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 B6  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  – bread that contains no wheat flour | 50 g | Thiamin  Riboflavin  Niacin  Vitamin B6  Vitamin E  Iron  Magnesium  Zinc  Folate | 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%)  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 B6  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 B6  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 B6  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  Edible oil spreads and margarine containing no more than 28% total saturated fatty acids and trans fatty acids | 10 g  10 g | Vitamin A  Vitamin D  Vitamin E | 110 μg (15%)  1.0 μg (10%)  3.5 mg (35%) | 125 μg  1.6 μg |
| Sunflower oil and safflower oil  Edible oils (except sunflower and safflower oil) containing no more than 28% total saturated fatty acids and trans fatty acids | 10 g  10 g | Vitamin E  Vitamin E | 7.0 mg (70%)  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 B6  Vitamin B12  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  Blackcurrant juice, concentrated blackcurrant juice  Guava juice, concentrated guava juice  Mango juice  Pawpaw juice, concentrated pawpaw juice | 200 mL  200 mL  200 mL  200 mL  200 mL | Calcium  Folate  Vitamin C  Carotene forms of Vitamin A  Vitamin C  Vitamin C  Carotene forms of Vitamin A  Carotene forms of Vitamin A | 200 mg (25%)  100 μg (50%)  120 mg (3 times  200 μg (25%)  500 mg (12.5 times)  400 mg (10 times)  800 μg (1.1 times)  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 B6  Vitamin B12  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 B6  Vitamin B12  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 B6  Vitamin B12  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 B12  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 B12  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 B6  Vitamin B12  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 B6  Vitamin B12  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 1of 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 x C x D/E (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 | Per 100 g |
|  | of RDI\* per |  |
|  | serving |  |
|  |  |  |
| 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  – saturated | LESS THAN 1 g  LESS THAN 1 g | LESS THAN 1 g  LESS THAN 1 g |
| Carbohydrate  – sugars | 5 g  5 g | 10 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 |