

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 4 Nutrition, health and related claims

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.

This Standard, together with Schedule 5 and Schedule 6, relates to Standard 1.2.7 (nutrition, health and related claims), and sets out information for the purpose of that Standard.

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.

S4—1 Name

This Standard is *Australia New Zealand Food Standards Code – Schedule 4 – Nutrition, health and related claims*.

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.

S4—2 Definitions

Note In this Code (see section 1.1.2—2):

sugars:

- (a) in Standard 1.2.7, Standard 1.2.8 and Schedule 4 (except where it appears with an asterisk as ‘sugars*’)—means monosaccharides and disaccharides; and
- (a) otherwise—means any of the following products, derived from any source:
 - (i) hexose monosaccharides and disaccharides, including dextrose, fructose, sucrose and lactose;
 - (ii) starch hydrolysate;
 - (iii) glucose syrups, maltodextrin and similar products;
 - (iv) products derived at a sugar refinery, including brown sugar and molasses;
 - (v) icing sugar;
 - (vi) invert sugar;
 - (vii) fruit sugar syrup;
 but does not include:
 - (i) malt or malt extracts; or
 - (ii) sorbitol, mannitol, glycerol, xylitol, polydextrose, isomalt, maltitol, maltitol syrup, erythritol or lactitol.

Note *Sugar* is defined differently—see section 1.1.2—3.

Note *Sugars** is relevant for claims about no added sugar.

S4—3 Conditions for nutrition content claims

For subsection 1.2.7—12(1), the table is:

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
*Carbohydrate		Reduced or light/lite	The food contains at least 25% less *carbohydrate than in the same amount of *reference food.
		Increased	The food contains at least 25% more *carbohydrate than in the same amount of *reference food.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Cholesterol	The food meets the conditions for a nutrition content claim about low saturated fatty acids.	Low	The food contains no more cholesterol than: (a) 10 mg/100 mL for liquid food; or (b) 20 mg/100 g for solid food.
		Reduced or Light / Lite	The food contains at least 25% less cholesterol than in the same amount of *reference food.
*Dietary fibre	A serving of the food contains at least 2 g of *dietary fibre unless the claim is about low or reduced dietary fibre.	Good source	A serving of the food contains at least 4 g of *dietary fibre.
		Excellent source	A serving of the food contains at least 7 g of *dietary fibre.
		Increased	(a) The *reference food contains at least 2 g of *dietary fibre per serving; and (b) the food contains at least 25% more *dietary fibre than in the same amount of reference food.
Energy		Low	The *average energy content of the food is no more than: (a) 80 kJ/100 mL for liquid food; or (b) 170 kJ/100 g for solid food.
		Reduced or Light/Lite	The food contains at least 25% less energy than in the same amount of *reference food.
		Diet	(a) The food meets the NPSC, unless the food is a special purpose food; and (b) either of the following is satisfied: (i) the *average energy content of the food is no more than 80 kJ/100 mL for liquid food or 170 kJ/100 g for solid food; or (ii) the food contains at least 40% less energy than in the same amount of *reference food.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Fat		% Free	The food meets the conditions for a nutrition content claim about low fat.
		Low	The food contains no more fat than: (a) 1.5 g/100 mL for liquid food; or (b) 3 g/100 g for solid food.
		Reduced or Light/Lite	The food contains at least 25% less fat than in the same amount of *reference food.
Gluten		Free	The food must not contain: (a) detectable gluten; or (b) oats or oat products; or (c) cereals containing *gluten that have been malted, or products of such cereals.
		Low	The food contains no more than 20 mg gluten/100 g of the food.
*Glycaemic Index	(a) The food meets the NPSC, unless the food is a special purpose food; and (b) the claim or the nutrition information panel includes the numerical value of the *glycaemic index of the food.	Low	The numerical value of the *glycaemic index of the food is 55 or below.
		Medium	The numerical value of the *glycaemic index of the food is at least 56 and does not exceed 69.
		High	The numerical value of the *glycaemic index of the food is 70 or above.
Glycaemic load	The food meets the NPSC, unless the food is a special purpose food.		
Lactose	The nutrition information panel indicates the lactose and galactose content.	Free	The food contains no detectable lactose.
		Low	The food contains no more than 2 g of lactose/100 g of the food.
Mono-unsaturated fatty acids	The food contains, as a proportion of the total fatty acid content: (a) no more than 28% saturated fatty acids and trans fatty acids; and (b) no less than 40% monounsaturated fatty acids.	Increased	(a) The food contains at least 25% more *monounsaturated fatty acids than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about monounsaturated fatty acids.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Omega-3 fatty acids	<ul style="list-style-type: none"> (a) The food meets the conditions for a nutrition content claim about omega fatty acids; and (b) the food contains no less than: <ul style="list-style-type: none"> (i) 200 mg alpha-linolenic acid per serving; or (ii) 30 mg total eicosapentaenoic acid and docosahexaenoic acid per serving; and (c) other than for fish or fish products with no added *saturated fatty acids, the food contains: <ul style="list-style-type: none"> (i) as a proportion of the total fatty acid content, no more than 28% saturated fatty acids and trans fatty acids; or (ii) no more saturated fatty acids and *trans fatty acids than 5 g per 100 g; and (d) the nutrition information panel indicates the type and amount of omega-3 fatty acids, that is, alpha-linolenic acid, docosahexaenoic acid or eicosapentaenoic acid, or a combination of the above. 	Good Source Increased	<ul style="list-style-type: none"> (a) The food contains no less than 60 mg total eicosapentaenoic acid and docosahexaenoic acid/serving; and (b) the food may contain less than 200 mg alpha-linolenic acid/serving. <ul style="list-style-type: none"> (a) The food contains at least 25% more omega-3 fatty acids than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about omega-3 fatty acids.
Omega-6 fatty acids	<ul style="list-style-type: none"> (a) The food meets the conditions for a nutrition content claim about omega fatty acids; and (b) the food contains, as a proportion of the total fatty acid content: <ul style="list-style-type: none"> (i) no more than 28% *saturated fatty acids and trans fatty acids; and (ii) no less than 40% omega-6 fatty acids. 	Increased	<ul style="list-style-type: none"> (a) The food contains at least 25% more omega-6 fatty acids than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about omega-6 fatty acids.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Omega-9 fatty acids	(a) The food meets the conditions for a nutrition content claim about omega fatty acids; and (b) the food contains, as a proportion of the total fatty acid content: (i) no more than 28% *saturated fatty acids and trans fatty acids; and (ii) no less than 40% omega-9 fatty acids.	Increased	(a) The food contains at least 25% more omega-9 fatty acids than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about omega-9 fatty acids.
Poly-unsaturated fatty acids	The food contains, as a proportion of the total fatty acid content: (a) no more than 28% *saturated fatty acids and trans fatty acids; and (b) no less than 40% polyunsaturated fatty acids.	Increased	(a) The food contains at least 25% more *polyunsaturated fatty acids than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about polyunsaturated fatty acids.
Potassium	The nutrition information panel indicates the sodium and potassium content.		
Protein	The food contains at least 5 g of protein/serving unless the claim is about low or reduced protein.	Good Source	The food contains at least 10 g of protein/serving.
		Increased	(a) The food contains at least 25% more protein than in the same amount of *reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about protein.
Salt or sodium	The nutrition information panel indicates the potassium content.	Low	The food contains no more sodium than: (a) 120 mg/100 mL for liquid food; or (b) 120 mg/100 g for solid food.
		Reduced or Light/Lite	The food contains at least 25% less sodium than in the same amount of *reference food.
		No added	(a) The food contains no added sodium compound including no added salt; and (b) the ingredients of the food contain no added sodium compound including no added salt.
		Unsalted	The food meets the conditions for a nutrition content claim about no added salt or sodium.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Saturated and trans fatty acids		Low	The food contains no more *saturated and *trans fatty acids than: (a) 0.75 g/100 mL for liquid food; or (b) 1.5 g/100 g for solid food.
		Reduced or Light/Lite	(a) The food contains at least 25% less saturated and *trans fatty acids than in the same amount of *reference food; and (b) both saturated and trans fatty acids are reduced relative to the same amount of reference food.
		Low proportion	(a) The food contains as a proportion of the total fatty acid content, no more than 28% *saturated fatty acids and *trans fatty acids; and (b) the claim expressly states in words to the effect of 'low proportion of *saturated and *trans fatty acids of total fatty acid content'.
Saturated fatty acids		Free	(a) The food contains no detectable *saturated fatty acids; and (b) the food contains no detectable *trans fatty acids.
		Low	The food contains no more *saturated and *trans fatty acids than: (a) 0.75 g/100 mL for liquid food; or (b) 1.5 g/100 g for solid food.
		Reduced or Light/Lite	The food contains: (a) at least 25% less *saturated fatty acids than in the same amount of *reference food; and (b) no more *trans fatty acids than in the same amount of reference food.
		Low proportion	(a) The food contains as a proportion of the total fatty acid content, no more than 28% *saturated fatty acids and trans fatty acids; and (b) the claim expressly states in words to the effect of 'low proportion of saturated fatty acids of the total fatty acid content'.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Sugar or sugars		% Free	The food meets the conditions for a nutrition content claim about low sugar.
		Low	The food contains no more sugars than: (a) 2.5 g/100 mL for liquid food; or (b) 5 g/100 g for solid food.
		Reduced or Light/Lite	The food contains at least 25% less sugars than in the same amount of *reference food.
		No added	(a) The food contains no added sugars*, honey, malt, or malt extracts; and (b) the food contains no added concentrated fruit juice or deionised fruit juice, unless the food is any of the following: (i) a brewed soft drink; (ii) an electrolyte drink; (iii) an electrolyte drink base; (iv) juice blend; (v) a formulated beverage; (vi) fruit juice; (vii) fruit drink; (viii) vegetable juice; (ix) mineral water or spring water; (x) a non-alcoholic beverage.
		Unsweetened	(a) The food meets the conditions for a nutrition content claim about no added sugar; and (b) the food contains no intense sweeteners, sorbitol, mannitol, glycerol, xylitol, isomalt, maltitol syrup or lactitol.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
Trans fatty acids		Free	The food contains no detectable trans fatty acids, and contains: (a) no more than: (i) 0.75 g saturated fatty acids/100 mL of liquid food; or (ii) 1.5 g saturated fatty acids/100 g of solid food; or (b) no more than 28% saturated fatty acids as a proportion of the total fatty acid content.
		Reduced or Light / Lite	The food contains: (a) at least 25% less *trans fatty acids than in the same amount of *reference food, and (b) no more *saturated fatty acids than in the same amount of reference food.
Vitamin or mineral (not including potassium or sodium)	(a) The vitamin or mineral is mentioned in Column 1 of the table to section S1—2 or S1—3; and (b) a serving of the food contains at least 10% *RDI or *ESADDI for that vitamin or mineral; and (c) a claim is not for more of the particular vitamin or mineral than the amount permitted by section 1.3.2—4 or 1.3.2—5; and (d) the food is not any of the following: (i) a formulated caffeinated beverage; (ii) food for infants; (iii) a formulated meal replacement; (iv) a formulated supplementary food; (v) a formulated supplementary sports food. For food for infants, the food satisfies the condition for making a claim under subsection 2.9.2—10(2). For a formulated meal replacement, the food meets the condition for making a claim under subsection 2.9.3—4(2).	Good source	A serving of the food contains no less than 25% *RDI or *ESADDI for that vitamin or mineral.

Conditions for nutrition content claims

Column 1	Column 2	Column 3	Column 4
<i>*Property of food</i>	<i>General claim conditions that must be met</i>	<i>Specific descriptor</i>	<i>Conditions that must be met if using specific descriptor in Column 3</i>
	For a formulated supplementary food, the food meets the conditions for making a claim under subsection 2.9.3—6(2). For a formulated supplementary food for young children, the food meets the conditions for making a claim under 2.9.3—8(2).		

S4—4

Conditions for permitted high level health claims

For subsection 1.2.7—18(2), the table is:

Conditions for permitted high level health claims

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Context claim statements</i>	<i>Conditions</i>
A high intake of fruit and vegetables	Reduces risk of coronary heart disease		Diet containing a high amount of both fruit and vegetables	(a) Claims are not permitted on: (i) juice blend; or (ii) fruit juice; or (iii) vegetable juice; or (iv) a formulated beverage; or (v) mineral water or spring water; or (vi) a non-alcoholic beverage; or (vii) brewed soft drink; or (viii) fruit drink; or (ix) electrolyte drink; or (x) electrolyte drink base; and (b) the food must contain no less than 90% fruit or vegetable by weight.

Conditions for permitted high level health claims

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Context claim statements</i>	<i>Conditions</i>
Beta-glucan	Reduces blood cholesterol		Diet low in saturated fatty acids Diet containing 3 g of beta-glucan per day	The food must contain: (a) one or more of the following oat or barley foods: (i) oat bran; (ii) wholegrain oats; or (iii) wholegrain barley; and (b) at least 1 g per serving of beta-glucan from the foods listed in (a).
Calcium	Enhances bone mineral density		Diet high in calcium	The food must contain no less than 200 mg of calcium/serving.
	Reduces risk of osteoporosis	Persons 65 years and over	Diet high in calcium, and adequate vitamin D status	The food must contain no less than 290 mg of calcium/serving.
	Reduces risk of osteoporotic fracture			
Calcium and Vitamin D	Reduces risk of osteoporosis	Persons 65 years and over	Diet high in calcium, and adequate vitamin D status	The food must: (a) contain no less than 290 mg of calcium/serving; and (b) meet the general claim conditions for making a nutrition content claim about vitamin D.
	Reduces risk of osteoporotic fracture			
Folic acid (but not folate)	Reduces risk of foetal neural tube defects	Women of child bearing age	Consume at least 400 µg of folic acid per day, at least the month before and three months after conception	The food must: (a) contain no less than 40 µg folic acid/serving; and (b) the food is not: (i) soft cheese; or (ii) pâté; or (iii) liver or liver product; or (iv) food containing added *phytosterols, phytosterols and their esters; or (v) a formulated caffeinated beverage; or (vi) a formulated supplementary sports food; or (vi) a formulated meal replacement.

Conditions for permitted high level health claims

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Context claim statements</i>	<i>Conditions</i>
Increased intake of fruit and vegetables	Reduces risk of coronary heart disease		Diet containing an increased amount of both fruit and vegetables	(a) Claims are not permitted on: (i) juice blend; or (ii) fruit juice; or (iii) vegetable juice; or (iv) a formulated beverage; or (v) mineral water or spring water; or (vi) a non-alcoholic beverage; or (vii) a brewed soft drink; or (viii) fruit drink; or (ix) an electrolyte drink; or (x) an electrolyte drink base; and (b) the food must contain no less than 90% fruit or vegetable by weight.
*Phytosterols, phytostanols and their esters	Reduces blood cholesterol		Diet low in saturated fatty acids Diet containing 2 g of *phytosterols, phytostanols and their esters per day	The food must: (a) meet the relevant conditions specified in the table in section S25—2; and (b) contain a minimum of 0.8 g total plant sterol equivalents content/serving.
Saturated fatty acids	Reduces total blood cholesterol or blood LDL cholesterol		Diet low in saturated fatty acids	The food must meet the conditions for making a nutrition content claim about low saturated fatty acids.
Saturated and trans fatty acids	Reduces total blood cholesterol or blood LDL cholesterol		Diet low in saturated and trans fatty acids	The food must meet the conditions for making a nutrition content claim about low saturated and trans fatty acids.
Sodium or salt	Reduces blood pressure		Diet low in salt or sodium	The food must meet the conditions for making a nutrition content claim about low sodium or salt.

S4—5

Conditions for permitted general level health claims

For subsection 1.2.7—18(3), the table is:

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Calcium	<p>Necessary for normal teeth and bone structure</p> <p>Necessary for normal nerve and muscle function</p> <p>Necessary for normal blood coagulation</p> <p>Contributes to normal energy metabolism</p> <p>Contributes to the normal function of digestive enzymes</p> <p>Contributes to normal cell division</p> <p>Contributes to normal growth and development</p>	Children		The food must meet the general claim conditions for making a nutrition content claim about calcium.
Chromium	Contributes to normal macronutrient metabolism			The food must meet the general claim conditions for making a nutrition content claim about chromium.
Copper	<p>Contributes to normal connective tissue structure</p> <p>Contributes to normal iron transport and metabolism</p> <p>Contributes to cell protection from free radical damage</p> <p>Necessary for normal energy production</p> <p>Necessary for normal neurological function</p> <p>Necessary for normal immune system function</p> <p>Necessary for normal skin and hair colouration</p> <p>Contributes to normal growth and development</p>	Children		The food must meet the general claim conditions for making a nutrition content claim about copper.

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Fluoride	Contributes to the maintenance of tooth mineralisation			The food must contain no less than 0.6 mg fluoride/L.
Iodine	Necessary for normal production of thyroid hormones Necessary for normal neurological function Necessary for normal energy metabolism Contributes to normal cognitive function Contributes to the maintenance of normal skin			The food must meet the general claim conditions for making a nutrition content claim about iodine.
Iodine	Contributes to normal growth and development	Children		
Iron	Necessary for normal oxygen transport Contributes to normal energy production Necessary for normal immune system function Contributes to normal blood formation Necessary for normal neurological development in the foetus Contributes to normal cognitive function Contributes to the reduction of tiredness and fatigue Necessary for normal cell division			The food must meet the general claim conditions for making a nutrition content claim about iron.
	Contributes to normal growth and development	Children		

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Contributes to normal cognitive development	Children		
Manganese	Contributes to normal bone formation Contributes to normal energy metabolism Contributes to cell protection from free radical damage Contributes to normal connective tissue structure			The food must meet the general claim conditions for making a nutrition content claim about manganese.
	Contributes to normal growth and development	Children		
Magnesium	Contributes to normal energy metabolism Necessary for normal electrolyte balance Necessary for normal nerve and muscle function Necessary for teeth and bone structure Contributes to a reduction of tiredness and fatigue Necessary for normal protein synthesis Contributes to normal psychological function Necessary for normal cell division			The food must meet the general claim conditions for making a nutrition content claim about magnesium.
	Contributes to normal growth and development	Children		
Molybdenum	Contributes to normal sulphur amino acid metabolism			The food must meet the general claim conditions for making a nutrition content claim about molybdenum.

**Conditions for permitted general level health claims
Part 1—Minerals**

<i>Column 1</i>	<i>Column 2</i>	<i>Column 3</i>	<i>Column 4</i>	<i>Column 5</i>
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Phosphorus	Necessary for normal teeth and bone structure Necessary for the normal cell membrane structure Necessary for normal energy metabolism			The food must meet the general claim conditions for making a nutrition content claim about phosphorus.
	Contributes to normal growth and development	Children		
Selenium	Necessary for normal immune system function Necessary for the normal utilisation of iodine in the production of thyroid hormones Necessary for cell protection from some types of free radical damage Contributes to normal sperm production			The food must meet the general claim conditions for making a nutrition content claim about selenium.
Selenium	Contributes to the maintenance of normal hair and nails			
	Contributes to normal growth and development	Children		
Zinc	Necessary for normal immune system function Necessary for normal cell division Contributes to normal skin structure and wound healing Contributes to normal growth and development			The food must meet the general conditions for making a nutrition content claim about zinc.
		Children		

**Conditions for permitted general level health claims
Part 1—Minerals**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Contributes to normal acid-base metabolism			
	Contributes to normal carbohydrate metabolism			
	Contributes to normal cognitive function			
	Contributes to normal fertility and reproduction			
	Contributes to normal macronutrient metabolism			
	Contributes to normal metabolism of fatty acids			
	Contributes to normal metabolism of vitamin A			
	Contributes to normal protein synthesis			
	Contributes to the maintenance of normal bones			
	Contributes to the maintenance of normal hair and nails			
	Contributes to the maintenance of normal testosterone levels in the blood			
	Contributes to cell protection from free radicals			
	Contributes to the maintenance of normal vision			

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Biotin	<p>Contributes to normal fat metabolism and energy production</p> <p>Contributes to normal functioning of the nervous system</p> <p>Contributes to normal macronutrient metabolism</p> <p>Contributes to normal psychological function</p> <p>Contributes to maintenance of normal hair</p> <p>Contributes to maintenance of normal skin and mucous membranes</p>			The food must meet the general conditions for making a nutrition content claim about biotin.
Choline	<p>Contributes to normal homocysteine metabolism</p> <p>Contributes to normal fat metabolism</p> <p>Contributes to the maintenance of normal liver function</p>			The food must contain no less than 50 mg choline/serve.
Folate	<p>Necessary for normal blood formation</p> <p>Necessary for normal cell division</p> <hr/> <p>Contributes to normal growth and development</p> <hr/> <p>Contributes to maternal tissue growth during pregnancy</p> <p>Contributes to normal amino acid synthesis</p>	<p>Children</p>		The food must meet the general conditions for making a nutrition content claim about folate.

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	<p>Contributes to normal homocysteine metabolism</p> <p>Contributes to normal psychological function</p> <p>Contributes to normal immune system function</p> <p>Contributes to the reduction of tiredness and fatigue</p>			
Folic acid (but not folate)	Contributes to normal neural tube structure in the developing foetus	Women of child bearing age	Consume at least 400 µg of folic acid/day, at least the month before and three months after conception	<p>(a) The food must contain no less than 40 µg folic acid per serving; and</p> <p>(b) the food is not:</p> <ul style="list-style-type: none"> (i) soft cheese; or (ii) pâté; or (iii) liver or liver product; or (iv) food containing added *phytosterols, phytosterols and their esters; or (v) a formulated caffeinated beverage; or (vi) a formulated supplementary sports food; or (vii) a formulated meal replacement.
Niacin	<p>Necessary for normal neurological function</p> <p>Necessary for normal energy release from food</p> <p>Necessary for normal structure and function of skin and mucous membranes</p>			The food must meet the general claim conditions for making a nutrition content claim about niacin.
	Contributes to normal growth and development	Children		

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	<p>Contributes to normal psychological function</p> <p>Contributes to the reduction of tiredness and fatigue</p>			
Pantothenic acid	<p>Necessary for normal fat metabolism</p> <hr/> <p>Contributes to normal growth and development</p> <hr/> <p>Contributes to normal energy production</p> <p>Contributes to normal mental performance</p> <p>Contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters</p> <p>Contributes to the reduction of tiredness and fatigue</p>	<p>Children</p>		<p>The food must meet the general claim conditions for making a nutrition content claim about pantothenic acid.</p>
Riboflavin	<p>Contributes to normal iron transport and metabolism</p> <p>Contributes to normal energy release from food</p> <p>Contributes to normal skin and mucous membrane structure and function</p> <hr/> <p>Contributes to normal growth and development</p> <hr/> <p>Contributes to normal functioning of the nervous system</p>	<p>Children</p>		<p>The food must meet the general claim conditions for making a nutrition content claim about riboflavin.</p>

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	<p>Contributes to the maintenance of normal red blood cells</p> <p>Contributes to the maintenance of normal vision</p> <p>Contributes to the protection of cells from oxidative stress</p> <p>Contributes to the reduction of tiredness and fatigue</p>			
Thiamin	<p>Necessary for normal carbohydrate metabolism</p> <p>Necessary for normal neurological and cardiac function</p>			The food must meet the general claim conditions for making a nutrition content claim about thiamin.
	<p>Contributes to normal growth and development</p>	Children		
	<p>Contributes to normal energy production</p> <p>Contributes to normal psychological function</p>			
Vitamin A	<p>Necessary for normal vision</p> <p>Necessary for normal skin and mucous membrane structure and function</p> <p>Necessary for normal cell differentiation</p>			The food must meet the general claim conditions for making a nutrition content claim about vitamin A.
	<p>Contributes to normal growth and development</p>	Children		
	<p>Contributes to normal iron metabolism</p> <p>Contributes to normal immune system function</p>			

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Vitamin B ₆	Necessary for normal protein metabolism			The food must meet the general claim conditions for making a nutrition content claim about vitamin B ₆ .
	Necessary for normal iron transport and metabolism			
	Contributes to normal growth and development	Children		
	Contributes to normal cysteine synthesis			
	Contributes to normal energy metabolism			
	Contributes to normal functioning of the nervous system			
	Contributes to normal homocysteine metabolism			
	Contributes to normal glycogen metabolism			
	Contributes to normal psychological function			
	Contributes to normal red blood cell formation			
	Contributes to normal immune system function			
	Contributes to the reduction of tiredness and fatigue			
	Contributes to the regulation of hormonal activity			
Vitamin B ₁₂	Necessary for normal cell division			The food must meet the general conditions for making a nutrition content claim about vitamin B ₁₂ .
	Contributes to normal blood formation			

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Necessary for normal neurological structure and function			
	Contributes to normal growth and development	Children		
	Contributes to normal energy metabolism			
	Contributes to normal homocysteine metabolism			
	Contributes to normal psychological function			
	Contributes to normal immune system function			
	Contributes to the reduction of tiredness and fatigue			
Vitamin C	Contributes to iron absorption from food			The food must meet the general claim conditions for making a nutrition content claim about vitamin C.
	Necessary for normal connective tissue structure and function			
	Necessary for normal blood vessel structure and function			
	Contributes to cell protection from free radical damage			
	Necessary for normal neurological function			
	Contributes to normal growth and development	Children		

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Contributes to normal collagen formation for the normal structure of cartilage and bones			
	Contributes to normal collagen formation for the normal function of teeth and gums			
	Contributes to normal collagen formation for the normal function of skin			
	Contributes to normal energy metabolism			
	Contributes to normal psychological function			
	Contributes to the normal immune system function			
	Contributes to the reduction of tiredness and fatigue			
Vitamin D	Necessary for normal absorption and utilisation of calcium and phosphorus			The food must meet the general claim conditions for making a nutrition content claim about vitamin D.
	Contributes to normal cell division			
	Necessary for normal bone structure			
	Contributes to normal growth and development	Children		
	Contributes to normal blood calcium levels			
	Contributes to the maintenance of normal muscle function			

**Conditions for permitted general level health claims
Part 2—Vitamins**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
	Contributes to the maintenance of normal teeth			
	Contributes to the normal function of the immune system			
Vitamin E	Contributes to cell protection from free radical damage			The food must meet the general claim conditions for making a nutrition content claim about vitamin E.
	Contributes to normal growth and development	Children		
Vitamin K	Necessary for normal blood coagulation			The food must meet the general claim conditions for making a nutrition content claim about vitamin K.
	Contributes to normal bone structure			
	Contributes to normal growth and development	Children		

**Conditions for permitted general level health claims
Part 3—Other**

<i>Column 1</i>	<i>Column 2</i>	<i>Column 3</i>	<i>Column 4</i>	<i>Column 5</i>
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Beta-glucan	Reduces dietary and biliary cholesterol absorption		Diet low in saturated fatty acids Diet containing 3 g of beta-glucan per day	The food must contain: (a) one or more of the following oat or barley foods: (i) oat bran; or (ii) wholegrain oats; or (iii) wholegrain barley; and (b) at least 1 g per serving of beta-glucan from the foods listed in (a).
*Carbohydrate	Contributes energy for normal metabolism			(a) *Carbohydrate must contribute at least 55% of the energy content of the food; or (b) the food must: (i) be a formulated meal replacement or a formulated supplementary food; and (ii) have a maximum 10% of *carbohydrate content from sugars.
	Contributes energy for normal metabolism	Young children aged 1–3 years		The food must: (a) be a formulated supplementary food for young children; and (b) have a maximum 10% of *carbohydrate content from sugars.
Dietary fibre	Contributes to regular laxation			The food must meet the general conditions for making a nutrition content claim about dietary fibre.

**Conditions for permitted general level health claims
Part 3—Other**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Eicosa-pentaenoic acid (EPA) and Docosa-hexaenoic acid (DHA) (but not Omega-3)	Contributes to heart health		Diet containing 500 mg of EPA and DHA per day	(a) The food must contain a minimum of 50 mg EPA and DHA combined in a serving of food; and (b) other than for fish or fish products with no added saturated fatty acids—the food contains: <ul style="list-style-type: none"> (i) as a proportion of the total fatty acid content, no more than 28% *saturated fatty acids and trans fatty acids; or (ii) no more than 5 g per 100 g saturated fatty acids and trans fatty acids.
Energy	Contributes energy for normal metabolism			The food must contain a minimum of 420 kJ of energy/serving
	Contributes energy for normal metabolism	Young children aged 1–3 years		The food must be a formulated supplementary food for young children
Energy	Contributes to weight loss or weight maintenance		Diet reduced in energy and including regular exercise	The food: <ul style="list-style-type: none"> (a) meets the conditions for making a 'diet' nutrition content claim; or (b) is a formulated meal replacement and contains no more than 1200 kJ per serving
Live yoghurt cultures	Improves lactose digestion	Individuals who have difficulty digesting lactose		The food must: <ul style="list-style-type: none"> (a) be yoghurt or fermented milk; and (b) contain at least 108 cfu/g (<i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> and <i>Streptococcus thermophilus</i>).

**Conditions for permitted general level health claims
Part 3—Other**

<i>Column 1</i>	<i>Column 2</i>	<i>Column 3</i>	<i>Column 4</i>	<i>Column 5</i>
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
*Phytosterols, phytostanols and their esters	Reduces dietary and biliary cholesterol absorption		Diet low in saturated fatty acids Diet containing 2 g of *phytosterols, phytostanols and their esters per day	The food must: (a) meet the relevant conditions specified in the table to section S25—2; and (b) contain a minimum of 0.8 g *total plant sterol equivalents content per serving.
Potassium	Necessary for normal water and electrolyte balance Contributes to normal growth and development Contributes to normal functioning of the nervous system Contributes to normal muscle function	Children		The food contains no less than 200 mg of potassium/serving
Protein	Necessary for tissue building and repair Necessary for normal growth and development of bone Contributes to the growth of muscle mass Contributes to the maintenance of muscle mass Contributes to the maintenance of normal bones Necessary for normal growth and development Necessary for normal growth and development	Children and adolescents aged 4 years and over Children aged 4 years and over Infants aged 6 months to 12 months		The food must meet the general conditions for making a nutrition content claim about protein. The food must be a food for infants and comply with subsection 2.9.2—8(2).

**Conditions for permitted general level health claims
Part 3—Other**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Fruits and vegetables	Contributes to heart health		Diet containing an increased amount of fruit and vegetables; or Diet containing a high amount of fruit and vegetables	(a) The food is not: (i) juice blend; or (ii) fruit juice; or (iii) vegetable juice; or (iv) a formulated beverage; or (v) mineral water or spring water; or (vi) a non-alcoholic beverage; or (vii) a brewed soft drink; or (viii) fruit drink; or (ix) an electrolyte drink; or (x) an electrolyte drink base; and (b) the food contains no less than 90% fruit or vegetable by weight.
Sugar or sugars	Contributes to dental health		Good oral hygiene	The food: (a) is confectionery or chewing gum; and (b) either: (i) contains 0.2% or less starch, dextrins, mono-, di- and oligosaccharides, or other fermentable carbohydrates combined; or (ii) if the food contains more than 0.2% fermentable carbohydrates, it must not lower plaque pH below 5.7 by bacterial fermentation during 30 minutes after consumption as measured by the indwelling plaque pH test, referred to in 'Identification of Low Caries Risk Dietary Components' by T.N. Imfeld, Volume 11, Monographs in Oral Science, 1983.

**Conditions for permitted general level health claims
Part 3—Other**

Column 1	Column 2	Column 3	Column 4	Column 5
<i>Food or property of food</i>	<i>Specific health effect</i>	<i>Relevant population</i>	<i>Dietary context</i>	<i>Conditions</i>
Chewing gum	Contributes to the maintenance of tooth mineralisation Contributes to the neutralisation of plaque acids		Chew the gum for at least 20 minutes after eating or drinking	The food is chewing gum and either: (a) contains 0.2% or less starch, dextrans, mono-, di- and oligosaccharides, or other fermentable carbohydrates combined; or (b) if the food contains more than 0.2% fermentable carbohydrates, it must not lower plaque pH below 5.7 by bacterial fermentation during 30 minutes after consumption as measured by the indwelling plaque pH test, referred to in 'Identification of Low Caries Risk Dietary Components' by T.N. Imfeld, Volume 11, Monographs in Oral Science, 1983.
	Contributes to the reduction of oral dryness		Chew the gum when the mouth feels dry	

S4—6 Nutrient profiling scoring criterion

For this Code, the *NPSC (nutrient profiling scoring criterion) is:

NPSC

Column 1	Column 2
<i>Category score</i>	<i>The *nutrient profiling score must be less than ...</i>
1	Beverages
2	Any food other than those included in category 1 or 3
3	(a) Cheese or processed cheese with calcium content greater than 320 mg/100 g; or (b) edible oil; or (c) edible oil spread; or (d) margarine; or (e) butter.

Note With regard to NPSC category 3(a), all other cheeses (with calcium content of less than or equal to 320 mg/100 g) are classified as an NPSC category 2 food.