

STANDARD 1.3.2

VITAMINS AND MINERALS

Purpose

This Standard regulates the addition of vitamins and minerals to foods, and the claims which can be made about the vitamin and mineral content of foods. Standards contained elsewhere in this Code also regulate claims and the addition of vitamins and minerals to specific foods, such as, the mandatory addition of thiamin and folic acid to wheat flour for making bread (Australia only) and the mandatory replacement of non-iodised salt with iodised salt in bread in Standard 2.1.1, the addition of vitamin D to table edible oil spreads and margarine in Standard 2.4.2, formulated caffeinated beverages in Standard 2.6.4, special purpose foods standardised in Part 2.9 and the addition of iodine to certain salt products in Standard 2.10.2.

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Clauses

1 Interpretation

In this Standard –

claimable food means a food which consists of at least 90% by weight of –

- (a) primary foods; or
- (b) foods listed in the Table to clause 3; or
- (c) two or more of the following –
 - (i) primary foods; or
 - (ii) water; or;
 - (iii) foods listed in the Table to clause 3 excluding butter, cream and cream products, edible oils, edible oil spreads and margarine.

primary food means fruit, vegetables, grains, legumes, meat, milk, eggs, nuts, seeds and fish.

reference quantity means –

- (a) in relation to a food specified in the Table to clause 3, either the quantity specified in that Table for that food or, in relation to a food which requires dilution or reconstitution according to directions, the quantity of the food which when diluted or reconstituted produces the quantity specified in column 2 of the Table; or

- (b) in relation to all other claimable foods, either a normal serving or, in relation to a food which requires dilution, reconstitution, draining or preparation according to directions, the quantity of the food which when diluted, reconstituted, drained or prepared produces a normal serving.

2 Prohibition on adding vitamins and minerals to food

A vitamin or mineral must not be added to a food unless the –

- (a) addition of that vitamin or mineral is specifically permitted in this Code; and
 (b) vitamin or mineral is in a permitted form specified in the Schedule to Standard 1.1.1, unless stated otherwise in this Code.

3 Permitted addition of vitamins and minerals to food

A vitamin or mineral specified in column 3 of the Table to this clause may be added to a food specified in column 1 in relation to that vitamin or mineral, provided that the total of the naturally occurring and added quantity of that vitamin or mineral present in a reference quantity of the food, is no more than the quantity specified in column 5 in relation to that vitamin or mineral.

Table to clause 3

Column 1	Column 2	Column 3	Column 4	Column 5
Food	Reference Quantity	Vitamins & Minerals That May Be Added	Maximum Claim Per Reference Quantity (proportion RDI)	Maximum Permitted Quantity of Vitamin or Mineral per Reference Quantity
Cereals and cereal products				
Biscuits containing not more than 200 g/kg fat and not more than 50 g/kg sugars	35 g	Thiamin Riboflavin Niacin Vitamin B ₆ Vitamin E Folate Calcium Iron Magnesium Zinc	0.55 mg (50%) 0.43 mg (25%) 2.5 mg (25%) 0.4 mg (25%) 2.5 mg (25%) 100 µg (50%) 200 mg (25%) 3.0 mg (25%) 80 mg (25%) 1.8 mg (15%)	
Bread	50 g	Thiamin Riboflavin Niacin Vitamin B ₆ Vitamin E Iron Magnesium Zinc	0.55 mg (50%) 0.43 mg (25%) 2.5 mg (25%) 0.4 mg (25%) 2.5 mg (25%) 3.0 mg (25%) 80 mg (25%) 1.8 mg (15%)	
– bread that contains no wheat flour		Folate	100 µg (50%)	

Table to clause 3 (continued)

Column 1	Column 2	Column 3	Column 4	Column 5
Food	Reference Quantity	Vitamins & Minerals That May Be Added	Maximum Claim Per Reference Quantity (proportion RDI)	Maximum Permitted Quantity of Vitamin or Mineral per Reference Quantity
Breakfast cereals, as purchased	A normal serving	Carotene forms of Vitamin A Thiamin Riboflavin Niacin Vitamin B ₆ Vitamin C Vitamin E Folate Calcium Iron – except ferric sodium edetate Magnesium Zinc	200 µg (25%) 0.55 mg (50%) 0.43 mg (25%) 2.5 mg (25%) 0.4 mg (25%) 10 mg (25%) 2.5 mg (25%) 100 µg (50%) 200 mg (25%) 3.0 mg (25%) 80 mg (25%) 1.8 mg (15%)	
Cereal flours	35 g	Thiamin Riboflavin Niacin Vitamin B ₆ Vitamin E Folate Iron Magnesium Zinc	0.55 mg (50%) 0.43 mg (25%) 2.5 mg (25%) 0.4 mg (25%) 2.5 mg (25%) 100 µg (50%) 3.0 mg (25%) 80 mg (25%) 1.8 mg (15%)	
Pasta	That quantity which is equivalent to 35 g of uncooked dried Pasta	Thiamin Riboflavin Niacin Vitamin B ₆ Vitamin E Folate Iron Magnesium Zinc	0.55 mg (50%) 0.43 mg (25%) 2.5 mg (25%) 0.4 mg (25%) 2.5 mg (25%) 100 µg (50%) 3.0 mg (25%) 80 mg (25%) 1.8 mg (15%)	
Dairy products				
Dried milks	200 mL	Vitamin A Riboflavin Vitamin D Calcium	110 µg (15%) 0.4 mg (25%) 2.5 µg (25%) 400 mg (50%)	125 µg 3.0 µg
Modified milks and skim milk	200 mL	Vitamin A Vitamin D Calcium	110 µg (15%) 1.0 µg (10%) 400 mg (50%)	125 µg 1.6 µg
Cheese and cheese products	25 g	Vitamin A Calcium Phosphorus Vitamin D	110 µg (15%) 200 mg (25%) 150 mg (15%) 1.0 µg (10%)	125 µg 1.6 µg
Yoghurts (with or without other foods)	150 g	Vitamin A Vitamin D Calcium	110 µg (15%) 1.0 µg (10%) 320 mg (40%)	125 µg 1.6 µg

Table to clause 3 (continued)

Column 1	Column 2	Column 3	Column 4	Column 5
Food	Reference Quantity	Vitamins & Minerals That May Be Added	Maximum Claim Per Reference Quantity (proportion RDI)	Maximum Permitted Quantity of Vitamin or Mineral per Reference Quantity
Dairy desserts containing no less than 3.1% m/m milk protein	150 g	Vitamin A Vitamin D Calcium	110 µg (15%) 1.0 µg (10%) 320 mg (40%)	125 µg 1.6 µg
Ice cream and ice confections containing no less than 3.1% m/m milk protein	75 g	Calcium	200 mg (25%)	
Cream and cream products containing no more than 40% m/m milkfat	30 mL	Vitamin A	110 µg (15%)	125 µg
Butter	10 g	Vitamin A Vitamin D	110 µg (15%) 1.0 µg (10%)	125 µg 1.6 µg
Edible oils and spreads				
Edible oil spreads and margarine	10 g	Vitamin A Vitamin D	110 µg (15%) 1.0 µg (10%)	125 µg 1.6 µg
Edible oil spreads and margarine containing no more than 28% total saturated fatty acids and trans fatty acids	10 g	Vitamin E	3.5 mg (35%)	
Sunflower oil and safflower oil	10 g	Vitamin E	7.0 mg (70%)	
Edible oils (except sunflower and safflower oil) containing no more than 28% total saturated fatty acids and trans fatty acids	10 g	Vitamin E	3.0 mg (30%)	
Extracts				
Extracts of meat, vegetables or yeast (including modified yeast) and foods containing no less than 800 g/kg of extracts of meat, vegetables or yeast (including modified yeast)	5 g	Thiamin Riboflavin Niacin Vitamin B ₆ Vitamin B ₁₂ Folate Iron	0.55 mg (50%) 0.43 mg (25%) 2.5 mg (25%) 0.4 mg (25%) 0.5 µg (25%) 100 µg (50%) 1.8 mg (15%)	

Table to clause 3 (continued)

Column 1	Column 2	Column 3	Column 4	Column 5
Food	Reference Quantity	Vitamins & Minerals That May Be Added	Maximum Claim Per Reference Quantity (proportion RDI)	Maximum Permitted Quantity of Vitamin or Mineral per Reference Quantity
Fruit juice, vegetable juice, fruit drink and fruit cordial				
All fruit juice and concentrated fruit juice	200 mL	Calcium Folate Vitamin C Carotene forms of Vitamin A	200 mg (25%) 100 µg (50%) 120 mg (3 times) 200 µg (25%)	
Blackcurrant juice, concentrated blackcurrant juice	200 mL	Vitamin C	500 mg (12.5 times)	
Guava juice, concentrated guava juice	200 mL	Vitamin C	400 mg (10 times)	
Mango juice	200 mL	Carotene forms of Vitamin A	800 µg (1.1 times)	
Pawpaw juice, concentrated pawpaw juice	200 mL	Carotene forms of Vitamin A	300 µg (40%)	
Tomato juice, concentrated tomato juice	200 mL	Vitamin C Carotene forms of Vitamin A Folate Calcium	60 mg (1.5 times) 200 µg (25%) 100 µg (50%) 200 mg (25%)	
Vegetable juice	200 mL	Vitamin C Carotene forms of Vitamin A Folate Calcium	60 mg (1.5 times) 200 µg (25%) 100 µg (50%) 200 mg (25%)	
Fruit drinks, vegetable drinks and fruit and vegetable drinks containing at least 250 mL/L of the juice, puree or comminution of the fruit or vegetable or both; fruit drink, vegetable drink or fruit and vegetable drink concentrate which contains in a reference quantity at least 250 mL/L of the juice, puree or comminution of the fruit or vegetable, or both	200 mL	Folate Vitamin C Carotene forms of vitamin A Calcium	refer to clause 8 refer to clause 8 refer to clause 8 200 mg (25%)	
Fruit cordial, fruit cordial base	200 mL	Vitamin C	refer to clause 8	

Table to clause 3 (continued)

Column 1	Column 2	Column 3	Column 4	Column 5
Food	Reference Quantity	Vitamins & Minerals That May Be Added	Maximum Claim Per Reference Quantity (proportion RDI)	Maximum Permitted Quantity of Vitamin or Mineral per Reference Quantity
Analogues derived from legumes				
Beverages containing no less than 3% m/m protein derived from legumes	200 mL	Vitamin A Thiamin Riboflavin Vitamin B ₆ Vitamin B ₁₂ Vitamin D Folate Calcium Magnesium Phosphorus Zinc Iodine	110 µg (15%) no claim permitted 0.43 mg (25%) no claim permitted 0.8 µg (40%) 1.0 µg (10%) no claim permitted 240 mg (30%) no claim permitted 200 mg (20%) no claim permitted 15 µg (10%)	125 µg 0.10 mg 0.12 mg 1.6 µg 12 µg 22 mg 0.8 mg
Analogues of meat, where no less than 12% of the energy value of the food is derived from protein, and the food contains 5 g protein per serve of the food	100 g	Thiamin Riboflavin Niacin Vitamin B ₆ Vitamin B ₁₂ Folate Iron Magnesium Zinc	0.16 mg (15%) 0.26 mg (15%) 5.0 mg (50%) 0.5 mg (30%) 2.0 µg (100%) no claim permitted 3.5 mg (30%) no claim permitted 4.4 mg (35%)	 10 µg 26 mg
Analogues of yoghurt and dairy desserts containing no less than 3.1% m/m protein derived from legumes	150 g	Vitamin A Thiamin Riboflavin Vitamin B ₆ Vitamin B ₁₂ Vitamin D Folate Calcium Magnesium Phosphorus Zinc Iodine	110 µg (15%) no claim permitted 0.43 mg (25%) no claim permitted 0.3 µg (15%) 1.0 µg (10%) 20 µg (10%) 320 mg (40%) no claim permitted 200 mg (20%) no claim permitted 15 µg (10%)	125 µg 0.08 mg 0.11 mg 1.6 µg 22 mg 0.7 mg
Analogues of ice cream containing no less than 3.1% m/m protein derived from legumes	75 g	Vitamin A Riboflavin Vitamin B ₁₂ Calcium Phosphorus	110 µg (15%) 0.26 mg (15%) 0.2 µg (10%) 200 mg (25%) no claim permitted	125 µg 80 mg
Analogues of cheese containing no less than 15% m/m protein derived from legumes	25 g	Vitamin A Riboflavin Vitamin B ₁₂ Vitamin D Calcium Phosphorus Zinc Iodine	110 µg (15%) 0.17 mg (10%) 0.3 µg (15%) 1.0 µg (10%) 200 mg (25%) 150 mg (15%) no claim permitted no claim permitted	125 µg 1.6 µg 1.0 mg 10 µg

Table to clause 3 (continued)

Column 1	Column 2	Column 3	Column 4	Column 5
Food	Reference Quantity	Vitamins & Minerals That May Be Added	Maximum Claim Per Reference Quantity (proportion RDI)	Maximum Permitted Quantity of Vitamin or Mineral per Reference Quantity
Composite products Soups, prepared for consumption in accordance with directions	200 mL	calcium	200 mg (25%)	
Analogues derived from cereals Beverages containing no less than 0.3% m/m protein derived from cereals	200 mL	Vitamin A Thiamin Riboflavin Vitamin B ₆ Vitamin B ₁₂ Vitamin D Folate Calcium Magnesium Phosphorus Zinc Iodine	110 µg (15%) no claim permitted 0.43 mg (25%) no claim permitted 0.8 µg (40%) 1.0 µg (10%) no claim permitted 240 mg (30%) no claim permitted 200 mg (20%) no claim permitted 15 µg (10%)	125 µg 0.10 mg 0.12 mg 1.6 µg 12 µg 22 mg 0.8 mg
Formulated Beverages	600 mL	Folate Vitamin C Carotene forms of Vitamin A Niacin Thiamin Riboflavin Calcium Iron Magnesium Vitamin B ₆ Vitamin B ₁₂ Vitamin D Vitamin E Iodine Pantothenic acid Selenium	50 µg (25%) 40 mg (100%) 200 µg (25%) 2.5 mg (25%) 0.28 mg (25%) 0.43 mg (25%) 200 mg (25%) 3.0 mg (25%) 80 mg (25%) 0.4 mg (25%) 0.5 µg (25%) 2.5 µg (25%) 2.5 mg (25%) 38 µg (25%) 1.3 mg (25%) 17.5 µg (25%)	

Editorial note:

The *New Zealand (Mandatory Fortification of Bread with Folic Acid) Food Standard 2007* applies to bread sold in New Zealand. This Standard does not apply to bread sold or prepared for sale in, or imported into Australia.

4 Restrictions on claims in relation to vitamin and mineral content of food

A claim must not be made in relation to a food –

- (a) that a vitamin or mineral is present in the food unless the claim is permitted in this Code; or

- (b) comparing, whether expressed or implied, the vitamin or mineral content of the food with that of any other food except where expressly permitted in this Code; or
- (c) that a vitamin or mineral is present in the food if such a claim is prohibited elsewhere in this Code.

5 Claims in relation to the vitamin and mineral content of foods listed in the Table to clause 3

A claim must not be made that a food listed in column 1 of the Table to clause 3 to which a vitamin or mineral has been added, contains in a reference quantity of the food, that vitamin or mineral, both added and naturally present, in greater proportion than that specified in column 4.

6 Claims in relation to the vitamin and mineral content of food

A claim may be made in relation to the presence of a vitamin or mineral in a food if –

- (a) the claim is specifically permitted elsewhere in the Code; or
- (b)
 - (i) the vitamin or mineral is listed in column 1 of the Schedule to Standard 1.1.1; and
 - (ii) the food is a claimable food; and
 - (iii) a reference quantity of the food contains at least 10% of the RDI or ESADDI, for that vitamin or mineral.

7 Claim that a food is a good source of a vitamin or mineral

A claim to the effect that a food is a good source of a vitamin or mineral may be made if a reference quantity of the food contains no less than 25% of the RDI or ESADDI for that vitamin or mineral.

8 Calculation of maximum quantity of a vitamin or mineral which may be claimed in a reference quantity of a claimable food

(1) Where a claimable food contains more than one ingredient, the maximum claim permitted in relation to a vitamin or mineral present in a reference quantity of the claimable food, is calculated by adding together the quantity calculated for each ingredient in accordance with the formula set out in subclause (2), rounding to the nearest multiple of 5.

(2) In this subclause –

A means the quantity of a vitamin or mineral permitted to be claimed in relation to each ingredient calculated in accordance with the formula.

B means, whichever is the lesser of the –

- (a) quantity of the vitamin or mineral present in a reference quantity of the ingredient; or
- (b) maximum permitted claim for the vitamin or mineral in a reference quantity of the ingredient.

C means the proportion of the ingredient in the food.

D means the reference quantity of the claimable food.

E means the reference quantity of the ingredient.

Formula:

$$A = B \times C \times \frac{D}{E} \text{ (rounded to the nearest multiple of 5)}$$

Editorial note:**EXAMPLE CALCULATION**

Vitamin C claim for an apple and blackcurrant fruit drink (42% juice, apple 40%, blackcurrant 2%) in a reference quantity of 200 mL:

- (a) Apple juice: 120 mg (maximum claim) x 40/100
(proportion of juice in final product) = 48 mg
Blackcurrant juice: 500 mg (maximum claim) x 2/100
(proportion of juice in final product) = 10 mg
- (b) 48 mg + 10 mg = 58 mg
- (c) Maximum claim for the food is 60 mg (result rounded to nearest multiple of 5 mg)

9 Labelling of foods with respect to vitamin or mineral content

(1) Where a claim is made in relation to the presence of a vitamin or mineral in a food, the label must include a statement containing the following information –

- (a) the serving size of the food; and
(b) the number of servings per package of the food; and
(c) the vitamin or mineral in respect of which the claim is made; and
(d) the average quantity of the vitamin or mineral in 100 g or 100 mL of the food as the case may be; and
(e) (i) the proportion of the RDI, of that vitamin or mineral contributed by one serving of the food; or
(ii) the average quantity of the vitamin or mineral for which an ESADDI has been prescribed in the Schedule to Standard 1.1.1 in a serving of the food.

Editorial note:**EXAMPLE**

- (a) 'Servings per package 20
Serving size 50 g

	Proportion of RDI* per serving	Per 100 g
Thiamin	15%	0.33 mg
Niacin	20%	4.0 mg
Manganese	N/A	2 mg

* Recommended dietary intake

OR

- (b) 'One 50 mL serving of Anzfood contains 25% of the recommended dietary intake of vitamin C. 100 mL of Anzfood contains not less than 20 mg of vitamin C. 20 servings per pack'.

* Recommended dietary intake

(2) The statements required by paragraph (1)(d) and subparagraph 1(e), may be an entry in a nutrition information panel for the vitamin or mineral, provided the average quantity of the vitamin or mineral in a serving of the food is also specified.

(3) The statement required by subparagraph (1)(e)(ii) may be an entry in a nutrition information panel.

EXAMPLE

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 50 mL		
	Quantity per Serving	Quantity per 100g (or 100 mL)
Energy	86 kJ	172 kJ
Protein	LESS THAN 1 g	LESS THAN 1 g
Fat, total	LESS THAN 1 g	LESS THAN 1 g
– saturated	LESS THAN 1 g	LESS THAN 1 g
Carbohydrate	5 g	10 g
– sugars	5 g	10 g
Sodium	LESS THAN 5 mg	LESS THAN 5 mg
Vitamin C	10 mg (25% RDI)	20 mg
Manganese	1 mg	2 mg