to formulated meal replacements and formulated supplementary foods as they are regulated by Standard 2.9.3.

The Standard recognises the specific needs of infants relating to the texture of the food, the infant's digestion ability, renal capacity and the need for high energy and nutrient intake to support rapid growth. This Standard recognises the particular microbiological and immunological susceptibility of infants including the potential for the development of food allergy.

General labelling requirements are contained in Part 1.2. See Standard 1.2.4 – Labelling of Ingredients for ingredient labelling requirements, including for declaration of compound ingredients in foods for infants. Microbiological requirements are contained in Standard 1.6.1 – Microbiological Limits for Food.

This Standard amends the application of Standard 1.2.8 – Nutrition Information Requirements in relation to food for infants.

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### **Clauses**

#### **1 Interpretation**

In this Standard –

**cereal-based food** means a food for infants that is based on cereal.

**ESADDI** means, for a vitamin or mineral in column 1 of Table 3 to clause 8, the estimated safe and adequate daily dietary intake specified for that vitamin or mineral in column 2.

**food for infants** means a food that is intended or represented for use as a source of nourishment for infants, but does not include –

- (a) infant formula products; and
- (b) formulated meal replacements; and
- (c) formulated supplementary foods; and
- (d) unprocessed fruit and vegetables.

**fruit-based food** means a food for infants that is based on fruit.

**infant** means a person up to the age of 12 months.

**infant formula product** means an infant formula product as defined in Standard 2.9.1.

**RDI** means, for a vitamin or mineral in column 1 of Table 2 to clause 8, the recommended dietary intake specified in relation to that vitamin or mineral in column 2 calculated and expressed in the form specified in the Table.

**sugars** has the meaning in Standard 2.8.1 and includes honey.

## 2 General compositional requirements

- (1) Food for infants must not contain a food additive or nutritive substance unless –
- (a) expressly permitted by this Code; or
  - (b) the food additive or nutritive substance is naturally present in an ingredient of the food for infants.
- (2) Food for infants may contain –
- (a) sugars, provided in the case of a vegetable juice, fruit drink or a non-alcoholic beverage, the total sugars content of the food is no more than 4 g/100 g; and

### Editorial note:

Standard 2.6.1 defines ‘vegetable juice’ and Standard 2.6.2 defines ‘fruit drink’ and ‘non-alcoholic beverage’.

- (b) lactic acid producing cultures; and
  - (c) either singularly or in combination, no more than 0.8 g/ 100 g of inulin-type fructans and galacto-oligosaccharides, as consumed.
- (3) For paragraph 2(2)(c) the maximum permitted amount only applies when the substances are added. In that case the maximum permitted amount then applies to the sum of the naturally occurring and the added substances.
- (4) Food for infants must not contain –
- (a) more than 50 mg/100 g of total iron in cereal-based food on a moisture free basis; or
  - (b) honey, unless it has been treated to inactivate *Clostridium botulinum* spores; or
  - (c) more than the total quantity of sodium set out in column 2 of the Table to this paragraph for each particular type of food for infants; or
  - (d) added salt, in the case of ready-to-eat fruit-based foods, fruit drink and vegetable juice.

**Table to paragraph 2(4)(c)**

### Maximum permitted quantity of sodium in food for infants

Column 1	Column 2
Food Type	Maximum permitted quantity
Rusks	350 mg/100 g
Biscuits	300 mg/100 g
Flours, pasta, ready-to-eat foods for infants (including cereal-based foods other than rusks and biscuits)	100 mg/100 g
Vegetable juices and ready-to-eat fruit-based foods including, fruit drinks	100 mg/100 g

(5) Food for infants intended for infants under the age of 6 months must be formulated and manufactured to a consistency that minimises the risk of choking.

**Editorial note:**

The intent of subclause (5) is to ensure that the food, except in the case of rusks, should have a texture that is soft and free of lumps.

### **3 Additional compositional requirements for cereal-based foods**

(1) Cereal-based food for infants which contains more than 70% cereal, on a moisture free basis, and is promoted as suitable for infants over the age of 6 months –

- (a) must contain no less than 20 mg iron/100 g on a moisture free basis; and
- (b) may contain added iron in the following forms –
  - (i) electrolytic iron; or
  - (ii) reduced iron; or
  - (iii) in the permitted forms set out in Schedule 1 of Standard 2.9.1; and
- (c) may contain added thiamin, niacin, vitamin B6, vitamin C, folate, magnesium in the forms permitted in Schedule 1 of Standard 2.9.1; and
- (d) may contain added vitamin C to a maximum level of 90 mg/100 g on a moisture free basis.

(2) Cereal-based food for infants which contains more than 70% cereal, on a moisture free basis, and is promoted as suitable for infants from 4 months of age may contain added –

- (a) iron in the following forms –
  - (i) electrolytic iron; or
  - (ii) reduced iron; or
  - (iii) in the permitted forms as set out in Schedule 1 of Standard 2.9.1; and
- (b) vitamin C in the forms permitted in Schedule 1 of Standard 2.9.1 to a maximum level of 90 mg/100 g on a moisture free basis.

### **4 Additional compositional requirements for non-cereal-based foods**

Foods for infants other than cereal-based food for infants –

- (a) in the case of vegetable juices, fruit drinks and gels, must contain no less than 25 mg/100 g of vitamin C; and
- (b) in the case of fruit-based foods, may contain vitamin C or folate or both in the permitted forms set out in Schedule 1 of Standard 2.9.1.

### **5 Labelling**

(1) This clause does not apply to packaged water.

(2) The label on a package of food for infants must not include a recommendation, whether express or implied, that the food is suitable for infants less than four months old.

(3) The label on a package of food for infants must include –

- (a) a statement indicating the consistency of the food; and
- (b) a statement indicating the minimum age, expressed in numbers, of the infants for whom the food is recommended; and
- (c) where the food is recommended for infants between the ages of 4–6 months, in association with the statement required by paragraph (b), the words –

'Not recommended for infants under the age of 4 months'; and

- (d) where the added sugars content of the food for infants is more than 4 g/100 g, the word –

'sweetened'; and

- (e) where honey has been used as an ingredient, in association with the word 'honey, the word –

'sterilised'.

## **6 Additional labelling requirements relating to specific nutrients and energy information**

- (1) In this clause, **food source of protein** means milk, eggs, cheese, fish, meat (including poultry), nuts and legumes.

(1A) Where a reference is made in the label on a package of food for infants (including in the name of the food) to a food source of protein, the percentage of that food source of protein in the final food must be declared in the label.

- (2) Where a food for infants contains more than 3 g of protein / 100 kJ, the label on the package must include the words –

'Not suitable for infants under the age of 6 months'.

- (3) A claim must not be made, whether express or implied, that a food for infants is a source of protein unless no less than 12% of the average energy content of the food is derived from protein.

### **Editorial note:**

Average energy content is defined in Standard 1.2.8.

## **7 Representations**

- (1) A food must not be represented as being the sole or principal source of nutrition for infants.

(2) The label on a package of food for infants must not include a recommendation that the food can be added to bottle feeds of an infant formula product.

## **8 Claims about vitamins and minerals**

- (1) A claim must not be made, whether express or implied, in relation to a food for infants comparing the vitamin or mineral content of the food with that of any other food unless such a claim is expressly permitted elsewhere in this Standard.

(2) A claim, either express or implied, as to the presence of a vitamin or mineral in a food for infants may be made if the food contains in a normal serve at least 10% of the RDI as specified in Table 2 to this clause or at least 10% of the ESADDI as specified in Table 3 to this clause, for that vitamin or mineral.

(3) A claim, either express or implied, that a food for infants is a good source of a vitamin or mineral may be made if a reference quantity of the food contains at least 25% of the RDI as specified in Table 2 to this clause or at least 25% of the ESADDI as specified in Table 3 to this clause.

(4) A claim, whether expressed or implied, must not be made in relation to a fruit-based food for infants that the food contains more than –

- (a) 60 mg/100 g of vitamin C; or  
(b) 150 µg/100 g of folate.

(5) A claim must not be made, whether express or implied, in relation to a cereal-based food for infants to which a vitamin or mineral has been added, that the food contains in a normal serve that vitamin or mineral in a quantity greater than that specified in relation to that vitamin or mineral in column 2 of Table 1 to this clause.

**Table 1 to clause 8**

**Maximum claims per serve for cereal-based foods for infants**

Column 1	Column 2
Vitamins & Minerals	Maximum claim per serve
Thiamin (mg)	15% RDI
Niacin* (mg)	15% RDI
Folate (µg)	10% RDI
Vitamin B <sub>6</sub> (mg)	10% RDI
Vitamin C (mg)	10% RDI
Magnesium (mg)	15% RDI

**Table 2 to clause 8**

**Recommended Dietary Intake for infants**

Column 1	Column 2
Vitamins & Minerals	Specified RDI
Vitamin A	300 µg as retinol equivalents <sup>1</sup>
Thiamin	0.35 mg
Riboflavin	0.6 mg
Niacin	3 mg as niacin <sup>2</sup>
Folate	75 µg
Vitamin B <sub>6</sub>	0.45mg
Vitamin B <sub>12</sub>	0.7 µg
Vitamin C	30 mg in total of L-ascorbic acid and dehydroascorbic acid
Vitamin D	5 µg cholecalciferol <sup>3</sup>
Vitamin E	4 mg alpha-tocopherol equivalents <sup>4</sup>
Vitamin K	10 µg phylloquinone
Calcium	550 mg
Iodine	60 µg
Iron	9 mg, in the case of infants from 6 months
Iron	3 mg, in the case of infants under 6 months
Magnesium	60 mg
Phosphorus	300 mg
Selenium	15 µg
Zinc	4.5 mg

# - These figures represent US Adequate Intake Levels<sup>1, 2, 3, and 4</sup> – these numbers refer to the corresponding numbers in the footnotes in Schedule 1 in Standard 1.1.1

**Table 3 to clause 8**

**Estimated Safe and Adequate Daily Dietary Intake for infants**

Column 1	Column 2
Vitamins & Minerals	Specified ESADDI
Biotin# (µg)	6
Pantothenic Acid (mg)#	1.8

Column 1	Column 2
Vitamins & Minerals	Specified ESADDI
Copper (mg)	0.65
Manganese (mg)	0.8
Chromium (µg)	40
Molybdenum (µg)	30

# - These figures represent US Adequate Intake Levels

## 9 Nutrition information

- (1) The following provisions of Standard 1.2.8 do not apply to this Standard –
- (a) paragraph 3(j); and
  - (b) paragraph 5(1)(e) as it relates to saturated fat and subclauses 5(2), 5(4) and 5(5); and
  - (c) clause 7; and
  - (d) clause 8; and
  - (e) clause 9.

(1A) The conditions in Schedule 1 of Standard 1.2.7 that require the potassium content of a food to be indicated in the nutrition information panel do not apply to a food standardised by this Standard.

- (2) The nutrition information panel for food for infants must be set out in the following format –

<b>NUTRITION INFORMATION</b>		
Servings per package: (insert number of servings)		
Serving size: g (or mL or other units as appropriate)		
	Quantity per Serving	Quantity per 100g (or 100 mL)
Energy	kJ (Cal)	kJ (Cal)
Protein	g	g
Fat, total	g	g
- (insert claimed fatty acids)	g	g
Carbohydrate	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)

## 10 Food in dehydrated or concentrated form

- (1) The label on a package of food in dehydrated or concentrated form must include directions for how the food should be reconstituted, and the particulars set out in each column of the panel must be expressed as a proportion of the food as reconstituted according to those directions.
- (2) If more than one fluid for preparing the food is nominated in the label, the particulars set out in the column should be adjusted according to the first liquid nominated and the name of this liquid must be included in the Nutrition Information Panel.

## 11 Storage requirements

The label on a package of food for infants must contain storage instructions covering the period after it is opened.

## 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 Standard 2.9.2 as in force on **30 October 2014** (up to Amendment No. 150). It includes any commenced amendment affecting the compilation to that date.

Prepared by Food Standards Australia New Zealand on **30 October 2014**.

### 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	

**Standard 2.9.2** was published in the Commonwealth of Australia Gazette No. P 30 on 20 December 2000 as part of Amendment No. 60 (F2008B00659 – 3 October 2008) and has been amended as follows:

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
Purpose	103	F2008L03741 9 Oct 2008 FSC45 9 Oct 2008	9 Oct 2008	rs	Third paragraph of the Purpose.
Purpose	124	F2011L01450 8 July 2011 FSC66 11 July 2011	11 July 2011	am	Clarify meaning of 1 <sup>st</sup> paragraph.
1	101	F2008L03058 14 Aug 2008 FSC43 14 Aug 2008	14 Aug 2008	rep	Editorial note after the definition of 'sugars'.
1	103	F2008L03741 9 Oct 2008 FSC45 9 Oct 2008	9 Oct 2008	rs	Clause heading.
1	103	F2008L03741 9 Oct 2008 FSC45 9 Oct 2008	9 Oct 2008	rs	Definition of 'sugars'.
1	124	F2011L01450 8 July 2011 FSC66 11 July 2011	11 July 2011	rs	Reference to 'and/or' in the definition of 'food for infants' replaced with 'or'.

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
2(2)(a), 5	64	23 Dec 2008 F2008B00810 FSC6 13 December 2002	13 December 2002	rs	Reference to sugars in certain beverages including in Editorial notes.
2(2)(b)	105	F2009L00076 15 Jan 2009 FSC47 15 Jan 2009	15 Jan 2009	rs	Paragraph .
2(2)(c)	142	30 July 2013 F2013L01465 FSC84 1 Aug 2013	1 Aug 2013	rs	'Inulin-derived substances' replaced with 'inulin-type fructans'.
2(3)	105	F2009L00076 15 Jan 2009 FSC47 15 Jan 2009	15 Jan 2009	ad	New subclause
2(3)	105	F2009L00076 15 Jan 2009 FSC47 15 Jan 2009	15 Jan 2009	rs	To replace and re-number the subclause and related Table heading.
2(5)	105	F2009L00076 15 Jan 2009 FSC47 15 Jan 2009	15 Jan 2009	ad	New subclause.
Table to clause 2(3)(c)	64	23 Dec 2008 F2008B00810 FSC6 13 December 2002	13 December 2002	rs	Reference to ready-to-eat foods and vegetable juices.
2(3)(d)	64	23 Dec 2008 F2008B00810 FSC6 13 December 2002	13 December 2002	rs	Reference to added salt.
3	124	F2011L01450 8 July 2011 FSC66 11 July 2011	11 July 2011	am	Punctuation error.
3(1)(b)-(c)	64	23 Dec 2008 F2008B00810 FSC6 13 December 2002	13 December 2002	rs	References to added iron and certain vitamins and minerals.
3(2)(a)	64	23 Dec 2008 F2008B00810 FSC6 13 December 2002	13 December 2002	rs	References to added iron and certain vitamins and minerals.
4(a)	64	23 Dec 2008 F2008B00810 FSC6 13 Dec 2002	13 December 2002	rs	References to added iron and certain vitamins and minerals.
4(b)	124	F2011L01450 8 July 2011 FSC66 11 July 2011	11 July 2011	am	Reference to 'and/or' replaced with 'or folate or both'.
5	101	F2008L03058 14 Aug 2008 FSC43 14 Aug 2008	14 Aug 2008	rep	Editorial note after clause.
5(3)(d)	103	F2008L03741 9 Oct 2008 FSC45 9 Oct 2008	9 Oct 2008	rs	Replace 'exceeds' with 'is more than'.



Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
6(1)	101	F2008L03058 14 Aug 2008 FSC43 14 Aug 2008	14 Aug 2008	rep	Editorial note after subclause.
6(1)	103	F2008L03741 9 Oct 2008 FSC45 9 Oct 2008	9 Oct 2008	rs	Subclause.
6(2)	150	F2014L01427 28 Oct 2014 FSC92 30 Oct 2014	30 Oct 2014	am	Subclause to clarify meaning.
9(1)	138	F2013L00050 14 Jan 2013 FSC80 18 Jan 2013	18 Jan 2013	rs	Amendment relating to Standard 1.2.7.
9(1)(a)-(g)	62	F2008B00807 19 Dec 2008 FSC4 17 Sept 2002	17 Sept 2002	rs	Listing of exemptions to the provisions of Standard 1.2.8.
9(1)(b)	69	F2008B00816 24 Dec 2008 FSC11 17 Dec 2003	17 Dec 2003	rs	Cross-reference to an exemption for 5(1)(e) as it relates to saturated fat .
9(1A)	138	F2013L00050 14 Jan 2013 FSC80 18 Jan 2013	18 Jan 2013	ad	Insertion relating to Standard 1.2.7.
9(2)	62	F2008B00807 19 Dec 2008 FSC4 17 Sept 2002	17 Sept 2002	rs	Subclause
9(2)	69	F2008B00816 24 Dec 2008 FSC11 17 Dec 2003	17 Dec 2003	rs	Nutrition information panel to insert a reference to the sodium.
9(3)	62	F2008B00807 19 Dec 2008 FSC4 17 Sept 2002	17 Sept 2002	rs	Re-number 9(3) as 9(2) repealed.
10	101	F2008L03058 14 Aug 2008 FSC43 14 Aug 2008	14 Aug 2008	rep	Editorial note after clause'.
10	103	F2008L03741 9 Oct 2008 FSC45 9 Oct 2008	9 Oct 2008	rs	Clause.
11	101	F2008L03058 14 Aug 2008 FSC43 14 Aug 2008	14 Aug 2008	rep	Editorial note after clause.