

Appendix 2

Classifying food using nutrition information

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Classifying food using nutrition information

What is nutrient information?

Commercial food and drink providers include nutrient information on the Nutrition Information Panel³ (NIP) of packaged food. This describes the amount of energy (kilojoules) and nutrients (carbohydrates, protein, fat, sodium) in a food or drink product. Information in the NIP is provided ‘per 100 grams (g)’ and ‘per serving’.

An example NIP is shown here:

Muesli bar nutrition information

Servings per package: 8

Serving size: 31g

	Per serve	Per 100g
Energy	530kJ (126cal)	1700kJ (405cal)
Protein	1.9g	6.0g
Fat, Total	3.7g	11.9g
- Saturated	0.7g	2.2g
Carbohydrate	20.5g	65.5g
- Sugars	7.4g	23.7g
Sodium	30mg	100mg
Fibre⁴	1.7g	5.4g

Ingredients: Rolled oats, glucose syrup, sugar, vegetable oil [antioxidants (304,306)], wheat, rice flour, fruit paste (9%) [dried dates, sultanas, pear juice, invert sugar, humectant (422), wheat fibre, vegetable fat (hydrogenated coconut oil), vegetable gum (pectin), food acid (lactic), flavour], almonds, honey, coconut, oat fibre, maize starch, skim milk powder, emulsifier (soy lecithin), salt, flavour.

The NIP on food labels can be used to help work out if the products fit into the green, amber or red category of A Better Choice. Nutrient criteria have been developed to help identify common foods from each category. By comparing the information on the NIP against these criteria, the product’s classification can be determined.

Nutrient criteria for packaged items vary but may include energy (kilojoules), saturated fat, sodium, sugar, and fibre⁴. A ‘maximum serving size’ may also be included.

Depending on the category, both ‘per 100 g’ and ‘per serving’ information may be needed to classify foods. When comparing the nutrition content of similar products, use the ‘per 100 g’ information (as the serving size is determined by the manufacturer and may vary from product to product).

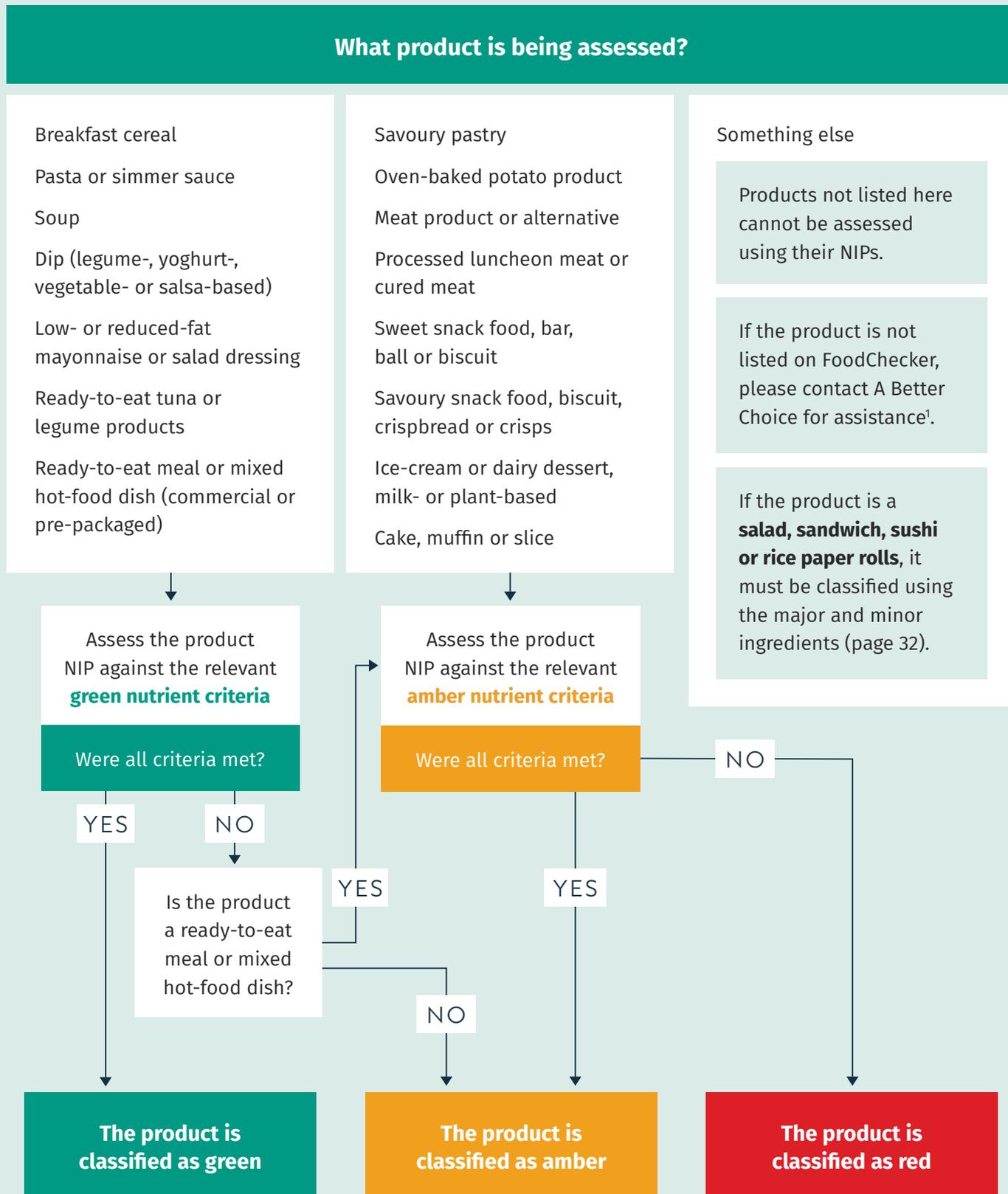
Use the information on the following page to classify a packaged food according to its nutrient criteria.

3 Food Standards Code — Standard 1.2.8: Nutrition information requirements.

4 Fibre may only be included on the NIP if a claim about the fibre content of the food is made.

How to assess food using nutrient criteria tables

If a packaged food product is **not** able to be classified using FoodChecker or the food and drink classification tables, use the below method to classify the food. The practical examples on pages 29 and 30 illustrate how to follow this process.



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Green nutrient criteria

Category	Nutrient criteria				
	All criteria below must be met for the food to be classified as green				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Sugar (g)
Breakfast cereals not containing dried fruit (assess as dry weight)		2g or less per 100g		5g or more per 100g	20g or less per 100g (>25g = red)
Breakfast cereals containing dried fruit (assess as dry weight)		2g or less per 100g		5g or more per 100g	25g or less per 100g (>30g = red)
Pasta sauces and simmer sauces		2g or less per 100g (>5g = red)	300mg or less per 100g (>700mg = red)		
Soups as prepared (ready to eat, canned, instant)		2g or less per 100g	300mg or less per 100g		
Dips (legume-, yoghurt-, vegetable- or salsa-based)		2g or less per 100g	300mg or less per 100g		
Mayonnaise and salad dressings (low or reduced fat)		2g or less per 100g	300mg or less per 100g		
Tuna and legume ready-to-eat products		2g or less per 100g	300mg or less per 100g		
Ready-to-eat meals, mixed hot-food dishes (commercial or pre-packaged)	2000kJ or less per serve as sold	2g or less per 100g	250mg or less per 100g and 750g or less per serve as sold	5g or more per serve as sold	

If the item does not meet *any one of the criteria* it will be **categorised as amber or red**

Amber nutrient criteria

Category	Nutrient criteria				
	All criteria below must be met for the food to be classified as amber				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
Savoury pastries (pies, pastries, sausage rolls, quiches, cheese triangles), filled breads (calzone) pizza, dim sims, samosas, spring rolls, instant noodles	1000kJ or less per 100g	5g or less per 100g	400mg or less per 100g		200g or less
Oven-baked potato products (wedges, chips, fries, gems, hash browns, potato cakes)	1000kJ or less per 100g	5g or less per 100g	400mg or less per 100g		150g or less
Meat products and alternatives Crumbed/coated and uncrumbed uncoated (such as burgers, patties, strips, nuggets), sausages, frankfurts, chorizo, saveloy	1000kJ or less per 100g	5g or less per 100g	450mg or less per 100g		150g or less
Processed luncheon meats and cured meats (Fritz, Devon, chicken loaf, pastrami, ham, bacon, silverside, sliced chicken, turkey or roast beef, silverside/corned beef, diced processed chicken meat)	1000kJ or less per 100g	3g or less per 100g	750mg or less per 100g		50g or less
Ready-to-eat meals, mixed hot-food-dishes (commercial, or pre-packaged)	2500kJ or less per serve as sold	2g or less per 100g	300mg or less per 100g and 900mg or less per serve as sold	3g or more per serve as sold	
Sweet snack foods, bars, balls and biscuits	600kJ or less per serve as sold	3g or less per serve as sold		1g or more per serve as sold	
Unflavoured, lightly salted popcorn	2000kJ or less per 100g	2g or less per serve as sold	200mg or less per serve as sold		

CONTINUED ON THE FOLLOWING PAGE

	All criteria below must be met for the food to be classified as amber				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
Savoury snack foods, biscuits, crispbreads and crisps	600kJ or less per serve as sold and 1800kJ per 100g	2g or less per serve as sold	200mg or less per serve as sold		
Ice-creams and dairy desserts, milk- or plant-based Milk or yoghurt must be listed as first ingredient (or second after water)	600kJ or less per serve as sold	3g or less per serve as sold			
Cakes, muffins, slices	900kJ or less per serve as sold	3g or less per serve as sold		1.5g or more per serve as sold	

If the item does not meet *any one of the criteria* it will be **categorised as red**



Servings per package: 60
Average serving size: 120g

	Per serve	Per 100g
Energy	1176kJ	980kJ
Protein	17.4g	14.5g
Fat, total	15.8g	13.2g
- saturated	4.1g	3.4g
Carbohydrate	18.3g	15.3g
- sugars	0.2g	0.2g
Sodium	734mg	439mg

Ingredients: Chicken (60%), flour, water, salt, vegetable oil, yeast and yeast extract, dehydrated vegetables, sugar, salt, spices, preservatives.

Example assessment

Crumbed chicken-fillet patty (oven baked)

This product is not listed in the food and drink classification tables, or on FoodChecker, and therefore will need to be classified using the NIP found on the packaging.

Step 1: Identify the correct nutrient criteria table to assess the product

Patties sit under the 'meat products and alternatives' category and therefore should be assessed using the relevant amber nutrient criteria.

Step 2: Assess the product

Compare the relevant amber nutrient criteria (shown below) to the NIP of the chicken fillet patty. Note that the criteria for this particular category assesses products per 100g. Therefore use values from the 'per 100g' column of the NIP.

	All criteria below must be met for the food to be classified as amber				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
Meat products and alternatives Crumbed/coated and uncrumbed/uncoated (burgers, patties, strips, nuggets), sausages, Frankfurts, chorizo, saveloys)	1000kJ or less per 100g	5g or less per 100g	450mg or less per 100g		150g or less
Crumbed chicken fillet patty (values as per NIP)	980kJ per 100g	3.4g per 100g	439mg per 100g		120g

✓ Criteria met

✓ Criteria met

✓ Criteria met

✓ Criteria met

All four nutrients meet the criteria from the amber table, therefore the crumbed chicken patty is classified as **amber**.



Product/packet size: 80g
 Servings per package: 2
 Serving size: 40g

	Per serve	Per 100g
Energy	920kJ	2300kJ
Protein	3.5g	8.8g
Fat, total	15g	37.4g
- saturated	2g	5.1g
Carbohydrate	17.1g	42.8g
- sugars	2.5g	6.3g
Sodium	268mg	669mg

Ingredients: Wheat starch, cashews (26%), canola oil, soya bean solids (13%), sugar, Multigrain (ground corn, barley meal, wheat flour, oat meal, rice flour) (4%), salt, onion, malt extract, soy sauce powder, sesame seeds, garlic.

Example assessment

Savoury snack mix, 80g packet

This product is not listed in the food and drink classification tables, or on FoodChecker, and therefore will need to be classified using the NIP found on the packaging.

Step 1: Identify the correct nutrient criteria table to assess the product

Savoury snacks sit under the 'savoury snack food, biscuits, crispbreads and crisps' category and therefore should be assessed using the relevant amber nutrient criteria.

Step 2: Assess the product

Compare the relevant amber nutrient criteria (shown below) to the NIP of the savoury snack mix.

The criteria for this particular category mainly assesses products as 'per maximum serving size as sold'.

Therefore ensure to take note of the serving size on the packet. **In this particular instance, a 40g serving size is suggested by the manufacturer however the packet size is 80g.** As the whole product is commonly consumed, **ensure to multiply nutrient values by two to calculate the actual serving size** as consumed.

- Energy = 920kJ x 2 = 1840kJ
- Saturated fat = 2g x 2 = 4g
- Sodium = 268mg x 2 = 536mg

The criteria for this particular category also assess products by their energy content per 100g. Therefore also use values from the 'per 100g' energy column of the NIP.

All criteria below must be met for the food to be classified as amber					
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
Savoury snack foods, biscuits, crispbreads, and crisps	600kJ or less per serve as sold (and 1800kJ per 100g)	2g or less per serve as sold	200mg or less per serve as sold		
Savoury snack mix, 80g packet (values as per NIP)	1840kJ per serve, 2300kJ per 100g	4g per serve as sold	536mg per serve as sold		

✘ Not met
✘ Not met
✘ Not met

None of the nutrients meet the criteria from the amber table, therefore **the savoury snack mix is classified as red.**