

Food Standards (Proposal P1025 – Code Revision) Variation

The Board of Food Standards Australia New Zealand gives notice of the making of this standard under section 92 of the *Food Standards Australia New Zealand Act 1991*. The Standard commences on 1 March 2016.

Dated 25 March 2015



Standards Management Officer
Delegate of the Board of Food Standards Australia New Zealand

Note:

This Standard will be published in the Commonwealth of Australia Gazette No. FSC 96 on 10 April 2015.

Schedule 1 RDIs and ESADDIs

Note 1 This instrument is a standard under the *Food Standards Australia New Zealand Act 1991* (Cth). The standards together make up the *Australia New Zealand Food Standards Code*. See also section 1.1.1—3.

Standard 1.1.1 relates to introductory matters and standards that apply to all foods. This Standard specifies RDIs and ESADDIs for section 1.1.2—10.

Note 2 The provisions of the Code that apply in New Zealand are incorporated in, or adopted under, the *Food Act 2014* (NZ). See also section 1.1.1—3.

S1—1 Name

This Standard is *Australia New Zealand Food Standards Code – Schedule 1 – RDIs and ESADDIs*.

Note Commencement:
This Standard commences on 1 March 2016, being the date specified as the commencement date in notices in the *Gazette* and the *New Zealand Gazette* under section 92 of the *Food Standards Australia New Zealand Act 1991* (Cth). See also section 93 of that Act.

S1—2 RDIs and ESADDIs for vitamins

For section 1.1.2—10, the table of RDIs and ESADDIs for vitamins is:

RDIs and ESADDIs for vitamins

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Vitamin</i>	<i>RDI or ESADDI</i>		<i>For children aged 1–3 years</i>	<i>For infants</i>
Vitamin A	RDI	750 µg retinol equivalents ¹	300 µg retinol equivalents ¹	300 µg retinol equivalents ¹
Thiamin (Vitamin B ₁)	RDI	1.1 mg thiamin	0.5 mg thiamin	0.35 mg thiamin
Riboflavin (Vitamin B ₂)	RDI	1.7 mg riboflavin	0.8 mg riboflavin	0.6 mg riboflavin
Niacin	RDI	10 mg niacin ²	5 mg niacin ²	3 mg niacin ²
Folate	RDI	200 µg	100 µg	75 µg
Vitamin B ₆	RDI	1.6 mg pyridoxine	0.7 mg pyridoxine	0.45 mg pyridoxine
Vitamin B ₁₂	RDI	2.0 µg cyanocobalamin	1.0 µg cyanocobalamin	0.7 µg cyanocobalamin
Biotin	ESADDI	30 µg biotin	8 µg biotin	6 µg biotin
Pantothenic acid	ESADDI	5.0 mg pantothenic acid	2.0 mg pantothenic acid	1.8 mg pantothenic acid
Vitamin C	RDI	40 mg ³ total of L-ascorbic and dehydro-ascorbic acid	30 mg ³ total of L-ascorbic and dehydro-ascorbic acid	30 mg ³ total of L-ascorbic and dehydro-ascorbic acid
Vitamin D	RDI	10 µg cholecalciferol	5 µg cholecalciferol	5 µg cholecalciferol
Vitamin E	RDI	10 mg alpha-tocopherol equivalents ⁴	5 mg alpha-tocopherol equivalents ⁴	4 mg alpha-tocopherol equivalents ⁴
Vitamin K	ESADDI	80 µg phyloquinone	15 µg phyloquinone	10 µg phyloquinone

Note 1 See paragraph 1.1.2—14(a).

Note 2 See paragraph 1.1.2—14(b).

Note 3 See paragraph 1.1.2—14(c).

Note 4 See paragraph 1.1.2—14(d).

S1—3 RDI and ESADDI for minerals

For section 1.1.2—10, the table of ESADDI and RDI for minerals is:

RDI and ESADDI for minerals				
Column 1	Column 2	Column 3	Column 4	Column 5
<i>Mineral</i>	<i>RDI or ESADDI</i>		<i>For children aged 1–3 years</i>	<i>For infants</i>
Calcium	RDI	800 mg	700 mg	550 mg
Chromium	ESADDI	200 µg	60 µg	40 µg
Copper	ESADDI	3.0 mg	0.8 mg	0.65 mg
Iodine	RDI	150 µg	70 µg	60 µg
Iron	RDI	12 mg	6 mg	(a) 9 mg, for infants from 6 months (b) 3 mg, for infants under 6 months
Magnesium	RDI	320 mg	80 mg	60 mg
Manganese	ESADDI	5.0 mg	1.5 mg	0.8 mg
Molybdenum	ESADDI	250 µg	50 µg	30 µg
Phosphorus	RDI	1 000 mg	500 mg	300 mg
Selenium	RDI	70 µg	25 µg	15 µg
Zinc	RDI	12 mg	4.5 mg	4.5 mg

S1—4 Calculation of retinol equivalents for provitamin A forms of vitamin A

For paragraph 1.1.2—14(a), the conversion factors are:

Conversion factors—vitamin A	
Provitamin A form	Conversion factor (µg/1 µg retinol equivalents)
beta-apo-8'-carotenal	12
beta-carotene-synthetic	6
Carotenes-natural	12
beta-apo-8'-carotenoic acid ethyl ester	12

Note Natural forms of provitamin A may have conversion factors that are not provided in this table.

S1—5 Calculation of alpha-tocopherol equivalents for vitamin E

- (1) For paragraph 1.1.2—14(d), the conversion factors are:
 - (a) if, for a particular form of Vitamin E, the table to subsection (2) specifies a conversion factor—that conversion factor; or
 - (b) if, for a particular form of Vitamin E, the table to subsection (2) does not specify a conversion factor—a conversion factor determined by the composition of the form of Vitamin E.
- (2) The table to this subsection is:

Conversion factors—vitamin E

<i>Vitamin E form</i>	<i>Conversion factor ($\mu\text{g}/1 \mu\text{g}$ <i>alpha-tocopherol equivalents</i>)</i>
dl-alpha-tocopherol	1.36
d-alpha-tocopherol concentrate	(see paragraph (1)(b))
Tocopherols concentrate, mixed	(see paragraph (1)(b))
d-alpha-tocopherol acetate	1.10
dl-alpha-tocopherol acetate	1.49
d-alpha-tocopherol acetate concentrate	(see paragraph (1)(b))
d-alpha-tocopherol acid succinate	1.23

Note Natural forms of vitamin E may have conversion factors that are not provided in this table.
