



The more stars,  
the healthier.

## What are Health Star Ratings?

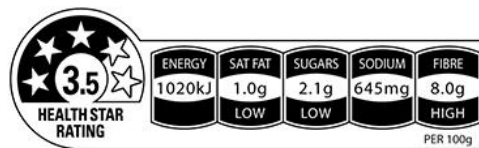
The Health Star Rating system helps you compare similar packaged products at a glance. The system provides a rating from a half to five stars on the front of product packaging – the more stars, the healthier the choice. The system is voluntary but star ratings are appearing on a growing number of products.

## How do I use Health Star Ratings?

When looking for the stars, remember to compare similar packaged products only. For example, compare one breakfast cereal with another, not cereal with yoghurt. Many healthy foods, like fresh fruit and vegetables and lean meats, are not generally packaged and may not have a star rating.

## Where will you see Health Star Ratings?

Health Star Ratings are displayed on the front of packaged foods in the supermarket and can be displayed in two ways. The first (circle only) shows just the star rating of the product; the second includes the star rating plus additional specific nutrition information.



## What are the stars based on?

Packaged products are given a rating based on their nutritional profile, according to a strict algorithm (the Health Star Rating Calculator). This includes: energy (kilojoules); risk nutrients - saturated fat, sodium (salt) and sugars; and positive components - dietary fibre, protein and the proportion of fruit, vegetable, nut and legume content.

Star ratings for all products are calculated based on either 100g or 100mL, meaning you can easily compare the star ratings of similar products.

## How do I know if the stars on a product are accurate?

The calculation of ratings is the responsibility of food manufacturers and retailers. The calculations require specific information on individual components that may not be included in the Nutrition Information Panel or ingredients list, such as the fruit, vegetable, nut and legume content.

Calculating or attempting to check the rating without all the necessary information may produce an inaccurate result. If you have a question about the accuracy of a product, contact the company first.

The National Heart Foundation of Australia also monitors the Health Star Rating system in Australia, including the accuracy of the star rating on a random sample of products, on behalf of the Australian and state and territory governments.



Australian Government

The Health Star Rating

A joint Australian, state and territory governments initiative in partnership with industry, public health and consumer groups.

## Choosing a healthy diet

Health Star Ratings are only one tool to assist you in following a healthy diet. A high star rating doesn't necessarily mean the product provides for a complete and balanced diet, should replace other healthy foods or can be eaten often or in large quantities.

The Australian Dietary Guidelines provide advice on the amounts and kinds of foods that we need to eat for health and wellbeing. The guidelines recommend eating a wide variety of nutritious foods every day and drinking plenty of water. See the Australian Guide to Healthy Eating on the next page for further information.



Australian Government

**The Health Star Rating**

A joint Australian, state and territory governments initiative in partnership with industry, public health and consumer groups.



# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



Visit [healthstarrating.gov.au](http://healthstarrating.gov.au)

