

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.

Editorial Note:

Standard 1.2.7 – Nutrition, Health and Related Claims also sets out additional nutrition information requirements in relation to nutrition content claims and health claims.

This Standard does not apply to infant formula products standardised in Standard 2.9.1 – Infant Formula Products. Standard 2.9.1 sets out specific nutrition labelling requirements that apply to infant formula products.

Table of Provisions

Division 1 – Interpretation

1 Definitions

1A Application

2. Energy factors

Division 2 – Nutrition information panels

3 Nutrition information requirements and exemptions

4 Requirements for nutrition information panels when certain claims made

5 Prescribed declarations in a nutrition information panel

6 Expression of particular matters in the nutrition information panel

7 Percentage daily intake information

7A Percentage recommended dietary intake information

7B Percentage DI or RDI information presented outside the panel

8 Food in small packages

8A Additional declarations for food in small packages

9 Food in dehydrated or concentrated form

10 Food intended to be drained before consumption

11 Food intended to be prepared or consumed with other food

11A Claims on food to be prepared or consumed with other food

Division 3 – Deleted

Division 4 – Miscellaneous

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

19 Items in panel are nutrition content claims in some circumstances

Division 1 – Interpretation

Clauses

1 Interpretation

(1) In this Standard –

average energy content means the figure calculated in accordance with subclause (3).

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

carbohydrate means –

- (a) 'carbohydrate by difference', calculated by subtracting from 100, the average quantity expressed as a percentage of water, protein, fat, dietary fibre, ash, alcohol, and if quantified or added to the food, any other unavailable carbohydrate and the substances listed in column 1 of Table 2 to subclause 2(2); or
- (b) 'available carbohydrate', calculated by summing the average quantity of total available sugars and starch, and if quantified or added to the food, any available oligosaccharides, glycogen and maltodextrins.

claim requiring nutrition information has the meaning given in subclause 4(1).

dietary fibre means that fraction of the edible part of plants or their extracts, or synthetic analogues that –

- (a) are resistant to the digestion and absorption in the small intestine, usually with complete or partial fermentation in the large intestine; and
- (b) promote one or more of the following beneficial physiological effects –
 - (i) laxation;
 - (ii) reduction in blood cholesterol;
 - (iii) modulation of blood glucose;

and includes polysaccharides, oligosaccharides (degree of polymerisation > 2) and lignins.

fat means total fat.

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

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

prescribed beverage means –

- (a) an alcoholic beverage standardised in Standards 2.7.2 to 2.7.5; or
- (b) a beverage containing no less than 0.5% alcohol by volume.

prescribed beverage gluten free claim means a nutrition content claim in relation to gluten content of a prescribed beverage that uses the descriptor 'free' in conjunction with gluten, or a synonym of such a descriptor.

saturated fatty acids means the total of fatty acids containing no double bonds 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 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) Unless the contrary intention appears, the definitions in Standard 1.2.7 apply in this Standard.

(3) Average energy content is to be calculated by –

- (a) multiplying the average amount of each food component per 100 g of the food by the energy factor for that food component; then
- (b) adding the amounts calculated for each food component using the following formula –

$$E_{kJ} = \sum W_i F_i$$

Where E_{kJ} is the average energy content expressed in kilojoules per 100 g, W_i is the average weight of the food component expressed in grams per 100 g and F_i means the energy factor assigned to that food component expressed in kilojoules per gram.

- (4) Where this Standard permits average energy content to be expressed in calories, the average energy content in calories is to be calculated in accordance with the following formula –

$$E_{cal} = \frac{E_{kJ}}{4.18}$$

Where E_{cal} is the average energy content expressed in calories and E_{kJ} is the average energy content calculated in accordance with the formula in subclause (1).

1A Application

This Standard does not apply to a food standardised by Standard 2.9.1.

Editorial note:

Infant formula products standardised by Standard 2.9.1 are not required to carry a nutrition information panel in accordance with this Standard. Standard 2.9.1 prescribes specific nutrition information requirements for those foods.

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 –

$$ME = GE - FE - UE - GaE - SE$$

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

Editorial note:

* 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) deleted
- (b) an alcoholic beverage standardised in Standard 2.7.2 to Standard 2.7.5 of this Code; or
- (c) a herb, a spice, a herbal infusion; 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, instant or soluble coffee, as defined in Standard 1.1.2; or
- (g) an additive for the purposes of 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; or
- (k) gelatine as defined in Standard 1.1.2; or
- (l) water, ice, or mineral water or spring water as defined in Standard 2.6.2; or
- (m) prepared filled rolls, sandwiches, bagels and similar products; or
- (n) jam setting compound; or
- (o) a kit which is intended to be used to produce an alcoholic beverage standardised in Standard 2.7.2 to Standard 2.7.5 of this Code; or

- (p) a beverage containing no less than 0.5% alcohol by volume that is not standardised in Standard 2.7.2 to Standard 2.7.5 of this Code; or
- (q) kava as standardised in Standard 2.6.3.

4 Requirements for nutrition information panels when certain claims made

(1) A claim requiring nutrition information means –

- (a) a nutrition content claim; or
- (b) a health claim;

but does not include –

- (c) a declaration that is required by the Act; or
- (ca) a prescribed beverage gluten free claim; or
- (d) an endorsement; or
- (e) a permitted Health Star Rating symbol.

(2) Subject to subclauses (3) and (4), if a claim requiring nutrition information is made in relation to a food, a nutrition information panel must be included on the label on the package of the food.

(3) If a claim requiring nutrition information 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.

(4) Where a claim requiring nutrition information is made in relation to a food in a small package, the label need not include a nutrition information panel but must comply with clauses 8 and 8A.

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 expressed as either –
 - (i) the number of servings of the food, or
 - (ii) the number of servings of the food per kg, or other units as appropriate, for those packaged foods where the weight or volume of the food as packaged is variable; 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 subclause (1A), the average quantity, expressed in grams of, protein, fat, saturated fatty acids, 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 claim requiring nutrition information 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; and

- (h) any other matter which this Code requires to be included;

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	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)

(1A) If a claim –

- (a) is made about a food standardised in Standard 2.4.1 or Standard 2.4.2; and
 (b) relates to polyunsaturated fatty acids or monounsaturated fatty acids;

the properties set out in subclause (1B) may be set out in the panel as a minimum or maximum quantity in a serving of the food and per 100 g/mL.

(1B) The properties are –

- (a) saturated fatty acids; and
 (b) polyunsaturated fatty acids; and
 (c) monounsaturated fatty acids; and
 (d) trans fatty acids.

(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 an abbreviation for average 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.

(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.

(3A) The word 'Carbohydrate' may be replaced in the nutrition information panel by 'Carbohydrate, total'.

(4) The nutrition information panel must include declarations of the trans, polyunsaturated and monounsaturated fatty acids in accordance with subclause (7), where a claim requiring nutrition information is made about or based on –

- (a) cholesterol; or
- (b) saturated, trans, polyunsaturated or monounsaturated fatty acids; or
- (c) omega-3, omega-6 or omega-9 fatty acids.

(4A) The nutrition information panel must include a declaration of the average quantity of galactose in accordance with subclause (7), where a claim requiring nutrition information is made about or based on lactose.

(4B) The nutrition information panel must include a declaration of the average quantity of potassium in accordance with subclause (7), where a claim requiring nutrition information is made about or based on salt or sodium.

(4C) The nutrition information panel must include a declaration of the following in accordance with subclause (7), where a claim requiring nutrition information is made about or based on omega-3 fatty acids –

- (a) the average quantity of each type of omega-3 fatty acids (that is, alpha-linolenic acid, docosahexaenoic acid, eicosapentaenoic acid or a combination of these); and
- (b) the average quantity of the total of omega-3 fatty acids.

(5) The nutrition information panel must include a declaration of the presence or absence of dietary fibre in accordance with subclause (7), where a claim requiring nutrition information is made about or based on –

- (a) fibre; or
- (b) any specifically named fibre; or
- (c) sugars; or
- (d) any other type of carbohydrate.

(5A) Zero (0) must be used to indicate the absence of dietary fibre under subclause (5).

(6) The nutrition information panel must include declarations of unavailable carbohydrate where the unavailable carbohydrate has been subtracted in the calculation of 'carbohydrate by difference' as defined in clause 1.

(6A) The reference to 'unavailable carbohydrate' in subclause (6) does not include dietary fibre.

(6B) The nutrition information panel must include individual declarations of those substances listed in column 1 of Table 2 to subclause 2(2) where they are present, either singly or in combination, in the final food in an amount of no less than 5g/100g, and where –

- (a) any of the substances listed in column 1 have been subtracted in the calculation of 'carbohydrate by difference' as defined in clause 1; or
- (b) any of the substances listed in column 1 have been quantified or added to the food, if 'available carbohydrate' as defined in clause 1 is used.

(6C) The reference to 'substances listed in column 1 of Table 2 to subclause 2(2)' in subclause (6B) does not include organic acids.

(7) The information prescribed in subclauses (4), (4A), (4B), (4C) and (5), where required to be included in a nutritional 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 100 g (or 100 mL)
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	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 word 'total' following 'protein' or 'dietary fibre' in the first column of the panel need only be included if it is immediately followed by the 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 particular matters in the nutrition information panel

(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, or unit quantity of the food is less than 5 milligrams, that average quantity may be expressed in the panel as 'LESS THAN 5 mg'.

(5) If a nutrition claim is made about phytosterols, phytostanols or their esters, then the nutrition information panel must include declarations of –

- (a) the substances using the same name as used in the mandatory advisory statement required by clause 2 of Standard 1.2.3; and
- (b) the amount of the substances calculated as total plant sterol equivalents content.

(6) Subclause 1(2) of Standard 1.1.1 does not apply to subclause (5).

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) If percentage daily intake information is included in a panel –

- (a) the percentage daily intake of dietary fibre per serving 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 per serving;
 - (ii) either of the following statements –

*based on an average adult diet of 8700 kJ'; or
'Percentage daily intakes are based on an average adult diet of 8700 kJ'.

(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	Column 2
Food Component	Reference Value
Energy	8700 kJ
Protein	50 g
Fat	70 g
Saturated fatty acids	24 g
Carbohydrate	310 g
Sodium	2300 mg
Sugars	90 g
Dietary fibre (if included)	30 g

7A Percentage recommended dietary intake information

(1) This clause applies if–

- (a) a claim requiring nutrition information is made about or based on a vitamin or mineral (the relevant vitamin or mineral); and
- (b) the relevant vitamin or mineral has a RDI; and
- (c) the food to which the claim relates is not a food for infants as standardised by Standard 2.9.2.

(2) The percentage of the RDI for the relevant vitamin or mineral contributed by one serving of the food must be set out in the nutrition information panel.

- (3) The percentage RDI under subclause (2) must be calculated –
- (a) using the RDIs mentioned in the Schedule to Standard 1.1.1; and
 - (b) using the nutrient values set out in the nutrition information panel.
- (4) Despite paragraph (1)(c), percentage recommended dietary intake information may be included in the nutrition information panel for a food for infants as standardised by Standard 2.9.2.

7B Percentage DI or RDI information presented outside the panel

- (1) In this clause, DI or RDI information means the information in a nutrition information panel that is permitted or required by clause 7 or 7A.
- (2) DI or RDI information may be presented outside the nutrition information panel if –
- (a) the serving size is presented together with DI or RDI information; and
 - (b) the food to which the DI or RDI information relates does not contain more than 1.15% alcohol by volume.
- (3) If more than one piece of DI or RDI information is presented outside the nutrition information panel, those pieces of information must be presented together.
- (4) DI or RDI information presented in accordance with this clause does not constitute a nutrition content claim.

8 Food in small packages

- (1) This clause applies if a claim requiring nutrition information is made on or about food in a small package.
- (2) The label must include a declaration of the average quantity of the food in a serving expressed –
- (a) in the case of a solid or semi-solid food, in grams; or
 - (b) in the case of a beverage or other liquid food, in millilitres.
- (3) In addition to the matters specified in subclause (2), if a claim requiring nutrition information is made about a matter in Column 1 of the Table to this subclause, the label must include the particulars specified in Column 2.

Table to subclause 8(3)

Column 1	Column 2
Claim is about	Label must include
Any nutrient or biologically active substance (other than a vitamin or mineral with a RDI)	Average quantity of the nutrient or biologically active substance present per serving of the food
Any vitamin or mineral with a RDI	(a) Average quantity of the vitamin or mineral present per serving of the food; and (b) Percentage of the RDI for the vitamin or mineral contributed by one serving of the food, and calculated in accordance with clause 7A
Polyunsaturated fatty acids or monounsaturated fatty acids in a food standardised in Standard 2.4.1 or 2.4.2	Minimum, maximum or average quantity of saturated fatty acids, trans fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids content per serving of the food
Polyunsaturated fatty acids or monounsaturated fatty acids in a food that is not a food standardised in Standard 2.4.1 or 2.4.2	Average quantity of saturated fatty acids, trans fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids content per serving of the food

Column 1	Column 2
Claim is about	Label must include
Cholesterol, saturated fatty acids, trans fatty acids, omega-6 or omega-9 fatty acids	Average quantity of saturated fatty acids, trans fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids content per serving of the food
Dietary fibre, sugars or any other carbohydrate	Average energy content per serving of the food and average quantity of carbohydrate, sugars and dietary fibre (calculated in accordance with clause 18) present per serving of the food
Energy	Average energy content per serving of the food
Fat-free	Average energy content per serving of the food
Omega-3 fatty acids	(a) Average quantity of saturated fatty acids, trans fatty acids, polyunsaturated fatty acids and monounsaturated fatty acids content per serving of the food; and (b) the average quantity of each type of omega-3 fatty acids per serving of the food (that is, alpha-linolenic acid, docosahexaenoic acid, eicosapentaenoic acid or a combination of these); and (c) the average quantity of the total of omega-3 fatty acids per serving of the food
Lactose	Average quantity of galactose content per serving of the food
Potassium	Average quantity of sodium content per serving of the food
Sodium or salt	Average quantity of sodium and potassium content per serving of the food

(4) The particulars required by subclause (3) –

- (a) must be set out as minimum, maximum or average quantities unless specified in the Table to subclause (3); and
- (b) must clearly indicate whether the particulars are minimum, maximum or average quantities.

(5) The word ‘serving’ in a declaration required by this clause may be replaced by –

- (a) the word ‘slice’, ‘pack’ or ‘package’; or
- (b) the words ‘metric tablespoon’ or other appropriate word or words expressing a unit or common measure.

(6) To avoid doubt, the information required to be declared in accordance with this clause need not be set out in the prescribed panel format.

8A Additional declarations for food in small packages

(1) This clause applies if a claim requiring nutrition information is made about carbohydrate, dietary fibre, sugars or any other carbohydrate on or about food in a small package.

(2) The label must include a declaration of the average quantity of unavailable carbohydrate per serving of the food if unavailable carbohydrate has been subtracted in the calculation of ‘carbohydrate by difference’ as defined in clause 1.

(3) The reference to ‘unavailable carbohydrate’ in subclause (2) does not include dietary fibre.

(4) If –

- (a) the food contains any of the substances in Column 1 of Table 2 to subclause 2(2) other than organic acids (the relevant substances); and

- (b) the relevant substances either singly or in combination are present in the final form of the food in an amount no less than 5 g/100 g;

the average quantity of the substances per serving of the food must be declared on the label.

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 intended to be drained before consumption

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

11 Food intended 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 –

- (a) a description of the additional food or foods; and
- (b) the quantity of the additional food or foods; and
- (c) the average energy content of the combined foods; and
- (d) the average quantities of nutrients contained in the combined foods; and
- (e) the average quantities of biologically active substances contained in the combined foods.

11A Claims on food to be prepared or consumed with other food

If a claim requiring nutrition information is made about a food that is required to be prepared or consumed with at least one other food–

- (a) the nutrition information panel must include an additional column at the right hand side of the panel, specifying, in the same manner as set out in the panel –
 - (i) a description of the additional food or foods; and
 - (ii) the quantity of the additional food or foods; and
 - (iii) the average energy content of the combined foods; and
 - (iv) the average quantities of nutrients contained in the combined foods; and
 - (v) the average quantities of biologically active substances contained in the combined foods; and
- (b) the weight or volume of the serving size of the food as prepared must be declared in the panel.

Division 3 – Deleted

Division 4 – Miscellaneous

18 Methods of analysis to determine total dietary fibre and specifically named fibre content of food

(1) Subject to subclause (2), the methods set out in the Table to this subclause are the prescribed methods of analysis for the determination of total dietary fibre and any specifically named fibre content of food for the purposes of nutrition labelling in this Standard.

Table to subclause 18(1)

Column 1	Column 2
Dietary Fibre	Method of analysis
Total dietary fibre	Section 985.29 of the AOAC, 18th Edition (2005), or Section 991.43 of the AOAC, 18th Edition (2005).
Total dietary fibre (including all resistant maltodextrins)	Section 2001.03 of the AOAC, 18th Edition (2005)
Inulin and fructooligosaccharide	Section 997.08 of the AOAC, 18th Edition (2005).
Inulin	Section 999.03 of the AOAC, 18th Edition (2005).
Polydextrose	Section 2000.11 of the AOAC, 18th Edition (2005)

(2) Where the dietary fibre content of a food has been determined by more than one method of analysis listed in column 2 of the Table to subclause 18(1), the total dietary fibre content is calculated by adding together the results from each method of analysis and then subtracting any portion of dietary fibre which has been included in the results of more than one method of analysis.

Editorial note:

For example, the dietary fibre content of a cereal bar with added inulin is calculated by adding the result of the analysis for total dietary fibre, using one of the two possible methods of analysis, to the result of the analysis for inulin, and subtracting from the total that part of the inulin content that was included in the result of the analysis for total dietary fibre.

See Standard 1.3.4 – Identity and Purity for the identity and purity requirements for added resistant maltodextrins.

19 Items in panel are nutrition content claims in some circumstances

(1) In this clause –

voluntary item means a particular which is permitted by this Code to be included in a nutrition information panel.

mandatory item means a particular which is required by this Code to be included in the nutrition information panel in some or all circumstances.

(2) To avoid doubt, the inclusion of a mandatory item in a nutrition information panel is not a nutrition content claim.

(3) The inclusion of a voluntary item in a nutrition information panel is a nutrition content claim unless –

- (a) this Code provides otherwise; or
- (b) the voluntary item is a declaration of –
 - (i) dietary fibre if the food contains less than 2 g of dietary fibre per serving; or
 - (ii) trans fatty acid content; or
 - (iii) lactose content.

(4) A nutrition information panel that contains the prescribed declarations in paragraphs 5(1)(a) to 5(1)(f) on a product containing more than 1.15% alcohol by volume is not a nutrition content claim.

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 1.2.8 as in force on **7 December 2015** (up to Amendment No. 159). It includes any commenced amendment affecting the compilation to that date.

Prepared by Food Standards Australia New Zealand on **7 December 2015**.

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 1.2.8 was published in the *Commonwealth of Australia Gazette* No. P 30 on 20 December 2000 as part of Amendment No. 53 (F2008B00608 — 30 September 2008) and has since been amended as follows:

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
Purpose	67	F2008B00807 19 Dec 2008 FSC 9 31 July 2003	31 July 2003	am	Update references to relevant infant formula Standards.
Purpose	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	rs, ad	Consequential relating to date of effect of Standard 1.2.7. Inclusion of related Editorial note.
Table of Provs	115	F2010L00803 8 April 2010 FSC 57 8 April 2010	8 April 2010	am	Update to include amended heading to clause 6.
Table of Provs	124	F2011L01450 8 July 2011 FSC 66 11 July 2011	11 July 2011	am	Update to reflect amended headings for clauses 3, 10 and 11.
Table of Provs	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	am	Update to include references to new clauses 1A, 7A, 7B, 8A, 11A, 19, amended Division 3 and amended clause 8.
1	55	F2008B00791 9 Aug 2008 P 23 30 Aug 2001	30 Aug 2001	ad	Definition of 'dietary fibre'.

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
1	57	F2008B00795 10 Dec 2008 P 27 1 Nov 2001	1 Nov 2001	rs	Definition of 'carbohydrate' to allow for carbohydrate by difference and available carbohydrate.
1	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	rep	Editorial notes following definitions of 'biologically active substance' and 'nutrition claim'.
1	103	F2008L03741 9 Oct 2008 FSC 45 9 Oct 2008	9 Oct 2008	am, ad	Clause heading, make existing clause subclause (1) and insert new subclause (2).
1	124	F2011L01450 8 July 2011 FSC 66 11 July 2011	11 July 2011	am	Definitions of 'polyunsaturated fatty acids', 'saturated fatty acids' and 'trans fatty acids'.
1	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	rep	Definitions of 'gluten' and 'nutrition claim'.
1	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	rs	Definition of 'average energy content'.
1	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	ad	Definition of 'claim requiring nutrition information'.
1	150	F2014L01427 28 Oct 2014 FSC92 30 Oct 2014	30 Oct 2014	am	Correct typographical error in definition of 'average energy content'.
1	157	F2015L01383 1 Sept 2015 FSC99 3 Sept 2015	3 Sept 2015	ad	Definitions of 'prescribed beverage' and 'prescribed beverage gluten free claim'.
1(2)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	am	Renumber as subclause (4) as a consequential amendment relating to date of effect of Standard 1.2.7.
1(2), (3)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	ad	New subclauses as a consequential amendment relating to date of effect of Standard 1.2.7.
1A	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	am	New clause as a consequential amendment relating to date of effect of Standard 1.2.7.
Table 2 to 2(2)	70	F2008B00817 24 Dec 2008 FSC 12 29 April 2004	29 April 2004	ad	Reference to D-tagatose.
Table 2 to 2(2)	83	F2005L03673 24 Nov 2005 FSC 25 24 Nov 2005	24 Nov 2005	am	Reference to energy factor for maltitol.
Table 2 to 2(2)	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	am	Editorial note following Table 2.
3	62	F2008B00807 19 Dec 2008 FSC 4 17 Sept 2002	17 Sept 2002	rs	Clause.
3	64	F2008B00810 23 Dec 2008 FSC 6 13 Dec 2002	13 Dec 2002	ad	New paragraph to include reference to kits intended to be used to produce an alcoholic beverage.

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
3	72	F2008B00819 24 Dec 2008 FSC 14 20 May 2004	20 May 2004	ad	New paragraph to include reference to kava.
3	78	F2005L01246 26 May 2005 FSC 20 26 May 2005	26 May 2005	am	Paragraphs (b) and (o) to clarify application.
3	91	F2007L00373 15 Feb 2007 FSC 33 15 Feb 2007	15 Feb 2007	ad	New paragraph as a consequence of amendment to the definition of 'liqueur' in Standard 2.7.5.
3	124	F2011L01450 8 July 2011 FSC 66 11 July 2011	11 July 2011	rs	Clause.
3	135	F2012L02014 10 Oct 2012 FSC 77 11 Oct 2012	11 Oct 2012	am	Paragraph (l) to include reference to ice.
4	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	rs	Clause as a consequential amendment relating to date of effect of Standard 1.2.7.
4(1)	157	F2015L01383 1 Sept 2015 FSC99 3 Sept 2015	3 Sept 2015	am	Inclusion of new paragraph relating to a prescribed beverage gluten free claim.
4(1)	159	F2015L01930 3 Dec 2015 FSC101 7 Dec 2015	7 Dec 2015	am	Inclusion of new paragraph (e) to reference the Health Star Rating System.
4(4)	159	F2015L01930 3 Dec 2015 FSC101 7 Dec 2015	7 Dec 2015	am	Insert cross-reference to clause 8A. <i>See clause 1A of Standard 1.1.1 for transitional arrangements.</i>
5(1)	57	F2008B00795 10 Dec 2008 P 27 1 Nov 2001	1 Nov 2001	am	Consequential amendments to Table following subclause relating to amendment to definition of 'carbohydrate'.
5(1)	78	F2005L01246 26 May 2005 FSC 20 26 May 2005	26 May 2005	am	Paragraph (a) relating to the prescribed declarations in a nutrition information panel.
5(1)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	am	Paragraph (e) as a consequential amendment relating to new clause 1A.
5(1)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	rs	Paragraph (g) and insert new paragraph (h) as a consequential amendment relating to date of effect of Standard 1.2.7.
5(1)	150	F2014L01427 28 Oct 2014 FSC92 30 Oct 2014	30 Oct 2014	am	Correct typographical error in paragraph (h).
5(1)	159	F2015L01930 3 Dec 2015 FSC101 7 Dec 2015	7 Dec 2015	am	Reference in paragraph (e) to 'saturated fat' amended to 'saturated fatty acids'. <i>See clause 1A of Standard 1.1.1 for transitional arrangements.</i>
5(1A), (1B)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	ad	Subclauses as a consequential amendment relating to date of effect of Standard 1.2.7.
5(2)	67	F2008B00807 19 Dec 2008 FSC 9 31 July 2003	31 July 2003	am	Editorial note following subclause to clarify meaning.

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
5(2)	109	F2009L02295 18 June 2009 FSC 51 18 June 2009	18 June 2009	rs	Editorial note following subclause.
5(2)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	am	Editorial note following subclause..
5(3A)	61	F2008B00800 19 Dec 2008 FSC 3 28 June 2002	28 June 2002	ad	Subclause relating to total carbohydrates in relation to the nutrition information panel.
5(4)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	am	Subclause as a consequential amendment relating to date of effect of Standard 1.2.7.
5(4A), (4B), (4C)	159	F2015L01930 3 Dec 2015 FSC101 7 Dec 2015	7 Dec 2015	ad	Subclauses relating to the declaration of galactose, potassium and omega-3 fatty acids in a nutrition information panel. <i>See clause 1A of Standard 1.1.1 for transitional arrangements.</i>
5(5)	55	F2008B00791 9 Aug 2008 P 23 30 Aug 2001	30 Aug 2001	rs	Inclusion of references to inulin and fructooligosaccharide as dietary fibre and a declaration requirement.
5(5)	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	rep	Editorial note following subclause.
5(5)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	am	Subclause as a consequential amendment relating to date of effect of Standard 1.2.7.
5(6)	57	F2008B00795 10 Dec 2008 P 27 1 Nov 2001	1 Nov 2001	rs	Consequential amendments relating to amendment to definition of 'carbohydrate'.
5(7)	57	F2008B00795 10 Dec 2008 P 27 1 Nov 2001	1 Nov 2001	am	Consequential amendments to Table following subclause relating to amendment to definition of 'carbohydrate'. Editorial Note.
5(7)	64	F2008B00810 23 Dec 2008 FSC 6 13 Dec 2002	13Dec 2002	am	Editorial note to clarify requirements.
5(7)	124	F2011L01450 8 July 2011 FSC 66 11 July 2011	11 July 2011	rs	Subclause.
5(7)	135	F2012L02014 10 Oct 2012 FSC 77 11 Oct 2012	11 Oct 2012	am	Correct formatting error for 'Dietary fibre, total' in the nutrition information panel.
5(7)	159	F2015L01930 3 Dec 2015 FSC101 7 Dec 2015	7 Dec 2015	am	Consequential cross-reference amendment relating to new subclauses 5(4A), (4B) and (4C). <i>See clause 1A of Standard 1.1.1 for transitional arrangements.</i>
5A	103	F2008L03741 9 Oct 2008 FSC 45 9 Oct 2008	9 Oct 2008	ad	New clause.
6	115	F2010L00803 8 April 2010 FSC 57 8 April 2010	8 April 2010	rs	Clause heading.

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
6(4)	88	F2006L03270 5 Oct 2006 FSC 30 5 Oct 2006	5 Oct 2006	am	Correction of typographical error.
6(5), (6)	115	F2010L00803 8 April 2010 FSC 57 8 April 2010	8 April 2012	ad	New subclauses.
7(2)	57	F2008B00795 10 Dec 2008 P 27 1 Nov 2001	1 Nov 2001	rs	Consequential amendments to Editorial note following subclause relating to amendment to definition of 'carbohydrate'.
7(2)	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	am	Example nutrition panel in Editorial note following subclause.
7(2)	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	rs	Subclause as a consequential amendment relating to date of effect of Standard 1.2.7.
7(3)	62	F2008B00807 19 Dec 2008 FSC 4 17 Sept 2002	17 Sept 2002	am	Entry for sugar in table to subclause.
7A, 7 B	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	ad	Clauses as consequential amendments relating to date of effect of Standard 1.2.7.
8	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	rs	Clause as a consequential amendment relating to date of effect of Standard 1.2.7.
Table to 8(3)	159	F2015L01930 3 Dec 2015 FSC101 7 Dec 2015	7 Dec 2015	rs	Consequential amendments arising from amendments to Standard 1.2.7. <i>See clause 1A of Standard 1.1.1 for transitional arrangements.</i>
8(5)	159	F2015L01930 3 Dec 2015 FSC101 7 Dec 2015	7 Dec 2015	am	Omission of reference to 'metric cup'. <i>See clause 1A of Standard 1.1.1 for transitional arrangements.</i>
8A	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	ad	Clause as a consequential amendment relating to date of effect of Standard 1.2.7.
8A	159	F2015L01930 3 Dec 2015 FSC101 7 Dec 2015	7 Dec 2015	am	Consequential amendments to subclauses (2) and (4) arising from amendments to Standard 1.2.7. <i>See clause 1A of Standard 1.1.1 for transitional arrangements.</i>
10	124	F2011L01450 8 July 2011 FSC 66 11 July 2011	11 July 2011	rs	Clause.
11	124	F2011L01450 8 July 2011 FSC 66 11 July 2011	11 July 2011	rs	Clause.
11	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	am	Correction of typographical error.
11A	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	ad	Clause as a consequential amendment relating to date of effect of Standard 1.2.7.

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
Div 3	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	rep	Division and clauses within Division.
13(2)	67	F2008B00807 19 Dec 2008 FSC 9 31 July 2003	31 July 2003	am	Paragraph (a) to clarify meaning.
13(5)	124	F2011L01450 8 July 2011 FSC 66 11 July 2011	11 July 2011	rs	Subclause.
13(6)	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	rep	Editorial note following subclause.
14	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	rep	Editorial note following clause.
15(3), (4)	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	rep	Editorial note following subclauses.
16	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	rep	Editorial note following clause.
16(2), (3)	74	F2008B00821 24 Dec 2008 FSC 16 14 Oct 2004	14 Oct 2004	rs	Amend references to claims relating to gluten free and low gluten food.
17	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	rep	Editorial note following clause.
17(1)	78	F2005L01246 26 May 2005 FSC 20 26 May 2005	26 May 2005	am	Permissions for claims about salt, potassium and sodium content in food.
18	55	F2008B00791 9 Aug 2008 P 23 30 Aug 2001	30 Aug 2001	rs	Inclusion of references to inulin and fructooligosaccharide as dietary fibre and a declaration requirement and related Editorial note.
Table to 18(1)	72	F2008B00819 24 Dec 2008 FSC 14 20 May 2004	20 May 2004	ad	Inclusion of reference to polydextrose.
Table to 18(1)	74	F2008B00821 24 Dec 2008 FSC 16 14 Oct 2004	14 Oct 2004	ad	Inclusion of reference to total dietary fibre including resistant maltodextrins.
Table to 18(1)	103	F2008L03741 9 Oct 2008 FSC 45 9 Oct 2008	9 Oct 2008	rs	Table to update the methods of analysis.
18(2)	74	F2008B00821 24 Dec 2008 FSC 16 14 Oct 2004	14 Oct 2004	am	Editorial note to include reference to total dietary fibre including resistant maltodextrins.

Clause affected	A'ment No.	FRLI registration Gazette	Commencement (Cessation)	How affected	Description of amendment
18(2)	101	F2008L03058 14 Aug 2008 FSC 43 14 Aug 2008	14 Aug 2008	rs	Editorial note following subclause.
18(2)	103	F2008L03741 9 Oct 2008 FSC 45 9 Oct 2008	9 Oct 2008	rs	Subclause.
19	138	F2013L00050 14 Jan 2013 FSC 80 18 Jan 2013	18 Jan 2013	ad	Clause as a consequential amendment relating to date of effect of Standard 1.2.7.