

Standard 2.9.3

Formulated Meal Replacements and Formulated Supplementary Foods

Purpose

This Standard provides compositional and labelling requirements for formulated meal replacements and formulated supplementary foods. In addition, this Standard sets out the compositional and labelling requirements for formulated supplementary foods for young children, aged one to three years.

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1 Interpretation

In this Standard -

formulated meal replacement means a single food or prepackaged selection of foods that is sold as a replacement for one or more of the daily meals but not as a total diet replacement.

formulated supplementary food means a food specifically designed as a supplement to a normal diet to address situations where intakes of energy and nutrients may not be adequate to meet an individual's requirements.

formulated supplementary food for young children means a formulated supplementary food for children aged one to three years.

permitted form means the form of vitamin or mineral specified in column 2 of the Schedule to Standard 1.1.1 and in the case of formulated meal replacements, those listed in column 2 of the Schedule to Standard 2.9.4.

servings means a quantity of the food which constitutes one normal serving when prepared according to manufacturer's directions or when the food requires no further preparation before consumption, and in the case of a formulated meal replacement is equivalent to one meal.

Editorial note:

Recommended Dietary Intake (RDI) and Estimated Safe and Adequate Daily Dietary Intake (ESADDI) are defined in Standard 1.1.1 for the purposes of this Standard.

Division 2 - Formulated meal replacements

2 Compositional requirements for formulated meal replacements

- (1) Formulated meal replacements must contain in a serving no less than -
 - (a) 12 g protein; and
 - (b) 850 kJ; and
 - (c) 25 % of the RDI of each of those vitamins and minerals listed in column 1 of Table 1 in the Schedule.
- (2) A formulated meal replacement may have added to it the vitamins and minerals listed in -
 - (a) column 1 of Table 1 in the Schedule, provided the total of the naturally occurring and added quantity of each vitamin or mineral in a serving does not exceed the quantity, where specified, set out in relation to that vitamin or mineral in column 2 of Table 1; and
 - (b) column 1 of Table 2 in the Schedule, provided the total of the naturally occurring and added quantity of each vitamin or mineral in a serving does not exceed the quantity, where specified, set out in relation to that vitamin or mineral in column 2 of Table 2.
- (3) Vitamins and minerals added to formulated meal replacements must be in the permitted form.

3 Labelling of formulated meal replacements

(1) Subject to subclause (2), the nutrition information panel on the label on a package of formulated meal replacement must include a declaration of the average quantities of the vitamins and minerals present in the food and –

- (a) listed in column 1 of Table 1 to the Schedule; and
- (b) listed in column 1 of Table 2 to the Schedule, and have been added to the food.

(2) A claim as to the presence in a formulated meal replacement of a vitamin or mineral listed in column 1 of Table 1 or Table 2 in the Schedule may be made on the label on a package of formulated meal replacement, provided that -

- (a) no less than 10 % of the RDI or ESADDI of that vitamin or mineral is present in a serving of the food; and
- (b) where a vitamin or mineral has been added to the food, the claimed quantity of that vitamin or mineral in a serving does not exceed the quantity set out in column 3 of Table 1 or Table 2.

(3) ‘Formulated meal replacement’ is a prescribed name.

(4) The label on a package of formulated meal replacement must include words to the effect that the product must not be used as a total diet replacement.

Division 3 - Formulated supplementary foods

4 Compositional requirements for formulated supplementary foods

(1) Formulated supplementary foods must contain in a serving no less than -

- (a) 8 g protein; and
- (b) 550 kJ; and
- (c) 20 % of the RDI of no less than one of those vitamins or minerals listed in column 1 of Table 3 in the Schedule, provided the total quantity of each vitamin or mineral in a serving does not exceed the quantity, where specified, set out in relation to that vitamin or mineral in column 4 of Table 3.

(2) The vitamins or minerals listed in column 1 of Table 3 in the Schedule may be added to a formulated supplementary food, provided the total of the naturally occurring and added quantity of each vitamin or mineral in a serving does not exceed the quantity, where specified, set out in relation to that vitamin or mineral in column 4 of Table 3.

(3) Vitamins and minerals added to formulated supplementary foods must be in the permitted form.

5 Labelling of formulated supplementary foods

(1) Subject to subclause (2), the nutrition information panel on the label on a package of formulated supplementary food must include a declaration of the average quantity of a

vitamin or mineral present in the food where that vitamin or mineral is listed in column 1 of Table 3 to the Schedule and has been added to the food.

(2) A claim as to the presence in a formulated supplementary food of one or more of those vitamins or minerals listed in column 1 of Table 3 in the Schedule may be made on the label on a package of formulated supplementary food provided that -

- (a) no less than 10 % of the RDI of the vitamin or mineral listed in column 1 of Table 3 is present in a serving of the food; and
- (b) no less than 10 % of the ESADDI of the vitamin or mineral is present in a serving of the food; and
- (c) where a vitamin or mineral has been added to the food, the claimed quantity of that vitamin or mineral in a serving of the food does not exceed the quantity set out in column 5 of Table 3.

(3) The label on a package of formulated supplementary food must include a description of the role of the food as a supplement to a normal diet to address situations where intakes of energy and nutrients may not be adequate to meet an individual's requirements.

(4) 'Formulated supplementary food' is a prescribed name.

Division 4 - Formulated supplementary foods for young children

6 Compositional requirements for formulated supplementary foods for young children

(1) Formulated supplementary foods for young children must contain in a serving no less than -

- (a) 2.5 g protein; and
- (b) 330 kJ; and
- (c) 20 % of the RDI of no less than one of those vitamins or minerals listed in column 1 of Table 3 in the Schedule, provided the total quantity of each vitamin or mineral in a serving does not exceed the quantity, where specified, set out in relation to that vitamin or mineral in column 2 of Table 3.

(2) The vitamins or minerals listed in column 1 of Table 3 in the Schedule may be added to a formulated supplementary food for young children, provided the total of the naturally occurring and added quantity of each vitamin or mineral in a serving does not exceed the quantity, where specified, set out in relation to that vitamin or mineral in column 2 of Table 3.

(3) Vitamins and minerals added to formulated supplementary foods for young children must be in the permitted form.

7 Labelling of formulated supplementary foods for young children

(1) Subject to subclause (2), the nutrition information panel on the label on a package of formulated supplementary food for young children must include a declaration of the average

quantity of a vitamin or mineral present in the food where that vitamin or mineral is listed in column 1 of Table 3 to the Schedule and has been added to the food.

(2) A claim as to the presence in a formulated supplementary food for young children of one or more of those vitamins or minerals listed in column 1 of Table 3 in the Schedule may be made on the label on a package of formulated supplementary food provided that -

- (a) no less than 10 % of the RDI of the vitamin or mineral listed in column 1 of Table 3 is present in a serving of the food; and
- (b) no less than 10 % of the ESADDI of the vitamin or mineral is present in a serving of the food; and
- (c) where a vitamin or mineral has been added to the food, the claimed quantity of that vitamin or mineral in a serving of the food does not exceed the quantity set out in column 3 of Table 3.

(3) The label on a package of formulated supplementary food for young children must include a description of the role of the food as a supplement to a normal diet to address situations where intakes of energy and nutrients may not be adequate to meet an individual's requirements.

(4) 'Formulated supplementary food for young children' is a prescribed name.

SCHEDULE

Table 1

Formulated meal replacements

Column 1 Vitamins and minerals	Column 2 Maximum quantity per one-meal serving (proportion RDI)	Column 3 Maximum claim per one-meal serving (proportion RDI)
Vitamin A	300 µg (40%)	300 µg (40%)
Thiamin	No quantity set	0.55 mg (50%)
Riboflavin	No quantity set	0.85 mg (50%)
Niacin	No quantity set	5.0 mg (50%)
Folate	No quantity set	100 µg (50%)
Vitamin B ₆	No quantity set	0.8 mg (50%)
Vitamin B ₁₂	No quantity set	1.0 µg (50%)
Vitamin C	No quantity set	20 mg (50%)
Vitamin D	5.0 µg (50%)	5.0 µg (50%)
Vitamin E	No quantity set	5.0 mg (50%)
Calcium	No quantity set	400 mg (50%)
Iodine	75 µg (50%)	75 µg (50%)
Iron	No quantity set	4.8 mg (40%)
Magnesium	No quantity set	160 mg (50%)
Phosphorus	No quantity set	500 mg (50%)
Zinc	No quantity set	4.8 mg (40%)

Table 2

Formulated meal replacements

Column 1 Vitamins and minerals	Column 2 Maximum quantity per one-meal serving (proportion ESADDI unless stated otherwise)	Column 3 Maximum claim per one-meal serving (proportion ESADDI unless stated otherwise)
Biotin	No quantity set	17 µg (17%)
Pantothenic acid	No quantity set	1.3 mg (17%)
Vitamin K	No quantity set	40 µg (50%)
Chromium:		
inorganic	34 µg (17%)	34 µg (17%)
organic	16 µg (8%)	16 µg (8%)
Copper:		
inorganic	0.50 mg (17%)	0.50 mg(17%)
organic	0.24 mg (8%)	0.24 mg (8%)
Manganese:		
inorganic	0.85 mg (17%)	0.85 mg (17%)
organic	0.4 mg (8%)	0.4 mg(8%)
Molybdenum:		
inorganic	42.5 µg (17%)	42.5 µg (17%)
organic	20 µg (8%)	20 µg (8%)
Selenium:		
inorganic	17.5 µg (25% RDI)	17.5 µg (25% RDI)
organic	9 µg (13% RDI)	9 µg (13% RDI)

Table 3

**Formulated supplementary foods and
formulated supplementary foods young children**

Column 1 Vitamins and minerals	Column 2 Maximum quantity per serving (young children) (proportion RDI)	Column 3 Maximum claim per serving (young children) (proportion RDI)	Column 4 Maximum quantity per serving (adults) (proportion RDI)	Column 5 Maximum claim per serving (adults) (proportion RDI)
Vitamin A	135 µg (45%)	105 µg (35%)	340 µg (45%)	265 µg (35%)
Thiamin	No quantity set	0.25 mg (50%)	No quantity set	0.55 mg (50%)
Riboflavin	No quantity set	0.4 mg (50%)	No quantity set	0.85 mg (50%)
Niacin	No quantity set	2.5 mg (50%)	No quantity set	5.0 mg (50%)
Folate	No quantity set	50 µg (50%)	No quantity set	100 µg (50%)
Vitamin B ₆	No quantity set	0.35 mg (50%)	No quantity set	0.8 mg (50%)
Vitamin B ₁₂	No quantity set	0.5 µg (50%)	No quantity set	1.0 µg (50%)
Vitamin C	No quantity set	15 mg (50%)	No quantity set	20 mg (50%)
Vitamin D	2.5 µg (50%)	2.5 µg (50%)	5.0 µg (50%)	5.0 µg (50%)
Vitamin E	No quantity set	2.5 mg (50%)	No quantity set	5.0 mg (50%)
Calcium	No quantity set	350 mg (50%)	No quantity set	400 mg (50%)
Iodine	35 µg (50%)	35 µg (50%)	75 µg (50%)	75 µg (50%)
Iron	No quantity set	3.0 mg (50%)	No quantity set	6.0 mg (50%)
Magnesium	No quantity set	32 mg (40%)	No quantity set	130 mg (40%)
Phosphorus	No quantity set	250 mg (50%)	No quantity set	500 mg (50%)
Zinc	No quantity set	1.1 mg (25%)	No quantity set	3.0 mg (25%)