

**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 |
| --- | --- | --- | --- | --- |
| Vitamin | RDI or ESADDI |  | For children aged  1–3 years | For infants |
| Vitamin A | RDI | 750 µg retinol equivalents1 | 300 µg retinol equivalents1 | 300 µg retinol equivalents1 |
| Thiamin  (Vitamin B1) | RDI | 1.1 mg thiamin | 0.5 mg thiamin | 0.35 mg thiamin |
| Riboflavin  (Vitamin B2) | RDI | 1.7 mg riboflavin | 0.8 mg riboflavin | 0.6 mg riboflavin |
| Niacin | RDI | 10 mg niacin2 | 5 mg niacin2 | 3 mg niacin2 |
| Folate | RDI | 200 μg | 100 μg | 75 μg |
| Vitamin B6 | RDI | 1.6 mg pyridoxine | 0.7 mg pyridoxine | 0.45 mg pyridoxine |
| Vitamin B12 | 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 mg3 total of L-ascorbic and dehydro-ascorbic acid | 30 mg3 total of L-ascorbic and dehydro-ascorbic acid | 30 mg3 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 equivalents4 | 5 mg alpha- tocopherol equivalents4 | 4 mg alpha- tocopherol equivalents4 |
| Vitamin K | ESADDI | 80 μg phylloquinone | 15 μg phylloquinone | 10 μg phylloquinone |

***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 RDIs and ESADDIs for minerals

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

RDIs and ESADDIs for minerals

| Column 1 | Column 2 | Column 3 | Column 4 | Column 5 |
| --- | --- | --- | --- | --- |
| Mineral | RDI or ESADDI |  | For children aged  1–3 years | For infants |
| 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

|  |  |
| --- | --- |
| Vitamin E form | Conversion factor (µg/1 µg alpha-tocopherol equivalents) |
| 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.

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