



# HEALTH STAR RATING

## HEALTH STAR RATING WHAT DOES IT MEAN?

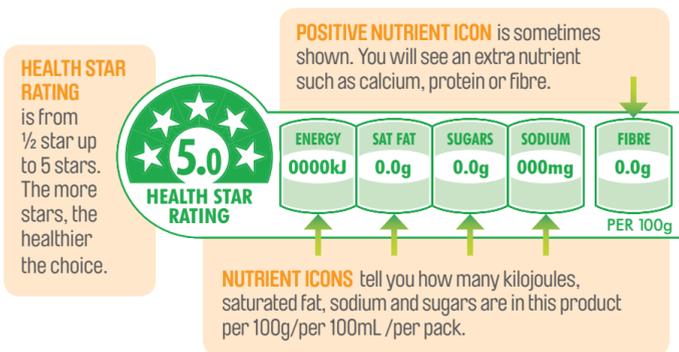
ENERGY	SAT FAT	SUGARS	SODIUM	NUTRIENT
0000kJ	0.0g	0.0g	000mg	0.0g

PER 100g

The **Health Star Rating** is a government led initiative that scores the nutritional value of packaged foods. It is designed to help consumers compare foods so they can make healthier choices when shopping within a category.

The health star rating is from ½ star up to 5 stars.  
The more stars the healthier the choice. Simple.

## UNDERSTANDING THE HEALTH STAR RATING



## HOW ARE HEALTH STARS CALCULATED?

Each product's Health Star Rating is determined using a calculation based on its components – energy, saturated fat, total sugars, sodium, protein and dietary fibre; as well as fruit, vegetable, nut and legume content of the product. The quantities of these components determines the number of stars for the product.

## HOW CAN THE HEALTH STAR RATINGS BE USED WHEN SHOPPING?

Health Star Ratings are a quick and simple way to compare the nutritional value of similar foods without having to spend extra time reading labels. The healthier choice is found by simply comparing the overall Health Star Ratings, the healthier choice being the product with the most stars.

## WHO DEVELOPED THE HEALTH STAR RATINGS?

The Health Star Ratings scheme is a voluntary front of pack labelling initiative developed by the government jointly with food companies, consumer groups and non-government organisations. Food companies are encouraged to participate but it is not mandatory.

## DO THE HEALTH STAR RATINGS APPLY FOR ALL FOODS?

*The Health Star Ratings apply for most foods. Foods that are exempt are infant nutrition products, catering products, foods for special medical purposes and single ingredient foods, such as coffee, as they are not intended to be consumed alone.*

## IS % DAILY INTAKE STILL USEFUL?

The %DI icons provide different information to the Health Star Ratings, therefore will still be useful.

The %DI icons that are currently on pack are based on daily intakes (DI) which are a set of reference values for acceptable intakes of energy and a variety of nutrients. The percentage of the daily allowance of the energy or nutrient is calculated based on a serving of the food and expressed in the icon per serving.

DI values are based on an average adult's daily requirement of 8700kJ. Someone's DI may be higher or lower depending on their energy needs.

## WHEN WILL I START SEEING HEALTH STAR RATINGS ON PRODUCTS?

It takes a little time to change packaging but you'll soon start seeing Health Star Ratings on Nestlé products on shelf at the end of 2014 with more in 2015.



### FOR EXAMPLE:

- Health Star Rating
- + Energy icon
- + 3 Prescribed Nutrients (saturated fat, sugars, sodium)
- + 1 Positive Nutrient eg fibre (optional)

## WHAT ABOUT CONFECTIONERY?

Due to small pack sizes, confectionery is permitted to have the Energy % DI icon only. This will be next to the Be Treatwise message on front of pack as part of the Confectionery Manufacturers Industry group agreement.



### FOR EXAMPLE:

- Energy icon
- + Be Treatwise icon



DAA supports the use of the Health Star Rating as a tool to help consumers choose healthier foods and beverages. This tool does not replace tailored nutrition advice from an Accredited Practising Dietitian.