



The more stars,  
the healthier.

Food product packaging can be confusing, with nutrition profiles that are difficult to understand and so many different options available on supermarket shelves.

The Health Star Rating system provides an at-a-glance comparison of a products nutritional profile allowing you to easily compare similar packaged foods and choose healthier options.

Health Star Ratings range from ½ a star to 5 stars. The more stars, the healthier the choice.

### What is the Health Star Rating system?

The Health Star Rating system was developed by the Australian and state and territory governments, in collaboration with industry, public health and consumer groups.

Under the system, packaged products are given a rating based on their nutritional profile, according to a strict calculation. The calculation takes into account components that are linked to increased risk of developing chronic diseases, as well as beneficial components. This includes: energy (kilojoules); risk nutrients – saturated fat, sodium (salt) and sugars; and positive components – dietary fibre, protein and proportion of fruit, vegetables, nut and legume content.

Health Star Ratings can appear on packs in a number of different ways. Most show just the star rating of the product, or the star rating plus additional nutrient content of the product.



The Health Star Rating system is one tool to assist you in making healthier choices. Most products carry a Nutrition Information Panel (NIP) which provides important information about the contents of the packaged food. The NIP and ingredients list can be used in combination with the Health Star Rating.

Many healthy foods, like fresh fruit, vegetables and lean meats, are not generally packaged and may not have a star rating. It is important to consume a wide variety of foods from the Five Food Groups every day.

### How will this help me?

What we eat and drink has a big impact on our health. Making changes to the food we eat is one way we can help prevent chronic diseases.

Maintaining a healthy weight, increasing your intake of beneficial nutrients and reducing your intake of risk nutrients is important.



For more information about the Health Star Rating system,  
visit [www.healthstarrating.gov.au](http://www.healthstarrating.gov.au)

This can help you to live longer, get more out of life and reduce your chances of developing chronic diseases such as heart disease, type 2 diabetes and some cancers.

The Health Star Rating system should be used in conjunction with general dietary advice, such as that provided by the Australian Dietary Guidelines and the Australian Guide to Healthy Eating.

### Simple tips for healthy eating:

- Drink plenty of water
- Eat more vegetables and fruit
- Watch how much you eat – even foods that are good for us, when eaten in large amounts, can lead to weight gain
- Eat less fast food

- Limit your alcohol intake
- Limit intake of foods high in saturated fat, sodium (salt) and added sugar, such as lollies, chocolate, biscuits, cakes, pastries, soft drinks, chips, pies, sausage rolls and other takeaways.

### Try these tips next time you go shopping:

- Look for the Health Star Rating on the front of packaged food products.
- Use the Health Star Rating to compare similar food products. Remember, the more stars, the healthier.
- Make one positive change to your shopping basket or ingredients for a meal.
- Use the nutrient information icons to choose products lower in saturated fat, sugars and sodium (salt).
- Some products will show a 'positive' nutrient icon as well. You can use this information to choose products high in these nutrients, if they are important to you.

### More information:

The *Australian Dietary Guidelines* provide information for people of different ages, life stages and gender, on the recommended daily serves to eat from each of the Five Food Groups. For more information, visit [eatforhealth.gov.au](http://eatforhealth.gov.au)



## The Health Star Rating

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