Health Star Rating system

Calculator and Style Guide

September 2020
Version 1

Legal Considerations and Disclaimer

Use of the Health Star Rating System does not negate any legal obligations imposed by the Australia New Zealand Food Standards Code (FSC) or other relevant legislation at the Commonwealth or state or territory level in Australia, or in New Zealand. Food companies should ensure they are fully aware of the labelling requirements of the FSC and other legislation and seek legal advice.

This Guide and its provisions are intended as a guide only, to provide industry best practice and consistency in utilising the Health Star Rating System and meeting the relevant requirements of the FSC.

The information in this Guide should not be relied upon as legal advice or used as a substitute for legal advice. Food companies need to apply their own skills and knowledge in determining compliance with the labelling requirements of the FSC. Food companies should consider obtaining independent legal advice, or undertaking appropriate training in labelling requirements.

Additional regulatory requirements relating to the Nutrition Information Panel (NIP) may be triggered, such as a requirement to display a NIP on, or in association with, the food product.

Food companies should specifically refer to *Standard 1.1.2 Definitions throughout the Code, Standard 1.2.1 Requirements to have labels or otherwise provide information, Standard 1.2.7 Nutrition, Health and Related Claims*, *Standard 1.2.8 Nutrition Information Requirements and Standard 1.3.2 Vitamins and Minerals* of the FSC. Other standards may also be relevant.

In using this Guide food companies acknowledge that neither the Commonwealth of Australia or the Government of New Zealand, its employees or agents are responsible for any action taken on the basis of information provided, or any errors or omissions, and expressly disclaim all liability in this regard, including any liability for any loss, injury or damage as a result of product being labelled according to this Guide.

Any brand representation in this Guide is for illustration purposes only.

Contact Information

Any questions relating to the use of the Health Star Rating system, including interpretation of this Guide, should be directed to the Front-of-Pack Labelling (FoPL) Secretariat.

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Contents

Glossary and Definition of Terms

Term	Definition
AGHE	The Australian Guide to Healthy Eating included in *Eat for Health: Australian Dietary Guidelines, NHMRC 2013.*
As prepared	The food as prepared including foods that are required to be prepared according to directions prior to consumption. Only to be calculated on this basis for products which must be rehydrated, diluted or mixed with water, or drained of water or brine.
As sold	The food as sold - such that the food can be prepared with other food or consumed as sold.
Baseline points (in Schedule 5)	In Schedule 5 of the Food Standards Code, baseline points are calculated as part of the nutrient profiling score. Baseline points are allocated for the energy, saturated fat, total sugar and sodium present in foods.
The Code	Australia New Zealand Food Standards Code.
Dairy beverages (including dairy beverage alternatives)	Beverages made from milk, or a permitted alternative, that do not meet the compositional criteria for 'milk' in Standard 2.5.1 of the Code are termed 'dairy beverages' or 'dairy beverage alternatives'. Must contain ≥75% dairy or permitted dairy-alternative ingredients and the required calcium content.
Dairy foods (including dairy food alternatives)	Cheese and dairy foods produced from milking animals (for example: cow, goat, buffalo), or permitted dairy alternatives. Must contain ≥75% dairy or permitted dairy-alternative ingredients and the required calcium content.
Derived from legumes	As per Schedule 17 of the Code. Analogues derived from legumes must meet required protein levels from legumes. For example: Cheese alternatives 'derived from legumes' must contain ≥ 15% m/m protein derived from legumes to be considered a dairy food alternative.
FoPL	Front-of-Pack Labelling
fvnl	fruits, vegetables, nuts and legumes Defined in Schedule 5 of the Code and includes coconut, spices, herbs, fungi, seeds and algae.
General purpose foods	All foods - except Special Purpose Foods in Part 2.9 of the Code. Note: General purpose foods are subject to the requirements for nutrition content claims and general level health claims set out in Standard 1.2.7 and Schedule 4 and Schedule 5 of the Code.
HSR	Health Star Rating
HSR Advisory Group	A group of representatives from Government (Australian federal, State and New Zealand), industry, public health and consumer sectors responsible for governance support to the continued implementation of the HSR system across Australia and New Zealand.
HSR baseline points	Points allocated to baseline components (energy, saturated fat, total sugars and sodium) in the Health Star Rating Calculator.
HSR F points	HSR fibre points (applicable to Categories: 2, 2D and 3D) May be referred to as 'F points'

Term	Definition
HSR modifying points	Points allocated to modifying components (protein, fibre and fvnl) in the HSR Calculator.
HSR P points	HSR protein points (applicable to Categories: 1D, 2, 2D and 3D) May be referred to as 'P points'
HSR V points	HSR V points Products score V points for the proportion of their ingredients comprising of **fvnl** (fruits, vegetables, nuts and legumes including coconut, spices, herbs, fungi, seeds and algae). See Step 4 below and Schedule 5 of the Code for the rules relating to scoring these points, noting that the HSR Calculator V points table has been expanded from that in Schedule 5. May be referred to as 'V points'
HSR system	Health Star Rating system – a FoPL system that combines a Health Star Rating, with an energy icon and further nutrient information.
HSR system graphic	The part of a product label which provides information in accordance with this Health Star Rating System Guide. The specific elements included on the HSR system graphic may vary, in accordance with the hierarchy of elements outlined in this Guide.
Minimally processed fruit and vegetables	Fruit (except coconut), vegetables, fungi and legumes (except peanuts) that have only been peeled, cut and/or surface treated and/or blanched and/or frozen, or canned without the addition of fat, sugars/sweeteners or salt.
Modifying points (in Schedule 5)	In Schedule 5 of the Code, modifying points are calculated as part of the nutrient profiling score. Modifying points are allocated for the percentage of fvnl, and in some instances, the amount of protein and dietary fibre, present in foods and beverages.
Multipack	Packs that contain individual pre-packaged units intended for consumption as single portions and not intended for individual sale (e.g. a pack containing individually wrapped mini chocolate bars; individual packets of potato crisps in a family multipack; individual packs of yoghurt in a 4-serve multipack; individual bottles (under 600mL) in a 6-pack of soft drinks).
NIP	Nutrition Information Panel referred to in Standard 1.2.8 of the Code.
NPSC	Nutrient Profiling Scoring Criterion, referred to in Standard 1.2.7 of the Code and detailed in Schedule 5 of the Code.
Optional nutrient	A single positive nutrient that *may* be displayed as a part of the HSR system graphic, in addition to the prescribed nutrients. Optional nutrients are defined as properties of food in Schedule 4 in the Code.
Pre-portioned unit	An individual packaged portion contained within a multiple portion pack (i.e. multipack) where the individual portion packs are not intended for individual sale.
Prescribed nutrient	Prescribed nutrients for inclusion in the Health Star Rating System are: ▪ Saturated fat ▪ Sugar ▪ Sodium
Product	Food or beverage product.
Rating	The Health Star Rating for a product.
Score	The Health Star Rating Score for a product. (Note: the score helps to determine final rating and is calculated by subtracting the HSR modifying points (HSR V, P and F points) from the HSR baseline points).

Term	Definition
Serve size	In certain circumstances there may be an official industry agreed serve size. These are listed in Table 8 (refer to section 5.7).
Share pack	A pack of food products intended for sharing (e.g. a pack of lollies (either wrapped or unwrapped)).
Single serve	A product intended for consumption in a single sitting.
Special purpose foods	Part 2.9 of the Code regulates Special Purpose Foods e.g. foods for infants. For the purposes of the HSR system formulated meal replacements and formulated supplementary foods standardised in Divisions 2 and 3 of Standard 2.9.3 may use the HSR System as category 1, 1D or 2, 2D foods.
Unsweetened flavoured water	Packaged beverages similar in nutritional profile to water that may contain only: • carbon dioxide, whether added or naturally occurring; • permitted flavouring substances (Standard 1.1.2-2) • additives that provide a specific safety or stability function at GMP (Schedule 16) and must not contain: • added sugars, sweeteners, colours, sodium, caffeine or quinine
%DI	Percentage daily intake

References to the Food Standards Code

Throughout this guide, the below Standards and Schedules within the Australia New Zealand Food Standards Code are referred to. Online access to current versions of these Standards and Schedules in the Code is at: www.foodstandards.gov.au/code

Standards - General

- 1.1.2 Definitions used throughout the Code
- 1.2.1 Application of Labelling and Other Information Requirements
- 1.2.7 Nutrition, Health and Related Claims
- 1.2.8 Nutrition Information Requirements
- 1.2.10 Characterising Ingredients and Components of Food
- 1.3.2 Vitamins and Minerals
- 1.4.2 Maximum Residue Limits (Australia Only)

Standards - General Purpose Foods

- 2.4.1 Edible Oils
- 2.4.2 Edible Oil Spreads
- 2.5.1 Milk
- 2.5.4 Cheese
- 2.5.5 Butter
- 2.6.1 Fruit Juice and Vegetable Juice
- 2.6.2 Non-alcoholic Beverages and Brewed Soft Drinks

Standards - Special Purpose Foods

- 2.9.1 Infant Formula Products
- 2.9.2 Foods for Infants
- 2.9.3 Formulated Meal Replacements and Formulated Supplementary Foods
- 2.9.4 Formulated Supplementary Sports Foods
- 2.9.5 Foods for Special Medical Purposes

Schedules

- Schedule 1 RDIs and ESADDIs
- Schedule 4 Nutrition, Health and Related Claims
- Schedule 5 Nutrient Profile Scoring Method
- Schedule 11 Calculation of Values for Nutrition Information Panel
- Schedule 16 Types of substances that may be used as food additives
- Schedule 17 Vitamins and Minerals
- Schedule 22 Foods and classes of foods

Purpose of this Guide

This Guide is intended to provide clarity on the full and correct use of the Health Star Rating (HSR) system and has been designed for use by those within food industry.

It outlines overarching Principles of the HSR system, steps required to determine a HSR Score and assign a Rating to a food and beverage product (product), and the presentation of the HSR Graphic on the product packages.

Section 1. Overview

The fundamental purpose of the HSR System is:

> *'To provide convenient, relevant and readily understood nutrition information and/or guidance on food packs to assist consumers to make informed food purchases and healthier eating choices.'*[1]

Standard 1.2.8 of the Australia New Zealand Food Standards Code (the Code) already requires most packaged food to display a Nutrition Information Panel (NIP), which provides mandatory nutrition information on the average quantity per serve and per 100g (or 100mL), of energy, protein, total fat, saturated fat, carbohydrate, sugars and sodium. The NIP may also include information on additional nutrients or biologically active substances, as well as information relating to percentage daily intake (%DI) for energy, protein, fat, saturated fat, carbohydrate, sodium, sugars, and dietary fibre, and percentage RDI (recommended dietary intake) or percentage ESADDI (estimated safe and adequate daily dietary intake) for the vitamins and minerals listed in Schedule 1 of the Code.

The HSR system complements the NIP by providing interpretive information on the front of packaged products. The HSR system is based on an algorithm that awards a star rating based on the quantity of specific components within the product. These components can include energy, saturated fat, total sugars, sodium, protein, dietary fibre, and 'fruit vegetables nuts and legumes' (fvnl) content, depending on some criteria. Detailed information on the algorithm is provided in Section 4.

Use of the HSR system is voluntary; however, food companies that choose to adopt the HSR system are encouraged to do so consistently across their product range, and within product categories.

The HSR system graphics are trademarked and therefore use of the graphic requires compliance with this guidance.

1a Principles of Use

While there is some flexibility in relation to the final design and the main elements used on the label, any design should conform to the following principles:

- The HSR system graphic should provide convenient, relevant and readily understood nutrition information and/or guidance on packs to help consumers make informed food purchases and healthier eating choices;
- The HSR system graphic is placed on the front facing of the pack;
- Food and beverage companies are encouraged to use as many elements of the HSR system graphic as possible consistent with the hierarchy of elements (see Section 6); and
- The HSR system graphic needs to be consistent with any provision of the Code.

[1] Front-of-Pack Labelling (FoPL) Project Committee: Objectives and principles for the development of a FoPL scheme. 2012.

Section 2. Application of the Health Star Rating System

The HSR system has been optimised for application to packaged products presented for retail sale through supermarkets and similar retail outlets.

If the product carries a NIP, the use of the HSR system should be considered.

Some packaged products are exempt from NIP labelling under Standard 1.2.8, and generally the HSR is not appropriate for use on these products. Examples include products with inherently low nutritional contribution, such as herbs, spices, vinegar, salt, pepper, tea, coffee, herbal infusions, gelatine and setting compounds.

Small packages (less than 100mm^2) are exempt from NIP labelling, and may not have space to carry HSR labelling.

Standard 1.2.1 of the Code exempts certain 'Fresh value-added products', such as packaged fruit, vegetables, meat, poultry and fish, and pre-packaged rolls and sandwiches from NIP labelling. While the HSR may be displayed in relation to such foods, there is no expectation they do so unless the products are of standardised composition and label space permits (e.g. bulk-produced pre-packaged sandwiches or wraps).

HSR optional nutrient icons are considered a nutrient content claim. Where nutrient icons are displayed as part of the HSR system graphic, these are considered a nutrition content claim under Standard 1.2.7. This means use of HSR system nutrient icons may trigger the need to include NIP labelling if it is used in relation to a food that otherwise would be exempt from NIP requirements, or require the inclusion of additional information in the NIP.

2a Products that must not use the Health Star Rating System

Specific products that must not display the HSR system graphic include:

- Certain Special Purpose Foods in Part 2.9 of the Code where there are required compositional formulations, namely:
  - Infant formula products – Standard 2.9.1;
  - Food for infants – Standard 2.9.2;
  - Formulated Supplementary Foods for young children – Standard 2.9.3 (including toddler milks and formulated supplementary foods intended for young children);
  - Formulated Supplementary Sports Foods – Standard 2.9.4; and
  - Foods for Special Medical Purposes –Standard 2.9.5.

Note: Foods that fall under Division 2 and Division 3 of Standard 2.9.3 are eligible to use the HSR system.

- Alcoholic beverages (>1.15% alcohol by volume);
- Alcohol kits
- Kava.

In addition, the HSR system graphic should not be displayed on products that are not eligible to carry nutrition content claims and health claims, as listed in Standard 1.2.7, which includes products:

1) that are intended for further processing or labelled prior to retail sale
2) delivered to a vulnerable person by a delivered meal organisation
3) provided as an institutional meal.

If in doubt about the application of the HSR system, food companies can seek guidance prior to label changes from the FoPL Secretariat (see page 2 for contact details)

2b. Products intended to use the Health Star Rating System

Products intended to carry the Health Star Rating system are foods and beverages:

1) that do not meet the criteria for foods that must not use the system (see section 2a); and

2) that are required to have a Nutrition Information Panel (NIP); and

3) that can vary in nutrient composition.
This includes products for which composition can be altered (multi-ingredient processed packaged foods) or similar foods which can vary in composition (for example single ingredient foods such as flours, milks, edible oils and canned fruit and vegetables).

While the HSR system is not intended to be used on some foods (i.e. unpackaged foods, foods not required to bear a NIP etc) they are not excluded from using the system. Only those foods listed in this section (2) are not permitted to use the HSR system.

2c Imported Food Products

The intent of the HSR system is that it applies equally to domestically manufactured and imported products. Importers of packaged products into Australia and/or New Zealand are strongly encouraged to adopt the HSR system.

Section 3. The Health Star Rating Calculator

The Health Star Rating Calculator was developed for use by food retailers and manufacturers to determine a rating for food and beverage products.

For most products the HSR Calculator is based on the nutrient content and ingredient information used for the Nutrient Profiling Scoring Criterion (NPSC) developed by Food Standards Australia New Zealand (FSANZ) for the regulation of health claims in Australia and New Zealand. The NPSC is prescribed in Schedule 5 of the Code.

The selection of nutrients and ingredients in the nutrient profiling system used in the HSR Calculator are consistent with the 2013 Australian Dietary Guidelines and 2015 New Zealand Eating and Activity Guidelines for Healthy Adults.

For Category 1 Non-dairy beverages not all the components used for other categories are relevant. A separate calculator has been developed for this category, using only energy, total sugars and fvnl, based on the French Nutri-Score system.

The HSR system is **not** designed to give information on the quantity of each product to be consumed in a healthy diet. This information is provided in the Australian Guide to Healthy Eating and the New Zealand Eating and Activity Guidelines for New Zealand Adults.

3a. How the HSR Calculator works

There are six categories of products, further details are given on page 13, these are:

1. Beverages (non-dairy) - includes jellies and water-based ice confections
1D. Milk and Dairy beverages (and alternatives)
2. Foods
2D. Dairy foods (and alternatives)
3. Oils and Spreads
3D Cheese

In all categories (except Category 1 non-dairy beverages) the HSR Calculator takes into account four aspects of the product associated with increasing the risk factors for chronic diseases;

- energy,
- saturated fat,
- sodium,
- total sugars

It also considers certain ‘positive’ aspects of a product such as fvnl content, and in some instances, dietary fibre and protein content. Taking these components into account, points are allocated based on the composition per 100 g or 100 mL of the product, following the units used in the NIP.

For these categories ‘HSR baseline points’ are identified for the energy, saturated fat, total sugars and sodium content of the product. ‘HSR modifying points’ can then be calculated for the percentage of the product that is fruit, vegetables, nuts and legumes, (including coconut, spices, herbs, fungi, seeds and algae) (fvnl). These are known as ‘HSR V points’. Some foods are able to score further modifying points for the protein and dietary fibre content in the product. These are known as ‘protein’ or ‘HSR P points’ and ‘fibre’ or ‘HSR F points’ respectively.

For category 1, Non-dairy beverages, the system calculates HSR baseline points using only;

- energy,
- total sugar

and HSR modifying points using only content of:

- fvnl

A final HSR score is calculated by subtracting the HSR modifying points (HSR V, P and F points) from the HSR baseline points. The HSR score is then assigned a star rating.

Section 4. Steps to assess the HSR of a product

There are several steps that must be completed in order to obtain a Rating for a product using the HSR Calculator. An outline of these steps is provided in the flowcharts in Appendices 1 and 2 and in the summary below**.**

In summary, a six step process is used:

Step 1: Determine whether the product is eligible for an automatic HSR

There are some products for which an automatic health star rating is applied, independent of the HSR Calculator. These products are outlined below:

- **Plain water**
  packaged water as defined in Standard 2.6.2 (which sets out composition and chemical limits for packaged water).

  HSR of 5 applies

- **Unsweetened flavoured water**
  Unsweetened flavoured waters, as per the following definition:

  Packaged beverages similar in nutritional profile to water that may contain only:
  - carbon dioxide, whether added or naturally occurring;
  - permitted flavouring substances (Standard 1.1.2_
  - additives that provide a specific safety or stability function at GMP (Schedule 16)

  and must not contain:
  - added sugars, sweeteners, colours, sodium chloride, caffeine or quinine.

  HSR of 4.5 applies

- **Minimally processed fruit and vegetables**
  minimally processed fruit and vegetables, as per the following definition:
  - *Minimally processed fruit and vegetables:* Fruit (except coconut), vegetables, fungi and legumes (except peanuts) that have only been peeled, cut and/or surface treated and/or blanched and/or frozen, or canned without the addition of fat, sugars/sweeteners or salt.

  HSR of 5 applies

Food companies may choose to use the full HSR system graphic on these foods in accordance with the hierarchy of presentation described under Section 6.

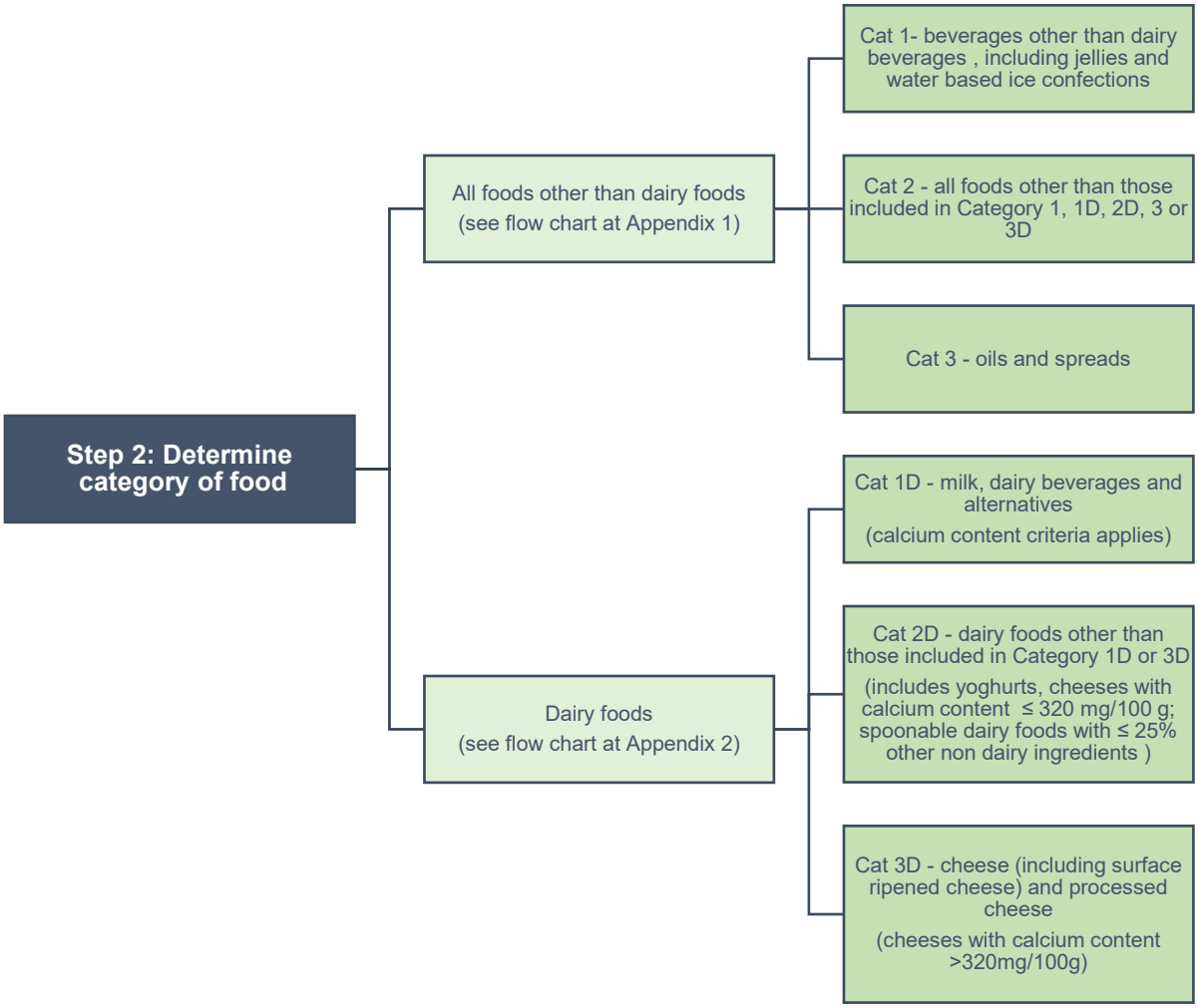
Step 2: Determine the HSR category of the product

There are two major categories in the HSR Calculator, non-dairy products and dairy products with three sub-categories each, where specific criteria (e.g. calcium content) is used to determine if a product is classified as a dairy product. The category of the product determines which steps are to be followed to determine its HSR.

The six categories of foods in the HSR Calculator are:

- Category 1 Beverages including jellies and water-based ice confections (excluding Category 1D beverages)
- Category 1D Milk (defined in Standard 2.5.1) and dairy beverages (including dairy alternative beverages) that meet specified dairy criteria
- Category 2 All foods (other than those included in Category 1, 1D, 2D, 3 or 3D)
- Category 2D Dairy foods (other than those included in Category 1D or 3D (with dairy or permitted dairy alternative content ≥75%))
- Category 3 Oils and spreads, defined as follows
  - 1.1.1.edible oil as defined in Standard 2.4.1
  - 1.1.2.edible oil spreads as defined in Standard 2.4.2
  - 1.1.3.margarine as defined in Standard 2.4.2
  - 1.1.4.butter as defined in Standard 2.5.5
- Category 3D Cheese (including surface ripened cheese) and processed cheese as defined in Standard 2.5.4 (with calcium content >320 mg/100 g).

Figure 1 Categories of products in the HSR Calculator



Dairy (D) foods[1]

A dairy food is defined as a milk, dairy beverage, cheese or yoghurt produced from milking animals (for example from cow, goat or buffalo), including fermented milk products, that meets the relevant calcium criterion for dairy foods outlined below.

Standard 2.5.1 defines compositional requirements for the minimum milk fat and protein content of cow's milk. Beverages made from milk that do not meet these compositional criteria are termed 'dairy beverages' in this guide.

For the purposes of the HSR Calculator, milk and dairy beverage alternatives derived from legumes, cereals, nuts or seeds may be considered to belong to Category (1D) providing they meet the relevant calcium criterion outlined below.

Dairy food alternatives derived from legumes may be considered in the dairy food categories (2D or 3D) for the purposes of assigning a HSR, providing they meet the relevant calcium criterion for dairy foods outlined below and the definition of 'derived from legumes'.

The criteria below are used to determine the HSR category.

Category 1D includes:

- milk and dairy beverages with ≥ 80 mg calcium/serve (this equates to sufficient calcium to meet the requirements for a 'source of calcium' claim under Standard 1.2.7. A reference serve of 200mL is given in Schedule 17).
- milk and dairy beverage alternatives derived from legumes, cereals, nuts or seeds that have ≥100mg calcium per 100mL.
- Milk, dairy beverages, and milk and dairy beverage alternatives, must contain ≥75% dairy or permitted dairy-alternative ingredients.

Category 2D includes:

- all dairy foods not included in HSR Categories 1D or 3D, including cheeses with a calcium level ≤320 mg/100 g (e.g. ricotta, cottage cheese, cream cheese), yoghurt, fermented milk products, cream, dairy desserts and other chilled (but not frozen) dairy products.
- cheese and yoghurt alternatives derived from legumes providing the cheeses have a calcium level of ≤320 mg/100 g.
- Dairy foods and alternatives must contain ≥75% dairy or permitted dairy-alternative ingredients.

This category does not include ice cream or alternatives derived from cereals, nuts or seeds. These products fall in Category 2.

Category 3D includes:

- cheese (including surface ripened cheeses) and processed cheese, as defined in Standard 2.5.4 with a calcium content > 320 mg/100 g. Must consist of >75% dairy ingredients.
- cheese alternatives derived from legumes with a calcium content > 320 mg/100 g and ≥75% dairy alternative ingredients.

[1] Dairy foods (including milk/yoghurt/cheese alternatives) are classified in separate categories 1D, 2D and 3D as the HSR score they achieve is treated slightly differently when assigned a star rating than Category 1, 2 or 3 foods. Dairy foods is the one food category with a very narrow range of HSR scores due to their derivation from a single food source (milk) and giving them a slightly wider range of star ratings allows for more informed consumer choice in this product range. The star ratings for dairy foods have been designed to support the Australian Dietary Guidelines which include dairy foods (no added sugar) in their Foundation Diets. For example, dairy products based on reduced fat milks are assigned a higher star rating than full fat milk counterparts and products with added sugar are assigned a lower star rating than those with no added sugar.

Step 3: Determine the form of the product for the HSR

In most cases the HSR should be calculated and displayed on the basis of the product as it appears on the shelf. Specific exemptions apply for products which must be rehydrated, diluted or mixed with water, or drained of water or brine. The HSR for these products can be calculated on the basis of the product 'as prepared'. If the HSR is based on product 'as prepared' according to one of these specific exemptions, the label should clearly specify the directions for that preparation.

The Health Star Rating website at www.healthstarrating.gov.au or www.mpi.gov.nz/healthstars has an online HSR Calculator and downloadable excel calculator. Once Steps 1-3 have been completed, this information along with the values from the NIP and recipe information (for fvnl content) can be used to automatically calculate steps 4-7 to produce a HSR for the food. The information in Steps 4-7 in this guide is provided to show how the calculation is done within both the online and excel versions of the calculator.

Step 4: Calculate HSR baseline points

The appropriate method to determine the HSR baseline points is subject to the category of the product determined in Step 2 above; the nutrient content of the product scored is determined by the form of the product in Step 3.

HSR baseline points are calculated for the prescribed nutrients plus energy, in 100g or 100mL of the product (using values on the NIP) except for Category 1 where HSR baseline points are calculated for energy and total sugar only.

Category 1 (non-dairy beverages)

- energy
- total sugars

Categories 1D, 2, 2D, 3, 3D

- energy
- saturated fat
- total sugars
- sodium

HSR baseline points for each are shown in the Tables below.

Note: the maximum number of points varies across the categories.

Table 1: HSR baseline points for Category 1D, 2 and 2D products

Baseline points	**Energy (kJ)** *per 100 g or 100 mL*	**Saturated fat (g)** *per 100 g or 100 mL*	**Total sugars (g)** *per 100 g or 100 mL*	**Sodium (mg)** *per 100 g or 100 mL*
0	≤335	≤1.0	≤5.0	≤90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>8.9	>180
3	>1005	>3.0	>12.8	>270
4	>1340	>4.0	>16.8	>360
5	>1675	>5.0	>20.7	>450
6	>2010	>6.0	>24.6	>540
7	>2345	>7.0	>28.5	>630
8	>2680	>8.0	>32.4	>720
9	>3015	>9.0	>36.3	>810
10	>3350	>10.0	>40.3	>900
11	>3685	>11.2	>44.2	>990
12		>12.5	>48.1	>1080
13		>13.9	>52.0	>1170

Baseline points	**Energy (kJ)** *per 100 g or 100 mL*	**Saturated fat (g)** *per 100 g or 100 mL*	**Total sugars (g)** *per 100 g or 100 mL*	**Sodium (mg)** *per 100 g or 100 mL*
14		>15.5	>55.9	>1260
15		>17.3	>59.8	>1350
16		>19.3	>63.8	>1440
17		>21.6	>67.7	>1530
18		>24.1	>71.6	>1620
19		>26.9	>75.5	>1710
20		>30.0	>79.4	>1800
21		>33.5	>83.3	>1890
22		>37.4	>87.3	>1980
23		>41.7	>91.2	>2070
24		>46.6	>95.1	>2160
25		>52.0	>99.0	>2250
26		>58.0		>2340
27		>64.7		>2430
28		>72.3		>2520
29		>80.6		>2610
30		>90		>2700

Table 2: HSR baseline points for Category 3 and 3D Foods

Baseline points	**Energy (kJ)** *per 100 g or 100 mL*	**Saturated fat (g)** *per 100 g or 100 mL*	**Total sugars (g)** *per 100 g or 100 mL*	**Sodium (mg)** *per 100 g or 100 mL*
0	≤ 335	≤1.0	≤ 5.0	≤ 90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>9.0	>180
3	>1005	>3.0	>13.5	>270
4	>1340	>4.0	>18.0	>360
5	>1675	>5.0	>22.5	>450
6	>2010	>6.0	>27.0	>540
7	>2345	>7.0	>31.0	>630
8	>2680	>8.0	>36.0	>720
9	>3015	>9.0	>40.0	>810
10	>3350	>10.0	>45.0	>900
11	>3685	>11.0		>990
12		>12.0		>1080
13		>13.0		>1170
14		>14.0		>1260
15		>15.0		>1350

Baseline points	**Energy (kJ)** *per 100 g or 100 mL*	**Saturated fat (g)** *per 100 g or 100 mL*	**Total sugars (g)** *per 100 g or 100 mL*	**Sodium (mg)** *per 100 g or 100 mL*
16		>16.0		>1440
17		>17.0		>1530
18		>18.0		>1620
19		>19.0		>1710
20		>20.0		>1800
21		>21.0		>1890
22		>22.0		>1980
23		>23.0		>2070
24		>24.0		>2160
25		>25.0		>2250
26		>26.0		>2340
27		>27.0		>2430
28		>28.0		>2520
29		>29.0		>2610
30		>30.0		>2700

Table 3: HSR baseline points for Category 1

Baseline points	**Energy** *kJ/100mL*	**Total sugars** *g/100mL*
0	≤1.1	≤ 0.1
1	> 1.1	> 0.1
2	> 31	> 1.6
3	> 61	> 3.1
4	> 91	> 4.6
5	> 121	> 6.1
6	> 151	> 7.6
7	> 181	> 9.1
8	> 211	> 10.6
9	> 241	> 12.1
10	> 271	> 13.6

Step 5: Calculate HSR modifying points

HSR modifying points may be scored for the amount of fruits, nuts, vegetables and legumes (fvnl) (HSR V points) in a product. In some cases HSR modifying points may also be scored for the amount of protein and dietary fibre.

If you are familiar with the NPSC (for purposes of health claims as set out in Schedule 5), you will notice the point scales for fvnl (HSR V points) are expanded and those for HSR protein and dietary fibre are extended (compared to the NPSC).

HSR fvnl (V) points	
Products must contain either non-concentrated fvnl sources or concentrated fruit or vegetables, or a mixture of both to be eligible for points.	
Category 1	can score up to 10 points
Categories 1D, 2, 2D, 3 and 3D	can score up to 8 points
HSR Protein (P) points	
Category 1	not eligible for HSR P points
Category 1D, 2, 2D, 3 or 3D	if HSR baseline points are < 13, can score up to 15 points
	If HSR baseline points are ≥ 13, can score P points only if the HSR V points are ≥ 5
HSR Fibre (F) points	
Category 1 and 1D	not eligible for HSR F points
Category 2, 2D, 3 and 3D	can score up to 15 points

5.1 Determining the HSR V points

The method for determining the HSR V points is the same as that detailed in Schedule 5, however for the purposes of the HSR system the HSR V points allocated have been expanded.

HSR V points can be scored for fruits, vegetables, nuts and legumes (fvnl) including coconut, spices, herbs, fungi, seeds and algae content including –

- fvnl that are fresh, cooked, frozen, canned, pickled or preserved; and
- fvnl that have been peeled, diced or cut (or otherwise reduced in size), puréed or dried.
- fruit juice or vegetable juice as standardised in Standard 2.6.1 including concentrated juices and purees;
- coconut flesh (which is to be scored as a nut), whether juiced, dried or desiccated, but not processed coconut products such as coconut milk, coconut cream or coconut oil; and
- the water in the centre of the coconut.

HSR V points cannot be scored for:

1) a constituent, extract or isolate of a food e.g. peanut oil, fruit pectin and de-ionised juice; or
2) cereal grains mentioned as a class of food in Schedule 22.

HSR V points may be scored for:

Flours derived from vegetables and legumes are eligible to score HSR V points as per the HSR V points scoring criteria above. Vegetable flours score V points as concentrated fruit or vegetables and legume flours score HSR V points as a non-concentrated fvnl source.

For products that may be considered a cereal grain, but that are not listed under Schedule 22 of the Code, and/or for products where it is not clear whether or not they would be classed as a fruit, vegetable, nut or legume for the purposes of scoring HSR V points, advice can be sought from the HSR Advisory Committee (through the FoPL Secretariat).

For previous determinations made by the HSR Advisory Committee please refer to Appendix 4.

'As sold' versus 'As consumed' for V points

The percentage of fvnl (including concentrated sources) in a product should be calculated in accordance with the appropriate method in Standard 1.2.10 - Characterising Ingredients and Components of Food - in the product as sold. Except when determining HSR V points for canned vegetables and legumes, where the percentage of fvnl should be calculated based on the products as it would be consumed (i.e. drained) and not the product as sold.

As a result of the above, the form of the fvnl in the product used to determine the percentage of non-concentrated fvnl / percentage concentrated fruit or vegetables will not always be the same as the form of the final product to which the HSR applies.

Establish the HSR V points (to a maximum of 8) in accordance with Table 4.

Table 4: HSR V points for Categories 1D, 2, 2D, 3 and 3D

Points	Column 1 % concentrated fruit or vegetables	Column 2 % fvnl
0	<25	≤40
1	≥25	>40
2	≥43	>60
3	≥52	>67
4	≥63	>75
5	≥67	>80
6	≥80	>90
7	≥90	>95
8	=100	=100

Notes to Table 4

- Use column 1 of Table 4 if the fruit or vegetables in the product are all concentrated (including dried), for example dried fruit or tomato paste
- Use column 2 of Table 4 if:
    1. There are no concentrated (or dried) fruit or vegetables in the product; or
    2. The percentages of all concentrated ingredients are calculated based on the ingredient when reconstituted (according to Standard 1.2.10-4 (3) and 1.2.10-4(4)); or
    3. The product contains a mixture of concentrated fruit or vegetables and non-concentrated fvnl sources (after following the formula given below); or
    4. The product is potato crisps or similar low moisture vegetable product
- Column 1 only applies if a product only contains all concentrated fruit or vegetables. Nuts and legumes are specifically excluded from the definition of fruit and vegetables and should be scored under Column 2 in all forms (fresh, dried, roasted etc.).

If the food product contains a mixture of concentrated fruit or vegetables and non-concentrated fvnl sources, the percentage of total fvnl must be worked out as follows:

$$\frac{(\%\ \text{non-concentrated fvnl}) + (2 \times \%\ \text{concentrated fruit or vegetables})}{(\%\ \text{non-concentrated fvnl}) + (2 \times \%\ \text{concentrated fruit or vegetables}) + (\%\ \text{non fvnl ingredient})} \times 100/1$$

where :

%non-concentrated fvnl/concentrated fruit or vegetables means the percentage of **fvnl** in the food determined using the appropriate calculation methods.

For the formula above, potato crisps and similar low moisture vegetable products are taken to be non-concentrated.

Table 5: HSR V Points for Category 1

Points	Fruit and vegetable content (%)
0	< 25
1	≥ 25
2	≥ 33
3	≥ 41
4	≥ 49
5	≥ 57
6	≥ 65
7	≥ 73
8	≥ 81
9	≥ 89
10	≥ 96

Notes to Table 5

- For the purpose of HSR Calculator a product that is >99.5 fvnl counts as 100% fvnl where food additives or fortificants have been added e.g. pure fruit juice with added vitamin C

5.2 Determining HSR P & F points

Table 6 gives HSR protein and fibre points, a maximum of 15 points can be awarded for each. The extension of points for protein and fibre is non-linear beyond the original 5 point cap of the NPSC to account for the wide range of these nutrient values and so that the points assigned are not distorted by very high protein and fibre values found in only a few products.

Products that score ≥13 HSR baseline points are not permitted to score points for protein unless they score five or more HSR V points in Table 5 above.

The prescribed methods of analysis to determine total dietary fibre are outlined in Schedule 11.

Table 6: HSR Protein (P) and Fibre (F) Points

Points	**Protein (g)** *per 100 g or 100 mL*	**Dietary fibre (g)** *per 100 g or 100 mL*
0	≤1.6	≤0.9
1	>1.6	>0.9
2	≥3.2	>1.9
3	>4.8	>2.8
4	>6.4	>3.7
5	>8.0	>4.7
6	>9.6	>5.4
7	>11.6	>6.3
8	>13.9	>7.3
9	>16.7	>8.4
10	>20.0	>9.7
11	>24.0	>11.2
12	>28.9	>13.0
13	>34.7	>15.0
14	>41.6	>17.3
15	>50.0	>20.0

Step 6: Calculate the final HSR score

The final HSR score is calculated by subtracting the HSR modifying points (HSR V, P and/or F points) from the HSR baseline points (see Tables 1 - 6 above).

Calculate the final HSR score using the following formula

Final HSR Score = HSR baseline points – (HSR V points) – (HSR P points if eligible) – (HSR F points if eligible)

Step 7: Assignment of a HSR rating to the product

The HSR score is assigned a rating according to Table 7.

Note – ratings differ across the 6 categories

In this table find the HSR score in the correct category for the product, and identify the health star rating shown in the left hand column

Table 7: HSR scores by category, with final Heath Star Rating

HSR rating	Cat. 1	Cat. 1D	Cat. 2	Cat. 2D	Cat. 3	Cat. 3D
5	Water	≤-2	Eligible fruits and vegetables ≤-11	≤-2	≤13	≤24
4.5	Unsweetened Flavoured water	-1	-10 – -7	-1 – 0	14 – 16	25 – 26
4	≤0	0	-6 – -2	1 – 2	17 – 20	27 – 28
3.5	1	1	-1 – 2	3	21 – 23	29 – 30
3	2 – 3	2	3 – 6	4 – 5	24 – 27	31
2.5	4 – 5	3	7 – 11	6 – 7	28 – 30	32 – 33
2	6 – 7	4	12 – 15	8	31 – 34	34 – 35
1.5	8 – 9	5	16 – 20	9 – 10	35 – 37	36 – 37
1	10 – 11	6	21 – 24	11 – 12	38 – 41	38 – 39
0.5	≥12	≥7	≥25	≥13	≥42	≥40

Section 5. On Pack presentation of the HSR System

The following information is provided to aid your choice of display options. If the online Calculator is used to calculate the HSR, the artwork file in the format of a layered vector file will be generated, including all options described below. This file can be edited to show your choice of display options. The artwork file will not be populated with the details of the individual product. The details of the product will need to be manually entered.

5.1 HSR Graphic Elements

The HSR system graphic comprises **three main elements**:

1 **Health Star Rating**
An overall evaluation of the product based on its nutrient profile (per 100g or 100mL), presented as a star rating graphic and numeric;

2 **Energy Declaration**
The average energy content of the product on a per 100g or 100mL basis, or per pack when presented as a single portion intended for consumption in a single sitting, or per [reference portion] when presented as part of a multipack (refer to Section 5.8); and

3 **Nutrient Content Declarations**
Individual icons indicating the average quantity of prescribed nutrients (saturated fat, sugars and sodium) per 100g or 100mL, or per pack when presented as a single portion or per [reference portion] when presented as part of a multipack (refer to Section 5.8). A single 'positive' nutrient may also be included alongside these nutrients, but not alone.

Displaying as many elements of the HSR system graphic as possible is encouraged in order to help consumers make the most informed choice.

Figure 2: The HSR System Graphic – main elements

5.2 Design principles

- The HSR system is designed as a front of pack labelling tool, however where products are generally displayed with an alternative facing visible (such as some products displayed in a chest freezer where a side facing may be visible to the shopper), the HSR system graphic may be placed on the commonly visible facing.
- For products in cylindrical packaging the HSR system graphic should be placed on the part of the container most likely to be considered the front of pack (i.e. showing a prominent brand and net weight/volume). There is no requirement to duplicate the HSR system graphic on a secondary facing.
- All HSR elements must be presented exactly as shown in Figure 2. All stars must be visible, with shading behind the appropriate number of stars to indicate the rating of the product. The style of the energy and nutrient icon elements must be as per Figure 2.
- The HSR graphic should be larger than the nutrient information elements (when they are used within the HSR system graphic); and
- The HSR system graphic should be presented in a colour that provides good contrast to the background to maximise legibility (legibility requirements are detailed in Standard 1.2.1 in the Code) . Where the HSR system graphic may not be legible due to background images or colour, a white or contrasting colour panel can be used behind the HSR system graphic to further aid legibility. This panel forms part of the standard HSR system graphic and can simply be included or removed as required.

5.3 Scaling and Minimum Size

The HSR system graphic can be scaled according to the package size, provided that it remains legible.

5.4 Health Star Rating graphic

As illustrated in Figure 2, the HSR graphic of the system comprises:

- A rating from ½ to 5 stars (in ½ star increments) represented by shading behind the stars with all stars displayed clearly on the graphic;
- The same rating displayed numerically; and
- The words “Health Star Rating” displayed prominently below the stars.

The HSR graphic is designed to be more prominent than the energy and nutrient information elements.

5.5 Energy and Nutrient Icons

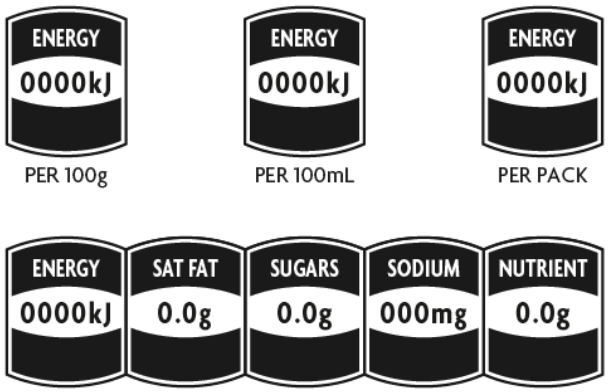
The nutrition information icons, when they are used, should include:

- ‘Energy’;
- The nutrient name;
- The average energy content or average quantity of nutrients in the nominated reference measure with appropriate units e.g. kilojoules (kJ) for energy, grams (g) or milligrams (mg) for nutrients;

The order of the icons in the HSR system graphic should reflect their order in the NIP i.e. reading from left to right: energy, prescribed nutrients (saturated fat, sugars, sodium), optional nutrient.

Sufficient space has been provided in the preferred design to accommodate nutrient names and values in a clear and legible way. For the declaration of ‘saturated fat’ content in the nutrient icon, ‘sat fat’ is permitted. If it is necessary to use an abbreviation for positive nutrients with long names in order to maintain legibility please seek advice from the FoPL Secretariat.

Figure 3: Elements of the Energy and Nutrient icons



Individual values within each icon should:

- be consistent with values shown in the NIP;
- in the case of energy, be reported as a whole number of kilojoules to three significant figures (e.g. 452.4 presented as 452kJ);
- be reported to one decimal place if the units are grams (e.g. 4.5g); and
- be reported as a whole number if the units are milligrams (e.g. 450mg).

The energy and nutrient composition of product ingredients can vary significantly. Food companies need to be aware of this variation, and its potential magnitude, when estimating average values. Energy and nutrient values should reflect those stated in the NIP (i.e. if values in the NIP change, the energy and nutrient values displayed as part of the HSR system graphic should be updated).

Australian and New Zealand consumer law legislation is also relevant and requires that claims and representations are not false or misleading. It may therefore be inappropriate to round a number that reflects the presence of a number to zero (e.g. rounding 0.021mg to zero), as this would imply an absence of the nutrient.

5.5.1 Energy icon

The energy icon may be used in conjunction with other HSR system graphic elements. If the energy icon is used with only the HSR graphic, the energy icon should be placed to the right-hand side of HSR graphic (as illustrated in Figure 5.3). If required, the energy icon may be placed below the HSR graphic, (see Options for configuration at Appendix 5, Figure 6)

A %DI value may be included within the energy icon for ‘per pack’ values (i.e. when presented as a single serve pack intended for consumption in a single sitting) or ‘per [serve size]’ values (when displayed in accordance with Section 5 of this Guide). %DI cannot be used for reference measurements of per 100g/100mL (example is at Figure 5.1).

The %DI value should be:

- based on the energy content per pack (for single serve packs intended for consumption in a single sitting) or per [serve size] (when displayed in accordance with Section of this Guide);
- expressed as a percentage of the total DI reference value for energy as listed in Standard 1.2.8 of the Code;
- expressed as a whole number through standard rounding (unless < 1). Values above 1 with a following decimal below 0.5 should be rounded down and values above 1 with a following decimal of 0.5 or above

should be rounded up to the next whole number; and

- presented as %DI*, with the asterisk (*) to refer to a back of pack message about the average daily adult kilojoule intake.

When %DI is used on the energy icon, it triggers the full use of %DI column in the NIP, i.e. energy plus 6 nutrients and a statement about the average daily adult kilojoule intake (refer to 1.2.8-8 of *Standard 1.2.8 – Nutrition Information Requirements)*.

Where the labelled value for energy is '0', statement of a %DI is at the discretion of the manufacturer.

Details on calculating Daily Intake values are provided in Appendix 6.

5.5.2 Nutrient Icons

If the prescribed nutrient icons are displayed (saturated fat, sugars, sodium) they should all be displayed, in conjunction with the energy icon.

A single optional nutrient may be presented, in addition to the prescribed nutrient icons, and the energy icon. Food companies may choose, with consideration of the following, which (single) optional nutrient to present within the HSR system graphic:

- Optional nutrients are defined as properties of products in Schedule 4.
- The nutrient must be present at a level consistent with the requirements of Schedule 4 and be included in the NIP in accordance with the requirements of Standard 1.2.8.
- The purpose of the nutrient icons is to provide nutritional information only. They are not to be used to provide advice on the levels of food components which may have other health implications - for example gluten content, lactose content, glycaemic index, etc.

The words 'low' and 'high' may be used within the nutrient icons (except for the energy icon) to highlight the content of individual nutrients in the food product (example is at Figure 5).

In the case of the prescribed nutrients (saturated fat, sugars and sodium), the word *low* may be used when the nutrient is present at levels consistent with the requirements of Schedule 4 for making a low saturated fat/sugar/ sodium nutrition content claim.

In the case of the optional positive nutrient, the word *high* may be used when the nutrient is present at levels consistent with the requirements of Schedule 4 for making nutrition content claims for 'good source' or 'excellent.

The use of the HSR system optional positive nutrient icon will constitute a nutrition content claim under Standard 1.2.7, and must comply with the requirements of the Standard.

Figure 4: Use of %DI, 'low' and 'high'

[2]

5.6 Nominated Reference Measure

Energy and nutrient information may be presented on a 'per 100g or 100mL' basis, 'per pack' (when presented as a single portion), or 'per [reference portion]' (when presented as a multipack with individual pre-portioned units intended for consumption in a single sitting), or 'per [serve size]' according to the following guidance.

1. All products may use the 'per 100g' or 'per 100mL' reference, which should be placed to the right hand side of the graphic.
2. Products presented in single serve packages (e.g. an individual lasagne intended for consumption in a single sitting by a single person) may use the:
   a. 'per 100g' or 'per 100mL' reference; or
   b. 'per pack' reference.

The nominated reference measure should be placed to the right hand side of the graphic.

3. Products presented as multipacks with multiple individually pre-packaged units (section 5.8) may use the:
   a. 'per 100g or 100mL' reference; or
   b. 'per [reference portion]' reference.
4. Products for which an industry agreed standardised serve size applies (section 5.7) may use the 'per [serve size]' reference (see Table 8).

In order to be consistent with the Code, the serve size should also be specified in the NIP.

5. Products for which the energy and nutrient information is calculated 'as prepared', reference weight should include the text 'as prepared' after the nominated reference measure.

Percentage daily intake (%DI) information can only be used on the energy icon of a 'per pack' or 'per [serve size]' representation. To comply with Standard 1.2.8, %DI should not appear on products when nutrient information is presented on a 'per 100g or 100mL' basis.

[2] Per pack display option: see Nominated Reference Measure

5.7 Industry Agreed Standardised Serve Sizes

Where there is an industry agreed standardised serve size for products it is appropriate to use this as the nominated reference value on packs and with corresponding nutrient values in the nutrient information elements of the HSR system graphic. The star rating element will still be calculated per 100g/100mL. Current industry agreed standardised serve sizes have been agreed through the HSR development process and are listed in Table 8 below. Only those categories listed in Table 6 should use the standardised serve size as the nominated reference measure.

Other industry agreed standardised serve sizes will be considered by the HSR Advisory Committee for inclusion in Table 6 and use in the HSR system once they have been agreed by industry through formal processes.

Table 8: Current industry agreed standardised serve size

Category	Standardised serve size	Notes
Beverages	Product less than or equal to 600mL – serve size is 600mL Products greater than 600mL – serve size is 250mL	
Chocolate / Sugar confectionery	25g +/- 5g The nominated reference measure (e.g. per row for share pack of chocolate / per 3 snakes etc) can be used when the nominated reference amount equals 25g +/-5g	Pack should specify what the actual confectionery serve size is, e.g. 23g

5.8 Multipacks

Multipacks are packs that contain individual pre-packed units intended for consumption as single portions and not intended for individual sale. Examples include individual packets of potato crisps in a family multipack; individual packs of yoghurt in a 4-serve multipack; individual bottles (under 600 mL) in a 6-pack of soft drinks.

For multipacks with individually pre-portioned units, ‘per [reference portion]’ may be used on the HSR system graphic. The reference portion may be presented as appropriate (e.g. ‘per inner pack’ or ‘per single pack’ or ‘per bottle’) and should be clearly visible to the shopper at the point of sale.

For confectionery products only, the %DI can be shown on the energy icon for individual packs in a multipack, even when the pre-packaged piece size is not the industry agreed standardised serve size (see Section 5.7). However, in order to be consistent with the Code, the pre-packaged piece size should be specified in the NIP.

For multipacks that display more than one NIP on the outer pack, the preferred display option for the HSR system is one HSR graphic to represent each NIP or product in the pack.

Where companies choose to display only one HSR graphic, then an average HSR which represents the average nutrient content of all of the products within the outer pack (rather than an average of all HSRs) should be displayed. Alternatively, companies may choose to display the lowest HSR and indicate that the products within the multipack are either equivalent to the displayed HSR or higher. In either case the company should include a statement on how the HSR was derived (e.g. ‘average of nutrient content of all varieties’ or ‘minimum star rating of varieties’).

Section 6 Hierarchy of Health Star Rating system presentation

It is expected consumers will benefit most when the full (including optional) elements of the HSR system graphic are displayed. This includes:

- the Health Star Rating,
- energy icon,
- three (3) prescribed nutrient icons
- an optional nutrient icon (if appropriate),

together with the further optional interpretive terms ‘high’ and ‘low’ with respect of the nutrient icons, and the percentage daily intake (%DI) of energy (for the ‘per pack’ or ‘per [serve size]’ presentation) (Figure 5).

Therefore, food companies are encouraged to use as many elements of the HSR system graphic as possible, consistent with the below hierarchy. Some products may not be able to display all the elements of the full HSR system graphic due to pack or label size or other considerations. In these cases there is a hierarchy of options for the elements to be displayed:

1 Health Star Rating + energy icon + 3 prescribed nutrient icons + 1 optional nutrient icon.

2 Health Star Rating + energy icon + 3 prescribed nutrient icons.

3 Health Star Rating + energy icon.

4 Health Star Rating (e.g. when pack size does not accommodate more complete versions).

It is the responsibility of food companies to determine which presentation format is most suitable for their products, based on the above hierarchy, available pack size and label space.

The different options for displaying the HSR system graphic are shown below (Figure 5).

Figure 5 – all options for HSR diplay

Figure 5.1: Health Star Rating + energy icon + 3 prescribed nutrient icons + 1 optional nutrient icon (plus the two optional elements: use of the terms High / Low and %DI)

Figure 5.2: Health Star Rating + energy icon + 3 prescribed nutrient icons

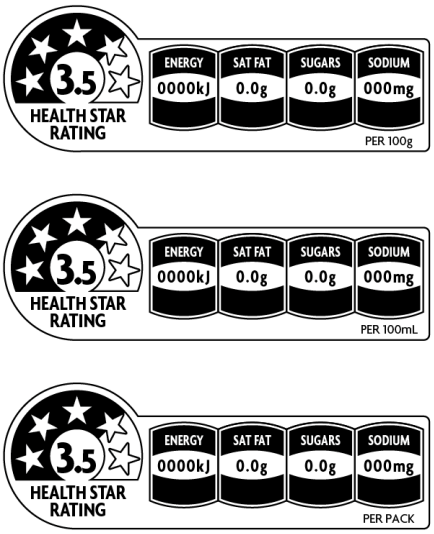


Figure 5.3: Health Star Rating + energy icon

Figure 5.4: Health Star Rating

Figure 5.5: Standard Design for the Health Star Rating System (full graphic without optional elements of High / Low or %DI)

Section 7 Display of further HSR Information

Where companies choose to display further information on the HSR system on their product packages, any HSR graphic displayed in this context should be a duplicate of the HSR graphic displayed on the front of the pack i.e. If a product displays a HSR of 3.5, any additional information given on the label must be consistent with this rating.

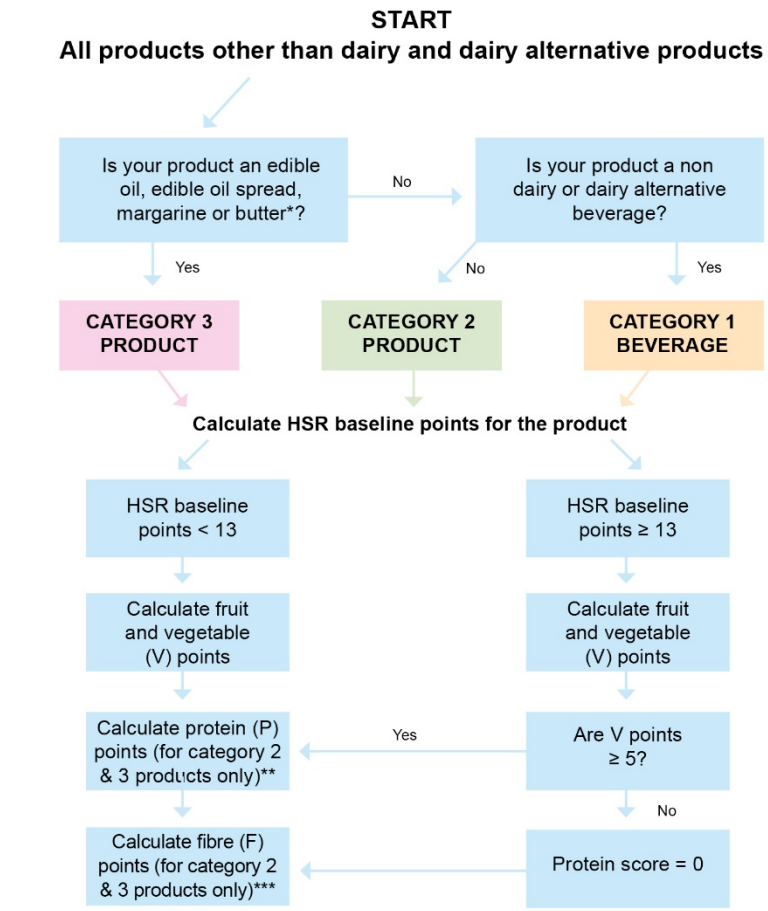
Where additional information is displayed and if space permits, companies are encouraged to display an HSR Quick Response (QR) Code that directs consumers to the HSR website when scanned. A QR Code is available for download on the HSR website.

Section 8 The Daily Intake Guide, Health Logos and Certification Schemes

The Daily Intake Guide (DIG) and health logos and certification schemes that provide nutritional guidance to consumers are used widely in Australia and New Zealand. The DIG, health logos and certification schemes may co-exist with the HSR system graphic.

Where the HSR system graphic and DIG are used on the same pack care should be taken to ensure they do not lead consumers to believe they are linked or are two parts of a single system.

Appendix 1:
HSR calculation steps - All products (excluding dairy & alternatives) Categories 1, 2 and 3



Calculate final HSR score:
HSR baseline points – V points – P points – F points

Category 3 products must score	
≤ 13	5 stars
14 to 16	4½ stars
17 to 20	4 stars
21 to 23	3½ stars
24 to 27	3 stars
28 to 30	2½ stars
31 to 34	2 stars
35 to 37	1½ stars
38 to 41	1 star
≥ 42	½ star

Category 2 products must score	
≤ 11	5 stars
-10 to -7	4½ stars
-6 to -2	4 stars
-1 to 2	3½ stars
3 to 6	3 stars
7 to 11	2½ stars
12 to 15	2 stars
16 to 20	1½ stars
21 to 24	1 star
≥ 25	½ star

Category 1 beverages must score	
Plain water	5 stars
Unsweetened flavoured water	4 ½ stars
≤0	4 stars
1	3 ½ stars
2 to 3	3 stars
4 to 5	2 ½ stars
6 to 7	2 stars
8 to 9	1 ½ stars
10 to 11	1 star
≥12	½ star

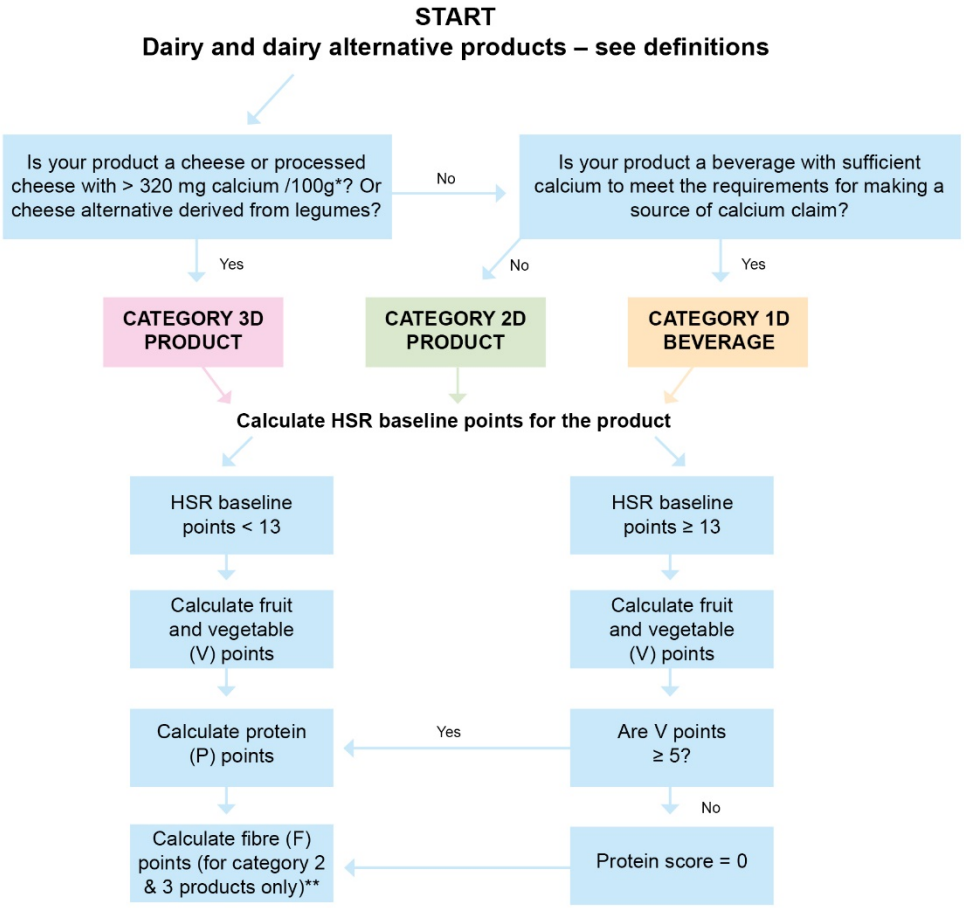
Formulated meal replacements and formulated supplementary foods standardised in Divisions 2 and 3 of Standard 2.9.3 may use the HSR system as category 1 or 2 products.

**Edible oil as defined in Standard 2.4.1; edible oil spreads as defined in Standard 2.4.2; margarine as defined in Standard 2.4.2; and butter as defined in Standard 2.5.5*

***Category 1 beverages cannot score P points*

****Category 1 beverages cannot score F points*

Appendix 2:
HSR calculation steps - Dairy products and their alternatives (categories 1D, 2D and 3D)



Calculate final HSR score:
HSR baseline points – V points – P points – F points

Category 3D products must score	
≤ 24	5 stars
25 to 26	4½ stars
27 to 28	4 stars
29 to 30	3½ stars
31	3 stars
32 to 33	2½ stars
34 to 35	2 stars
35 to 36	1½ stars
38 to 39	1 star
≥ 40	½ star

Category 2D products must score	
≤ 2	5 stars
-1 to 0	4½ stars
1 to 2	4 stars
3	3½ stars
4 to 5	3 stars
6 to 7	2½ stars
8	2 stars
9 to 10	1½ stars
11 to 12	1 star
≥ 13	½ star

Category 1D beverages must score	
≤ -2	5 stars
-1	4 ½ stars
0	4 stars
1	3 ½ stars
2	3 stars
3	2 ½ stars
4	2 stars
5	1 ½ stars
6	1 star
≥7	½ star

Formulated meal replacements and formulated supplementary foods standardised in Divisions 2 and 3 of Standard 2.9.3 may use the HSR system as category 1D or 2D products.

**Cheese and processed cheese as defined in Standard 2.5.4*

***Category 1D beverages cannot score F points*

Appendix 3: Calculation examples – using case studies

The following examples are provided to demonstrate the calculations in the HSR Calculator. The nutrition information provided in these examples is intended to be fictional and is not based on any specific product existing in the market.

The rating given to these examples may differ to other similar products in the market as it's dependent on each product's nutrient and ingredient profile.

In the following examples, the reference to any relevant policy decisions means to consider whether the product is permitted or not permitted to carry a HSR, and if permitted, would it qualify for an automatic HSR score.

Example 1	Chocolate milk
Example 2	Dairy spread
Example 3	Fruit and nut muesli bar
Example 4	Pizza Supreme
Example 5	Raspberry soft drink
Example 6	Vanilla dairy food
Example 7	Camembert cheese
Example 8	Instant chicken soup

Example 1 – Chocolate milk

Nutrition Information – chocolate milk (Defined serve for regulatory purposes - 200mL)

Component	Per 100 mL
Energy	380 kJ
Protein	3.2 g
Saturated fat	1.2 g
Total sugars	9.5 g
Dietary fibre	0
Sodium	45 mg
Calcium	120 mg

1. Determine the HSR Calculator category of the product

The chocolate milk is a Category 1D dairy beverage because it:

- is a beverage
- contains ≥75% dairy
- has ≥ 80 mg of calcium per serve.

2. Determine whether there are any relevant policy decisions

No relevant policy decisions.

3. Determine form of product

As sold.

4. Calculate HSR baseline points

Based on the nutrition information for the chocolate milk example, the baseline points obtained are highlighted below.

Table 1: HSR baseline points for Category 1D Beverages, 2 or 2D Foods*

Baseline points	Energy (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
0	≤335	≤1.0	≤5.0	≤90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>8.9	>180
3	>1005	>3.0	>12.8	>270
4	>1340	>4.0	>16.8	>360
5	>1675	>5.0	>20.7	>450
6*	>2010	>6.0	>24.6	>540

*This table is a shortened version of Table 1 provided in the HSR Calculator Guide above

Total HSR baseline points = (1) + (1) + (2) + (0) = 4

5. Calculate HSR modifying points

HSR V points

The chocolate milk in this example does not contain any *fvnl*.

V points = 0

HSR Protein (P) and fibre (F) points

Category 1D products cannot score F points.

Based on the nutrition information for the chocolate milk example, the protein points obtained are highlighted below:

Table 6: HSR Protein (P) and Fibre (F) Points

Points	**Protein (g)** *per 100 g or 100 mL*	**Dietary fibre (g)** *per 100 g or 100 mL*
0	≤1.6	≤0.9
1	>1.6	>0.9
2	≥3.2	>1.9
3	>4.8	>2.8
4	>6.4	>3.7
5	>8.0	>4.7
6	>9.6	>5.4
7	>11.6	>6.3
8*	>13.9	>7.3

*This table is a shortened version of Table 6 provided in the HSR Calculator Guide above

The product in this example contains 3.2 g of protein per 100 mL and therefore scores 2 protein points.

P points = 2 F points = 0

6. Calculate the final HSR score

Final HSR Score = HSR baseline points – (V points) – (P points) – (F points)

Final HSR Score = 4 – (0) – (2) – (0) = 2

7. Assessment of the final HSR score to a rating

The final HSR score for the chocolate dairy milk example (Category 1D product) is 2.

Therefore this example product would be assigned a rating of 3 stars.

Example 2 – Dairy spread

Nutrition Information – Dairy spread

Component	Per 100 mL
Energy	2420 kJ
Protein	0.0 g
Saturated fat	16.5 g
Total sugars	0.0 g
Dietary fibre	0.0 g
Sodium	640 mg

1. Determine the HSR Calculator category of the product

This dairy spread meets the definition of edible oil spread as defined in Standard 2.4.2 of the Food Standards Code.

2. Determine whether there are any relevant policy decisions

No relevant policy decisions.

3. Determine form of product

As sold.

4. Calculate HSR baseline points

Based on the nutrition information for this example, the HSR baseline points obtained are adjacent to the highlighted boxes in the table below.

Table 2: HSR baseline points for Category 3 and 3D products

Baseline points	Energy (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
0	≤ 335	≤1.0	≤ 5.0	≤90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>9.0	>180
3	>1005	>3.0	>13.5	>270
4	>1340	>4.0	>18.0	>360
5	>1675	>5.0	>22.5	>450
6	>2010	>6.0	>27.0	>540
7	>2345	>7.0	>31.0	>630
8	>2680	>8.0	>36.0	>720
9	>3015	>9.0	>40.0	>810
10	>3350	>10.0	>45.0	>900
11	>3685	>11.0		>990
12		>12.0		>1080
13		>13.0		>1170
14		>14.0		>1260

Baseline points	Energy (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
15		>15.0		>1350
16		>16.0		>1440
17		>17.0		>1530

*This table is a shortened version of Table 2 provided in the HSR Calculator Guide above

Total HSR baseline points = 7 + 16 + 0 + 7 = 30

5. Calculate HSR modifying points

HSR V points

As oil is an extract of a fruit, the food in this example cannot score V points for **fvnl** content.

V points = 0

HSR Protein points (P points)

The product in this example does not contain any protein and scores zero protein points.

Further, products that score 13 or more HSR baseline points are not permitted to score points for protein unless they score at least 5 V points. If the product in this example contained protein, it would not be permitted to score points for protein as it scored 30 HSR baseline points and does not score any V points.

P points = 0

HSR Fibre points (F points)

The product in this example does not contain any dietary fibre.

F points = 0

6. Calculate the final HSR score

Final HSR Score = HSR baseline points – (V points) – (P points) – (F points)

Final HSR Score = 30 – (0) – (0) – (0) = 30

7. Assessment of the final HSR score to a rating

The final HSR score for the Dairy spread (Category 3 food) is 30.

Therefore, this example product would be assigned a rating of 2½ stars.

Example 3 – Fruit and nut muesli bar

Nutrition Information – Fruit and nut muesli bar

Component	Per 100 g
Energy	1735 kJ
Protein	12.5 g
Saturated fat	4.5 g
Total sugars	36.4 g
Sodium	30 mg
Dietary fibre	5.0 g

1. Determine the HSR Calculator category of the product

This bar is not a dairy food, it is not a Category 1 (beverage) or 3 (oils and spreads) product so is a Category 2 product (i.e. all products other than those included in Category 1, 1D, 2D, 3 or 3D).

2. Determine whether there are any relevant policy decisions

No relevant policy decisions.

3. Determine form of product

As sold.

4. Calculate HSR baseline points

Based on the nutrition information for this example, the HSR baseline points obtained are adjacent to the highlighted boxes in the table below.

Table 1: HSR baseline points for Category 1D Beverages, 2 or 2D Foods

Baseline points	Energy (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
0	≤335	≤1.0	≤5.0	≤90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>8.9	>180
3	>1005	>3.0	>12.8	>270
4	>1340	>4.0	>16.8	>360
5	>1675	>5.0	>20.7	>450
6	>2010	>6.0	>24.6	>540
7	>2345	>7.0	>28.5	>630
8	>2680	>8.0	>32.4	>720
9	>3015	>9.0	>36.3	>810
10	>3350	>10.0	>40.3	>900
11	>3686	>11.2	>44.2	>990
12		>12.5	>48.1	>1080
13		>13.9	>52.0	>1170

*This table is a shortened version of Table 1 provided in the HSR Calculator Guide above

Total HSR baseline points = (5) + (4) + (9) + (0) = 18

5. Calculate HSR modifying points

HSR V points

In this example, the bar contains 43% peanuts and 27% sultanas.

Schedule 5 contains the following formula to derive V points from a mixture of concentrated (dried) fruit or vegetables and non-concentrated **fvnl** ingredients:

$$\frac{(\%\ \text{non-concentrated fvnl}) + (2 \times \%\ \text{concentrated fruit or vegetables})}{(\%\ \text{non-concentrated fvnl}) + (2 \times \%\ \text{concentrated fruit or vegetables}) + (\%\ \text{non fvnl ingredient})} \times 100/1$$

where –

%non-concentrated fvnl/concentrated fruit or vegetables means

the percentage of **fvnl** in the food determined using the appropriate calculation methods outlined in Standard 1.2.10.

= 43 + (2 x 27) / 43 + (2x 27) + 30

= 97/127 x 100

= 76% fvnl, including a mixture of concentrated fruit and non-concentrated nuts; therefore Column 2 in the table below is used to determine the V points.

Table 5: HSR V Points

Points	Column 1 % concentrated fruit or vegetables	Column 2 % fvnl
0	<25	≤40
1	≥25	>40
2	≥43	>60
3	≥52	>67
4	≥63	>75
5	≥67	>80
6	≥80	>90
7	≥90	>95
8*	=100	=100

*For the purposes of HSR Calculator a food that is >99.5% fvnl counts as 100% where food additives or fortificants have been added, e.g. pure fruit juice with added vitamin C

V points = 4

HSR Protein points (P points)

Foods that score 13 or more HSR baseline points are not permitted to score points for protein unless they score at least 5 V points.

The product in this example scored 18 HSR baseline points and 4 V points (it did not score at least 5 V points) and is therefore not permitted to score points for protein.

P points = 0

Table 6: HSR Protein (P) and Fibre (F) Points

Points	Protein (g) *per 100 g or 100 mL*	Dietary fibre (g) *per 100 g or 100 mL*
0	≤1.6	≤0.9
1	>1.6	>0.9

Points	Protein (g) *per 100 g or 100 mL*	Dietary fibre (g) *per 100 g or 100 mL*
2	≥3.2	>1.9
3	>4.8	>2.8
4	>6.4	>3.7
5	>8.0	>4.7
6	>9.6	>5.4
7	>11.6	>6.3
8	>13.9	>7.3
9	>16.7	>8.4
10	>20.0	>9.7
11	>24.0	>11.2
12	>28.9	>13.0
13	>34.7	>15.0
14	>41.6	>17.3
15	>50.0	>20.0

F points = 5

6. Calculate the HSR final score

Final HSR Score = HSR baseline points – (V points) – (P points) – (F points)

Final HSR Score = (18) – (4) – (0) – (5) = 9

7. Assessment of the final HSR score to a rating

The final HSR score for the fruit and nut muesli bar (Category 2 food) is 9.

Therefore, this example product would be assigned a rating of 2½ stars.

Example 4 – Pizza Supreme

Nutrition Information – Pizza supreme

Component	Per 100 g
Energy	1125 kJ
Protein	13.9 g
Saturated fat	5.2 g
Total sugars	0.9 g
Sodium	743 mg
Dietary fibre	3.3 g

1. Determine the HSR Calculator category of the product

This pizza is not a dairy food, it is not a Category 1 (beverage) or 3 (oils and spreads) food so is a Category 2 product (i.e. all products other than those included in Category 1, 1D, 2D, 3 or 3D).

2. Determine whether there are any relevant policy decisions

No relevant policy decisions.

3. Determine form of product

As sold

4. Calculate HSR baseline points

Based on the nutrition information for this example, the HSR baseline points obtained are adjacent to the highlighted boxes in the table below.

Table 1: HSR baseline points for Category 1D Beverages, 2 or 2D Foods

Baseline points	Energy content (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
0	≤335	≤1.0	≤5.0	≤90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>8.9	>180
3	>1005	>3.0	>12.8	>270
4	>1340	>4.0	>16.8	>360
5	>1675	>5.0	>20.7	>450
6	>2010	>6.0	>24.6	>540
7	>2345	>7.0	>28.5	>630
8	>2680	>8.0	>32.4	>720
9	>3015	>9.0	>36.3	>810
10	>3350	>10.0	>40.3	>900
11	>3686	>11.2	>44.2	>990
12		>12.5	>48.1	>1080

*This table is a shortened version of Table 1 provided in the HSR Calculator Guide above

Total HSR baseline points = (3) + (5) + (0) + (8) = 16

5. Calculate HSR modifying points

HSR V points

In this example, the pizza contains:

- 4% concentrated vegetables
- 23% non-concentrated vegetables.

Schedule 5 of the Code contains the following formula to use to derive V points from a mixture of concentrated (dried) fruit or vegetables and non-concentrated **fvnl** ingredients:

$$\frac{(\%\ \text{non-concentrated fvnl}) + (2 \times \%\ \text{concentrated fruit or vegetables})}{(\%\ \text{non-concentrated fvnl}) + (2 \times \%\ \text{concentrated fruit or vegetables}) + (\%\ \text{non fvnl ingredient})} \times 100/1$$

where –

%non-concentrated fvnl/concentrated fruit or vegetables means

the percentage of **fvnl** in the food determined using the appropriate calculation methods outlined in Standard 1.2.10.

= 23 + (2 x 4) / 23 + (2x 4) + 73

= 31/104 x 100

= 30% fvnl, including a mixture of concentrated fruit and non-concentrated nuts; therefore Column 2 in the table below is used to determine the V points.

Table 5: HSR V Points

Points	Column 1 % concentrated fruit or vegetables	Column 2 % fvnl
0	<25	≤40
1	≥25	>40
2	≥43	>60
3	≥52	>67
4	≥63	>75
5*	≥67	>80

*This table is a shortened version of Table 5 provided in the HSR Calculator Guide above

V points = 0

HSR Protein points (P points)

Products that score 13 or more HSR baseline points are not permitted to score points for protein unless they score at least 5 V points.

The products in this example scored 16 HSR baseline points and 0 V points (it did not score at least 5 V points) and is therefore not permitted to score points for protein.

P points = 0

Table 6: HSR Protein (P) and Fibre (F) Points

Points	**Protein (g)** *per 100 g or 100 mL*	**Dietary fibre (g)** *per 100 g or 100 mL*
0	≤1.6	≤0.9
1	>1.6	>0.9
2	≥3.2	>1.9
3	>4.8	>2.8
4	>6.4	>3.7
5	>8.0	>4.7
6	>9.6	>5.4
7	>11.6	>6.3
8*	>13.9	>7.3

*This table is a shortened version of Table 6 provided in the HSR Calculator Guide above

F points = 3

6. Calculate the HSR final score

Final HSR Score = HSR baseline points – (V points) – (P points) – (F points)

Final HSR Score = (16) – (0) – (0) – (3) = 13

7. Assessment of the final HSR score to a rating

The final HSR score for the Pizza supreme (Category 2 food) is 13.

Therefore this example product would be assigned a rating of 2 stars.

Example 5 – Raspberry Soft Drink

Nutrition Information – Raspberry Soft Drink

Component	Per 100 mL
Energy	235 kJ
Protein	1 g
Saturated fat	0 g
Total sugars	13.3 g
Sodium	5 mg
Dietary fibre	0 g

1. Determine the HSR Calculator category of the product

The soft drink is a category 1 beverage.

2. Determine whether there are any relevant policy decisions

No relevant policy decisions.

3. Determine form of product

As sold

4. Calculate HSR baseline points

Based on the nutrition information for this example, the HSR baseline points obtained are adjacent to the highlighted boxes in the table below.

Table 3: HSR baseline points for Category 1 Beverages

Baseline points	energy (kJ) per 100 mL	total sugars (g) *per 100 mL*
0	≤1.1	≤ 0.1
1	> 1.1	> 0.1
2	> 31	> 1.6
3	> 61	> 3.1
4	> 91	> 4.6
5	> 121	> 6.1
6	> 151	> 7.6
7	> 181	> 9.1
8	> 211	> 10.6
9	> 241	> 12.1
10	> 271	> 13.6

Total baseline points = (8) + (9) = 17

5. Calculate HSR modifying points

HSR V points

In this example the drink contains 6.3% raspberry juice from concentrate.

Table 4: HSR V Points for Category 1 Beverages

Points	% fvnl
0	< 25
1	≥ 25
2	≥ 33
3	≥ 41
4	≥ 49
5	≥ 57
6*	≥ 65

*This table is a shortened version of Table 4 provided in the HSR Calculator Guide above

V points = 0

HSR Protein (P points) and Fibre points (F points)

Category 1 beverages cannot score P or F points

6. Calculate the HSR final score

Final HSR Score = HSR baseline points – (V points) – (P points) – (F points)

Final HSR Score = (17) – (0) – (0) – (0) = 17

7. Assessment of the final HSR score to a rating

The final HSR score for the Raspberry Soft Drink (Category 1 beverage) is 17.

Therefore this example product would be assigned a rating of 1 star.

Example 6 – Vanilla dairy food

Nutrition Information – Vanilla dairy food

Component	Per 100 g
Energy	345 kJ
Protein	3.5 g
Saturated fat	0.5 g
Total sugars	11.0 g
Dietary fibre	0 g
Sodium	45 mg
Calcium	218 mg

1. Determine the HSR Calculator category of the product

The vanilla dairy food is a Category 2 D dairy food because it is a 'spoonable' dairy foods that contains ≥ 75% dairy ingredients.

2. Determine whether there are any relevant policy decisions

No relevant policy decisions.

3. Determine form of product

As sold.

4. Calculate HSR baseline points

Based on the nutrition information for the vanilla dairy food example, the HSR baseline points obtained are highlighted below.

Table 1: HSR baseline points for Category 1D beverages, 2 or 2D Foods*

Baseline points	Energy (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
0	≤335	≤1.0	≤5.0	≤90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>8.9	>180
3	>1005	>3.0	>12.8	>270
4	>1340	>4.0	>16.8	>360
5*	>1675	>5.0	>20.7	>450

*This table is a shortened version of Table 1 provided in the HSR Calculator Guide above

Total HSR baseline points = (1) + (0) + (2) + (0) = 3

5. Calculate HSR modifying points

HSR V points

The vanilla dairy food in this example does not contain any *fvnl*.

V points = 0

HSR Protein (P) and fibre (F) points

Based on the nutrition information for the vanilla dairy food example, the protein and fibre points obtained are highlighted below:

Table 6: HSR Protein (P) and Fibre (F) Points

Points	Protein (g) *per 100 g or 100 mL*	Dietary fibre (g) *per 100 g or 100 mL*
0	≤1.6	≤0.9
1	>1.6	>0.9
2	≥3.2	>1.9
3	>4.8	>2.8
4	>6.4	>3.7
5	>8.0	>4.7
6	>9.6	>5.4
7	>11.6	>6.3
8*	>13.9	>7.3

*This table is a shortened version of Table 6 provided in the HSR Calculator Guide above

The product in this example contains 3.5g of protein per 100g and therefore scores 2 protein points.

P points = 2 F points = 0

6. Calculate the final HSR score

Final HSR Score = HSR baseline points – (V points) – (P points) – (F points)

Final HSR Score = 3 – (0) – (2) – (0) = 1

7. Assessment of the final HSR score to a rating

The final HSR score for the vanilla dairy food example (Category 2D food) is 1.

Therefore this example product would be assigned a rating of 4 stars

Example 7 – Camembert cheese

Nutrition Information – camembert cheese

Component	Per 100 g
Energy	1750 kJ
Protein	16.4 g
Saturated fat	22.5 g
Total sugars	<1 g
Dietary fibre	0 g
Sodium	652 mg
Calcium	430 mg

1. Determine the HSR Calculator category of the product

The camembert cheese is a Category 3 D cheese because it meets the definition of cheese as defined in Standard 2.5.4 of the Code and has a calcium content > 320 mg/100 g

2. Determine whether there are any relevant policy decisions

No relevant policy decisions.

3. Determine form of product

As sold.

4. Calculate HSR baseline points

Based on the nutrition information for the camembert cheese example, the HSR baseline points obtained are highlighted below.

Table 2: HSR baseline points for Category 3 or 3 D Foods*

Baseline points	Energy (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
0	≤335	≤1.0	≤5.0	≤90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>9.0	>180
3	>1005	>3.0	>13.5	>270
4	>1340	>4.0	>18.0	>360
5	>1675	>5.0	>22.5	>450
6	>2010	>6.0	>27.0	>540
7	>2345	>7.0	>31.0	>630
8	>2680	>8.0	>36.0	>720
9	>3015	>9.0	>40.0	>810
10	>3350	>10.0	>45.0	>900
11	>3685	>11.0		>990
12		>12.0		>1080
13		>13.0		>1170
14		>14.0		>1260
15		>15.0		>1350

Baseline points	Energy (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
16		>16.0		>1440
17		>17.0		>1530
18		>18.0		>1620
19		>19.0		>1710
20		>20.0		>1800
21		>21.0		>1890
22		>22.0		>1980
23*		>23.0		>2070

*This table is a shortened version of Table 2 provided in the HSR Calculator Guide above

Total baseline points= (5) + (22) + (0) + (7) = 34

5. Calculate HSR modifying points

HSR V points

The camembert cheese in this example does not contain any fvnl.

V points = 0

HSR Protein (P) and fibre (F) points

Products that score 13 or more HSR baseline points are not permitted to score points for protein unless they score at least 5 V points.

The product in this example scored 34 HSR baseline points and 0 V points (it did not score at least 5 V points) and is therefore not permitted to score points for protein.

P points = 0

Table 6: HSR Protein (P) and Fibre (F) Points

Points	Protein (g) *per 100 g or 100 mL*	Dietary fibre (g) *per 100 g or 100 mL*
0	≤1.6	≤0.9
1	>1.6	>0.9
2	≥3.2	>1.9
3	>4.8	>2.8
4	>6.4	>3.7
5	>8.0	>4.7
6*	>9.6	>5.4

*This table is a shortened version of Table 6 provided in the HSR Calculator Guide above

F points = 0

6. Calculate the final HSR score

Final HSR Score =HSR baseline points – (V points) – (P points) – (F points)

Final HSR Score = 34 – (0) – (0) – (0) = 34

7. Assessment of the final HSR score to a rating

The final HSR score for the camembert cheese example (Category 3D food) is 34.

Therefore this example product would be assigned a rating of 2 stars.

Example 8 – Instant chicken soup

Nutrition Information – Instant chicken soup

Component	Per 100 mL (as prepared)
Energy	65 kJ
Protein	0.3 g
Saturated fat	0.1 g
Total sugars	0.5 g
Sodium	290 mg
Dietary fibre	0.5 g

As prepared instructions: Add contents of sachet to 200mL of boiling water

1. Determine the HSR Calculator category of the food

This soup is not a dairy food, it is not a Category 1 (beverage) or 3 (oils and spreads) food so is a Category 2 food (i.e. all foods other than those included in Category 1, 1D, 2D, 3 or 3D).

2. Determine whether there are any relevant policy decisions

No relevant policy decisions.

3. Determine form of product

As prepared. This product needs to be rehydrated with water prior to consumption.

4. Calculate HSR baseline points

Based on the nutrition information for this example, the HSR baseline points obtained are adjacent to the highlighted boxes in the table below.

Table 1: HSR baseline points for Category 1D Beverages, 2 or 2D Foods

Baseline points	Energy (kJ) *per 100 g or 100 mL*	Saturated fat (g) *per 100 g or 100 mL*	Total sugars (g) *per 100 g or 100 mL*	Sodium (mg) *per 100 g or 100 mL*
0	≤335	≤1.0	≤5.0	≤90
1	>335	>1.0	>5.0	>90
2	>670	>2.0	>8.9	>180
3	>1005	>3.0	>12.8	>270
4	>1340	>4.0	>16.8	>360
5	>1675	>5.0	>20.7	>450
6	>2010	>6.0	>24.6	>540
7	>2345	>7.0	>28.5	>630

*This table is a shortened version of Table 1 provided in the HSR Calculator Guide above

Total HSR baseline points = (0) + (0) + (0) + (3) = 3

5. Calculate HSR modifying points

HSR V points

The chicken soup in this example does not contain any *fvnl*.

V points = 0

HSR Protein points (P points)

Based on the nutrition information, the protein and fibre points obtained are highlighted below:

Table 6: HSR Protein (P) and Fibre (F) Points

Points	**Protein (g)** *per 100 g or 100 mL*	**Dietary fibre (g)** *per 100 g or 100 mL*
0	≤1.6	≤0.9
1	>1.6	>0.9
2	≥3.2	>1.9
3	>4.8	>2.8
4	>6.4	>3.7
5	>8.0	>4.7
6*	>9.6	>5.4

*This table is a shortened version of Table 6 provided in the HSR Calculator Guide above

P points = 0 F points = 0

6. Calculate the HSR final score

Final HSR Score = HSR baseline points – (V points) – (P points) – (F points)

Final HSR Score = (3) – (0) – (0) – (0) = 3

7. Assessment of the final HSR score to a rating

The final HSR score for the instant chicken soup (Category 2 product) is 3.

Therefore, this example product would be assigned a rating of 3 stars.

Appendix 4: Products not eligible to score HSR V points

These are as determined by the HSR Advisory Committee

HSR V points can be scored for products that contain either non-concentrated fruit, vegetable, nut, legume **(fvnl)** sources, or concentrated fruit or vegetables, or a mixture of both.

The method for determining the HSR V points of a product are the same as those in Schedule 5.

Where it is not clear whether or not an ingredient would be classed as a fruit, vegetable, nut or legume for the purposes of scoring HSR V points, seek advice from the HSR Secretariat.

Previous determinations made by the HSR Advisory Committee are detailed below.

Ingredient	Determination	Reason
Quinoa	Does not qualify to score HSR V points	Quinoa contains a similar nutritional profile to and is consumed in the same way as products defined as cereal grains. To align with the provision in Schedule 5 that excludes cereal grains from scoring V points, the HSR Advisory Committee has determined that Quinoa cannot contribute to a product's fvnl content for the purpose of scoring HSR V points.
Cacao/Cocoa beans	Does not qualify to score HSR V points	Fruit, vegetables, nuts and legumes are awarded V points in recognition of the nutritive benefits that they provide (i.e. vitamins, minerals, fibre and other micronutrients). HSR Advisory Committee Members noted that within the Food Standards Code these beans are defined as a seed intended for use in beverages and sweets. This sub group of seeds are not referred to in any Australian Guide to Healthy Eating category for daily consumption as they do not contain equivalent levels of nutrients as the other seed sub categories (i.e. tree nuts and oil nuts). The HSR Advisory Committee has therefore determined that cacao/cocoa beans cannot contribute to a product's fvnl content for the purpose of scoring HSR V points.
Coffee beans	Does not qualify to score HSR V points	As per cacao/cocoa beans.
Carob	Does not qualify to score HSR V points	Carob is used in confectionery and in other ways similar to cacao and does not provide sufficient nutritive value to justify scoring HSR V points. The HSR Advisory Committee has determined that carob should be treated in the same way as cacao and is therefore not eligible to score HSR V points in the HSR system.

Appendix 5: Possible configurations of the Health Star Rating system graphic

Note: Images shown here as left facing may be presented as right facing, retaining the order of the nutrients as displayed below.

Figure 6. Configuration options for display of the HSR system graphic on pack

PER PACK

OPTION 1A

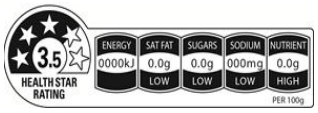
OPTION 2A

OPTION 3A

OPTION 4A

PER 100g/100mL

OPTION 1B



OPTION 2B

OPTION 3B

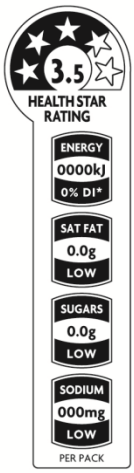
OPTION 4B

VERTICAL DISPLAY PER PACK & 100g/100mL

OPTION 1C

OPTION 1D

OPTION 2C



OPTION 2D

OPTION 3C

OPTION 3D

Appendix 6: Calculating Daily Intake values for the energy Icon

For ‘per pack’ (when presented as a single portion package) or ‘per [serve size]’ (when displayed as described in Section 9.7 of this Guide) representation of the energy icon, %DI values should be calculated as follows:

$$\frac{\text{Energy content per serving}}{\text{Daily intake reference value}} \times 100$$

Worked example

Total energy per serving: 421 kJ

Energy reference value: 8700 kJ

$$\frac{421}{8700} \times 100 = 4.84\% \text{ (or 5\% after rounding)}$$

As per requirements of Standard 1.2.8, the Daily Intake reference value for Energy is 8700kJ.

When %DI is used on the energy icon, the following is required:

- The %DI for energy must also be included in the NIP
- Under Standard 1.2.8 the percentage daily intake (%DI) for fat, saturated fat, carbohydrate, sugars, protein and sodium (per serving) must also be included in the NIP
- either of the following statements must be included under the NIP
  ‘*based on an average adult diet of 8700 kJ’; or
  ‘Percentage daily intakes are based on an average adult diet of 8700 kJ’.