

**CALCULATION METHOD FOR DETERMINING FOODS
ELIGIBLE TO MAKE HEALTH CLAIMS**

Nutrient Profiling Calculator

Introduction

The Health Claims Nutrient Profiling Calculator (the Calculator) has been developed as a tool to assist food manufacturers, health professionals and enforcement agencies to determine if a food product is eligible to carry a health claim, based on its nutrient profile. The legal requirements for the nutrient profiling model are prescribed in the Schedule to draft Standard 1.2.7, where they are referred to as ‘Scoring Criteria’. For foods that are found to be eligible to carry a health claim according to the nutrient profiling model, it must also be considered whether they meet the qualifying criteria to carry the health claim.

Background

The Calculator has been developed based on a nutrient profiling model designed by M Rayner and colleagues and adopted by the UK Food Standards Agency. The UK model, developed to tighten controls on the advertising of children’s foods high in saturated fat, sodium and sugar was overseen by an expert group comprising of nutrition scientists, dietitians, food industry and consumer organisation representatives.

Several modifications have been made by FSANZ to the UK model in the development of the Calculator in order to facilitate the assessment of a wide range of food products against the nutrient profiling model. An additional food product category has been created to assess the eligibility of edible oils, edible oil spreads, butter, margarine, and cheese with a calcium level >320 mg/100 g. The FSANZ model has been tested against over 10,000 foods using a compiled database of Australian and New Zealand food products.

The Calculator identifies foods that are high in saturated fat, sodium and sugar while recognising the role of lean meat, dairy products, fish, fruit, vegetable and nuts and unsaturated fats as important components of a healthy diet. Points are allocated based on the nutritional composition of 100 g/100 mL of each food product. Allocation of ‘baseline points’ is based on the energy, saturated fat, total sugar and sodium content of the food product. V (vegetable), P (protein), and F (fibre) points are obtained from the amount (percentage) of fruit and vegetables (including nuts and legumes), and from the fibre and protein content of the food product. To determine if a food product is eligible to carry a health claim, a final score is calculated by subtracting the V, P and F points from the baseline points.

Calculations for all components except for the fruit, vegetable, nut and legume components may be based on the food as sold or as prepared/consumed. Calculations for foods that require draining or reconstituting with water before consumption should be based on the drained or reconstituted form of the food as outlined in Clause 9 and 10 of Standard 1.2.8 of the *Australia New Zealand Food Standards Code* (the Code). The calculation used to determine whether a food is eligible or ineligible to carry a health claim should be based on the same form of the food that the health claim is made on.

In the case where directions for preparation/consumption are provided, and the food could be consumed ‘as sold’ or ‘as prepared’, calculations can be based either on the food ‘as prepared/consumed’ according to those directions or ‘as sold’, however the wording of the claim must clearly indicate which form of the food it relates to. In the absence of directions for preparation or consumption, calculations should be based on the food ‘as sold’ even though an intended use of the food may be as an ingredient in the preparation of other foods.

The percentage of fruit, vegetables, nuts and legumes used in the V point calculation must be based on the appropriate calculation prescribed in Standard 1.2.10 for determining the percentage of characterising ingredients.

The steps involved in the calculations are outlined in the flow chart shown in Appendix 1.

Getting Started

To determine whether a food product is eligible to carry a health claim, the following pieces of nutrition information are required to calculate the baseline points and the V, P and F points.

To calculate baseline points the quantity of the following nutrients per 100 g/100 mL of the food product is required:

- average energy (kilojoules);
- average saturated fat (g);
- average total sugars (g); and
- average sodium (mg).

This information can be obtained from the nutrition information panel (NIP) of the food product or can be calculated from a recipe using the Nutrition Panel Calculator (NPC) located on the FSANZ website.

To calculate V, P and F points the following quantity of characteristics for the food product is required:

- percentage of the fruit, vegetable, legume and nut component determined by the appropriate method in Standard 1.2.10;
- percentage of the concentrated (dried) fruit, vegetable, legume component determined by the appropriate method in Standard 1.2.10;
- average protein (per 100 g or 100 mL); and
- average dietary fibre (per 100 g or 100 mL).

Some of this information can also be obtained from the nutrition information panel of the food product. Alternatively nutrient composition data may be obtained from Australian or New Zealand Food Composition Tables.

It is important to note that not all of the above mentioned information will be relevant for every food product, particularly the fruit and vegetable component.

Calculation Method

There are several steps which must be completed in order to determine if a food product meets the scoring criteria in order to be eligible to carry a health claim. These steps are outlined in Table 1.

Table 1: Steps to determine if a food meets the scoring criteria

Section	Steps Involved
<p>PART A</p> <p>To be completed for all food products.</p>	<ul style="list-style-type: none"> • Determine the category of the food product (1, 2 or 3)
<p>PART B</p> <p>To be completed for category 1 and 2 food products only.</p>	<ul style="list-style-type: none"> • Calculate baseline points • Calculate the fruit and vegetable points (V points) • Calculate protein points (P points) • Calculate fibre points (F points) • Calculate final score
<p>PART C</p> <p>To be completed for category 3 food products only.</p>	<ul style="list-style-type: none"> • Calculate baseline points • Calculate final score
<p>PART D</p> <p>To be completed for all food products.</p>	<ul style="list-style-type: none"> • Assess the final score to determine whether the food meets the scoring criteria and is therefore eligible to carry a health claim (Table 8)

PART A - Determine the category of food product.

Part A is to be completed for all food products.

Table 2: Food Product Categories

Category	Food Products Included	Scoring criteria
Category 1	<ul style="list-style-type: none"> Beverages (excluding milk which meets the definition for a category 2 product) 	Category 1 food products meet the scoring criteria if the final score is < 1 total point.
Category 2	<ul style="list-style-type: none"> Foods other than those included in category 1 or 3; and Milk as defined in Standard 2.5.1 or evaporated milks or dried milks as defined in Standard 2.5.7. These may be fortified with vitamins and minerals as listed in Standard 1.3.2 or have food additives added as listed in Standard 1.3.1 or permitted processing aids added as listed in the Tables to Standard 1.3.3, but no other food additives or substances can be added. 	Category 2 food products meet the scoring criteria if the final score is < 4 total points.
Category 3	<ul style="list-style-type: none"> Cheese and processed cheese as defined in Standard 2.5.4 (with calcium content > 320mg/100g)*; 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 3 food products meet the scoring criteria if the final score is < 28 total points.

* All other cheeses (with calcium content ≤ 320 mg/100 g) are classified as a category 2 food product.

PART B Calculate points for category 1 and 2 food products

Part B is to be completed for category 1 and category 2 food products only.

Step 1. Calculate baseline points

Use Table 3 to determine the baseline points scored, depending on the content of each nutrient in 100 g or 100 mL of the food product (based on the units used in the nutrition information panel). A maximum of ten points can be awarded for each nutrient.

Table 3: Baseline points for category 1 and category 2 food products

Points	Average energy content (kJ) per 100 g or 100 mL	Saturated fatty acids (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	≤ 4.5	≤ 90
1	> 335	> 1	> 4.5	>90
2	> 670	>2	> 9	> 180
3	> 1005	> 3	> 13.5	>270
4	> 1340	> 4	> 18	> 360
5	> 1675	> 5	> 22.5	> 450
6	> 2010	> 6	> 27	> 540
7	> 2345	> 7	> 31	> 630
8	> 2680	> 8	> 36	> 720
9	> 3015	> 9	> 40	> 810
10	> 3350	> 10	> 45	> 900

Total baseline points =

(points for average energy content) + (points for saturated fatty acids) + (points for total sugars) + (points for sodium)

Step 2. Calculate Fruit and Vegetable Points (V Points)

What can count towards V Points?

Fruits, vegetables, nuts, coconut, spices, herbs, fungi, seeds and legumes can count towards V points. These are referred to as 'fruits, vegetables, nuts and legumes' throughout this step.

Fruits, vegetables, nuts and legumes that are fresh, cooked, frozen, preserved, pickled, pureed or dried and have undergone minimal processing (e.g. sliced, tinned, frozen, pure juices including concentrated juices and purees) can count for the purposes of counting V points. It should be noted that fruits and vegetables including potatoes and root vegetables and nuts, which are whole, roasted, chopped, grated and ground can also count towards V points.

However, fruit and vegetables that have been subject to further processing (e.g. deionised fruit juice, powders which do not meet the definition of a fruit or vegetable, protein isolates, leathers or oils) cannot count towards V points. For example a 100% spreadable fruit jam (ingredients figs (55%), deionised grape juice, fruit pectin and lemon juice) cannot score the maximum V points, as deionised fruit juice and fruit pectin do not count towards V points.

Furthermore, oils derived from fruits or vegetables (e.g. walnut oil, peanut oil), and ingredients derived from fruits and vegetables (e.g. powdered tomato, potato starch) also do not count towards V points.

The percentage of fruit/vegetables/nuts/legumes is often declared on the label of a food as a 'characterising ingredient', and is calculated using the appropriate method prescribed in Standard 1.2.10. The V points should therefore also be calculated based on the percentage of fruit/vegetable/nuts/legumes in the product as determined by the appropriate method in Standard 1.2.10. The percentage characterising ingredient is not always calculated based on the food as sold or as consumed.

Potato crisps are a high moisture loss food and although the potato content of a potato crisp is not normally identified as a characterising ingredient, for the purposes of determining V points, the percentage of potato should be calculated by the method that accounts for moisture loss, ie clause 4 of Standard 1.2.10. Column 2 must then be used to determine the V points for potato crisps and similar potato products. For the purposes of the calculation following Table 4, potato crisps and similar potato products should be treated as non concentrated.

Coconut should be treated as follows:

- the fresh coconut 'flesh' should be scored as fruit;
- the 'water' in the centre of the coconut, should be scored as 100% fruit juice;
- the juice squeezed from the flesh (coconut cream) is comparable with fruit juice and should be scored accordingly; coconut milk that is coconut cream diluted with water should be scored based on dilution;
- desiccated and dried block coconut are equivalent to dried fruit and should be scored accordingly;
- coconut which is processed beyond the original product being 'juiced' or 'dried' should not be included (e.g. copha).

How to calculate V Points

Use Table 4 to determine the ‘V points’ scored. If the fruit, vegetables, and legumes in the food product are all concentrated (including dried), use column 1. For example, if dried fruit and tomato paste etc are the only fruit, vegetable, nut and legume component of the food product column 1 should be used. Alternatively, if there are no concentrated (or dried) fruit, vegetables or legumes in the food product, use column 2. Foods which are sold in a dehydrated form may use the percentage of the fruit or vegetable in the final product after re-hydration. If using a percentage for a re-hydrated ingredient, the ingredient should be treated as for a non concentrated ingredient. A maximum of five points can be awarded.

Table 4: Fruit and Vegetable Points (V Points)

	Column 1	Column 2
Points	% concentrated fruit, vegetable, and legumes	% fruit, vegetables, nuts and legumes
0	< 25	≤ 40
1	≥ 25	> 40
2	≥ 43	> 60
5	≥ 67	> 80

If the food product contains a mixture of dried/concentrated and not concentrated fruit, vegetable, nut and legumes sources, the formula below must be followed in full.

%fruit, vegetables, nuts and legumes (in column 2 of Table 4) =

$$\frac{(\% \text{ non concentrated fvnl}) + (2 \times \% \text{ concentrated fvnl})}{(\% \text{ non concentrated fvnl}) + (2 \times \% \text{ concentrated fvnl}) + \% \text{ non fvnl ingredients}} \times 100$$

where % non concentrated/concentrated fvnl means the percentage of fruit, vegetables, nuts and legumes in the food determined using the appropriate calculation methods outlined in Standard 1.2.10 for calculating characterising ingredients.

Once the % fruit, vegetable, nuts and legumes has been calculated, use column 2 in Table 4 to determine the V points.

Step 3: Calculate Protein Points (P Points)

Use Table 5 to determine the 'P Points' scored, depending on the amount of protein in 100 g/100 mL of the food product. A maximum of five points can be awarded.

Table 5: Protein Points (P Points)

Points	Protein (g) per 100 g or 100 mL
0	≤ 1.6
1	> 1.6
2	> 3.2
3	> 4.8
4	> 6.4
5	> 8.0

Food products that score 11 or more baseline points are not permitted to score points for protein unless they score the maximum number of points allowed for fruit, vegetables, nuts or legumes.

Step 4: Calculate Fibre Points (F Points)

Use Table 6 to determine the 'F Points' scored, depending on the amount of dietary fibre in 100 g/100 mL of the food product. A maximum of five points can be awarded.

The prescribed method of analysis to determine total dietary fibre is currently outlined in clause 18 of Standard 1.2.8.

Table 6: Fibre Points (F Points)

Points	Fibre (g) Per 100 g or 100 mL
0	≤ 0.9
1	> 0.9
2	> 1.9
3	> 2.8
4	> 3.7
5	> 4.7

Step 5: Calculate Final Score

$$\text{Final Score} = \text{baseline points} - (\text{V points}) - (\text{P points}) - (\text{F points})$$

Refer to Part D to determine whether the food product meets the scoring criteria set out in Table 8 in order to be eligible to carry a health claim.

PART C Calculate points for category 3 foods products

Part C is to be completed for category 3 food products only.

Step 1. Calculate baseline points

Use Table 7 to determine the baseline points scored, depending on the content of each component in the food product.

Table 7: Baseline points for category 3 food products

Points	Average energy content (kJ) per 100 g or 100 mL	Saturated fatty acids (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	≤ 4.5	≤ 90
1	> 335	> 1	>4.5	>90
2	> 670	> 2	>9	>180
3	> 1005	> 3	>13.5	>270
4	> 1340	> 4	>18	>360
5	> 1675	> 5	>22.5	>450
6	> 2010	> 6	>27	>540
7	> 2345	> 7	> 31	> 630
8	> 2680	> 8	> 36	> 720
9	> 3015	> 9	> 40	> 810
10	> 3350	> 10	> 45	> 900
11	> 3685	> 11		> 990
12		> 12		> 1080
13		> 13		> 1170
14		> 14		> 1260
15		> 15		> 1350
16		> 16		> 1440
17		>17		> 1530
18		> 18		> 1620
19		> 19		> 1710
20		> 20		> 1800
21		> 21		> 1890
22		> 22		> 1980
23		> 23		> 2070

Points	Average energy content (kJ) per 100 g or 100 mL	Saturated fatty acids (g) per 100 g or 100 mL	Total sugars (g) per 100 g or 100 mL	Sodium (mg) per 100 g or 100 mL
24		> 24		> 2160
25		> 25		> 2250
26		> 26		> 2340
27		> 27		> 2430
28		> 28		> 2520
29		> 29		> 2610
30		> 30		> 2700

Total baseline points =

(points for average energy content) + (points for saturated fatty acids) + (points for total sugars) + (points for sodium)

Step 2 Calculate Final Score

Final Score = baseline points

Refer to Part D to determine whether the food product meets the scoring criteria set out in Table 8 in order to be eligible to carry a health claim.

PART D – Assessment of the Final Score

Use Table 8 to compare the final score to ascertain if the food product meets the scoring criteria, in order to be eligible to carry a health claim.

Table 8: Scoring criteria for food categories

Food Product	Final Score	Meets scoring criteria to carry a health claim
Category 1	< 1	Yes
Category 2	< 4	Yes
Category 3	< 28	Yes

Example Calculation 1 - Full Cream Milk

Nutrition Information – full cream milk

Nutrient	Per 100 mL
Energy	273 kJ
Protein	3.4 g
Fat – total	3.6 g
Saturated fatty acids	2.3 g
Total sugars	4.8 g
Sodium	49 mg
Calcium	116 mg

PART A - Determine the category of food product

Full cream milk meets the definition of ‘milk’ in Standard 2.5.1 and therefore is a category 2 food product.

PART B

Step 1. Calculate baseline points

Based on the nutrition information, the baseline points obtained for full cream milk are highlighted in Table 9 below.

Table 9: Calculating baseline points for full cream milk (category 2 food product)

Points	Average energy content (kJ) per 100 g or 100 mL	Saturated fatty acids (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	≤ 4.5	≤ 90
1	> 335	> 1	> 4.5	> 90
2	> 670	> 2	> 9	> 180
3	> 1005	> 3	> 13.5	> 270
4	> 1340	> 4	> 18	> 360
5	> 1675	> 5	> 22.5	> 450
6	> 2010	> 6	> 27	> 540
7	> 2345	> 7	> 31	> 630
8	> 2680	> 8	> 36	> 720
9	> 3015	> 9	> 40	> 810
10	> 3350	> 10	> 45	> 900

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

$$= 3$$

Step 2: Calculate Fruit and Vegetable Points (V Points)

	Column 1	Column 2
Points	% concentrated fruit, vegetable, and legumes	% fruit, vegetables, nuts and legumes
0	< 25.01	≤ 40
1	≥ 25.01	> 40
2	≥ 42.86	> 60
5	≥ 66.67	> 80

Not applicable for this food product as it does not contain any fruit, vegetables, nuts or legumes.

V Points = 0

Step 3: Calculate Protein Points

Points	Protein (g) per 100 g or 100 mL
0	≤ 1.6
1	> 1.6
2	> 3.2
3	> 4.8
4	> 6.4
5	> 8.0

P Points = 2

Step 5: Calculate Fibre Points

Points	Fibre (g) per 100 g or 100 mL
0	≤ 0.9
1	> 0.9
2	> 1.9
3	> 2.8
4	> 3.7
5	> 4.7

F Points = 0

Step 5: Calculate Final Score

Final Score = Baseline points – (V points) – (P points) – (F points)
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Final Score = 3 – (0) – (2) – (0)

= 1

PART D – Assessment of the Final Score

The final score for full cream milk (category 2 food product) is 1; therefore this product meets the scoring criteria to be eligible to carry a health claim.

Table 10: Scoring criteria for food categories

Food Product	Final Score	Meets scoring criteria to carry a health claim
Category 1	< 1	
Category 2	< 4	Yes
Category 3	< 28	

Example Calculation 2 – olive oil

Nutrition Information – olive oil

Nutrient	Per 100 mL
Energy	3370 kJ
Protein	0 g
Fat – Saturated	13.0 g
Total sugars	0 g
Sodium	0 mg

PART A – Determine the category of your food product

Olive oil is an edible oil as defined in Standard 2.4.1, therefore is a category 3 food product.

PART C Calculate baseline points for category 3 food products

Step 1. Calculate baseline points

Based on the nutrition information, the baseline points obtained for olive oil are highlighted in the table below.

Table 11 – Calculating baseline points for olive oil (category 3 food product)

Points	Average energy content (kJ) per 100 g or 100 mL	Saturated fatty acids (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	≤ 4.5	≤ 90
1	> 335	> 1	> 4.5	> 90
2	> 670	> 2	> 9	> 180
3	> 1005	> 3	> 13.5	> 270
4	> 1340	> 4	> 18	> 360
5	> 1675	> 5	> 22.5	> 450
6	> 2010	> 6	> 27	> 540
7	> 2345	> 7	> 31	> 630
8	> 2680	> 8	> 36	> 720
9	> 3015	> 9	> 40	> 810
10	> 3350	> 10	> 45	> 900
11	> 3685	> 11		> 990
12		> 12		> 1080
13		> 13		> 1170
14		> 14		> 1260
15		> 15		> 1350
16		> 16		> 1440

Total baseline points = 10 + 12 + 0 + 0

= 22

Step 2: Calculate Final Score

Final Score = Baseline points

As olive oil is a category 3 food product, no V, F or P points can be allocated. The final score is therefore 22.

PART D – Assessment of the Final Score

The final score for olive oil (category 3 food product) is 22; therefore this product meets the scoring criteria to be eligible to carry a health claim.

Table 12: Scoring criteria for food categories

Food Product	Final Score	Meets scoring criteria to carry a health claim
Category 1	< 1	
Category 2	< 4	
Category 3	< 28	Yes

Example Calculation 3 – fruit and nut bar

Nutrition Information - Fruit and Nut Bar

Nutrient	Per 100 g
Energy	1940 kJ
Protein	12.5 g
Saturated fatty acids	4.5 g
Total sugars	36.4 g
Sodium	30 mg
Dietary fibre	5.0 g

PART A – Determine the category of food product

Fruit and nut bar is a category 2 food product.

PART B Calculate points for category 1 and 2 food products

Step 1. Calculate baseline points

Based on the nutrition information, the baseline points obtained for the fruit and nut bar are highlighted in the table below.

Table 13: Baseline points for a fruit and nut bar (category 2 food product)

Points	Average energy content (kJ) per 100 g or 100 mL	Saturated fatty acids (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	≤ 4.5	≤ 90
1	> 335	> 1	> 4.5	> 90
2	> 670	> 2	> 9	> 180
3	> 1005	> 3	> 13.5	> 270
4	> 1340	> 4	> 18	> 360
5	> 1675	> 5	> 22.5	> 450
6	> 2010	> 6	> 27	> 540
7	> 2345	> 7	> 31	> 630
8	> 2680	> 8	> 36	> 720
9	> 3015	> 9	> 40	> 810
10	> 3350	> 10	> 45	> 900

$$\begin{aligned}
 \text{Total baseline points} &= (5) + (4) + (8) + (0) \\
 &= 17
 \end{aligned}$$

Step 2: Calculate Fruit and Vegetable Points (V Points)

It is stated in the ingredient list that the fruit and nut bar contains 43% nuts and 27% dried fruit. The total amount (%) of fruit, vegetable, nut and legume within a product that contains a mixture of dried/concentrated and non concentrated ingredients can be calculated using the formula below.

%fruit, vegetables, nuts and legumes (in column 2 of Table 4) =

$$\frac{(\% \text{ non concentrated fvnI}) + (2 \times \% \text{ concentrated fvnI})}{(\% \text{ non concentrated fvnI}) + (2 \times \% \text{ concentrated fvnI}) + \% \text{ non fvnI ingredients}} \times 100$$

where % non concentrated/concentrated fvnI means the percentage of fruit, vegetables, nuts and legumes in the food determined using the appropriate calculation methods outlined in Standard 1.2.10 for calculating characterising ingredients.

$$= \frac{43 + (2 \times 27)}{43 + (2 \times 27) + 30}$$

$$= 97/127 \times 100$$

= 76% fruit, vegetable, nut and legume, including a mixture of dried (concentrated) fruit and non-dried nuts, therefore column 2 in the table below is used to determine the V points.

	Column 1	Column 2
Points	% concentrated fruit, vegetable, and legumes	% fruit, vegetables, nuts and legumes
0	< 25	≤ 40
1	≥ 25	> 40
2	≥ 43	> 60
5	≥ 67	> 80

V Points = 2

Step 3: Calculate Protein Points

Food products that score 11 or more baseline points are not permitted to score points for protein unless they score the maximum number of points allowed for fruit, vegetables, nuts or legumes (5 points).

The fruit and nut bar scored 17 baseline points and 2 V points (it did not score the maximum number of points allowed for fruit, vegetables, nuts or legumes) and is therefore not permitted to score points for protein.

P Points = 0

Step 4: Calculate Fibre Points (F points)

Points	Dietary fibre (g) Per 100 g or 100 mL
0	≤ 0.9
1	> 0.9
2	> 1.9
3	> 2.8
4	> 3.7
5	> 4.7

F Points = 5

Step 5: Calculate Final Score

Final Score = Baseline points – (V points) – (P points) – (F points)
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$$\begin{aligned} \text{Final Score} &= (17) - (2) - (0) - (5) \\ &= 10 \end{aligned}$$

PART D – Assessment of the Final Score

The final score for the fruit and nut bar (category 2 food product) is 10; therefore this product does not meet the scoring criteria and is ineligible to carry a health claim.

Table 14: Scoring criteria for food categories

Food Product	Final Score	Meets scoring criteria to carry a health claim
Category 1	<1	
Category 2	< 4	No
Category 3	< 28	

Need for use of the full calculations

For some food products, there will be no need to carry out the full calculation in order to determine whether the food is eligible to carry a health claim or not.

The goal is to determine whether a food product is eligible or ineligible to carry a health claim. There are many food products for which this can be determined without doing the full calculation. In this section, all the examples will relate to category 2 food products. These products meet the scoring criteria to carry a health claim if their total points are < 4.

Some products have too many baseline points to meet the scoring criteria and are ineligible to carry a health claim on this basis.

A product that scores 19 or more baseline points will not be able to score enough V, P and F points to be eligible to carry a health claim. This is because the maximum V, P and F points attainable is 15 and the cut off for category 2 food products is <4. Therefore if the 15 total V, P and F points are subtracted from 19 baseline points resulting in a final score of 4, the food product is ineligible to carry a health claim.

$$\text{Final score} = \text{baseline points} - (\text{V points}) - (\text{P points}) - (\text{F points})$$

In this case there is no reason to calculate the actual number of V, P and F points (unless this is being done as part of the development of a product). Examples of these foods are:

Product name	Composition per 100 g/100 mL				Baseline points	Meets scoring criteria
	Energy (kJ)	Saturated fatty acids (g)	Sugars (g)	Sodium (mg)		
Doughnut, Not further specified	1599	9.8	17.4	331	19	No
Croissant	1660	11.7	6.41	380	19	No
Turkish Delight, Chocolate-Coated	1656	6.2	66	87	20	No
Honeycomb, Plain	1500	0.0	93.6	547	20	No
Chicken, crumbed fried, wing	1530	9.4	0.1	700	20	No
Traditional Creamy mayonnaise	2565	8.0	8.1	532	20	No
Fat reduced salami	1310	7.4	0.9	1760	20	No
Luncheon Meat	1089	8.0	1.3	1178	20	No
Sausage, beef, uncooked	1240	12.1	0	747	21	No
Sausage roll, short pastry	1910	11.6	0.7	580	21	No
Chocolate hazelnut spread	2210	6.3	55.2	48	22	No
Crisp, Potato, Plain, Vegetable Oil, Salted	2195	14.1	0.5	640	23	No
Choc mint biscuits	2127	7.0	52	147	23	No
Cereal and milk based bars	1744	9.9	33.1	270	23	No
Lamington, chocolate	1520	11.8	42.7	180	24	No
Peanut butter super crunchy	2623	11.1	8	637	25	No
Chocolate, Milk, With Nut&/Fruit	2179	14.3	44.8	71	25	No
Savoury crackers	2370	10.7	8.1	1070	28	No

Some products have so few baseline points that it can be seen they are eligible to carry a health claim straightaway

Many foods score less than 4 baseline points because they contain only small quantities of the four components that contribute to this score. Hence there is no reason to do the V, P and F point calculations for these foods. Examples are:

Product name	Composition per 100 g/100 mL				Baseline points	Meets scoring criteria
	Energy (kJ)	Saturated fatty acids (g)	Sugars (g)	Sodium (mg)		
Peas, Green, frozen, uncooked	254	0.4	1.65	2.6	0	Yes
Broccoli, raw	134	0.1	2.3	5	0	Yes
Potato, Not further specified	305	0.1	0.4	8	0	Yes
Tomatoes, in tomato juice, canned	70	0.0	2.8	62	0	Yes
Regular soy milk	270	0.4	1.9	45	0	Yes
Fig, Raw, Peeled	185	0.0	8.2	3	1	Yes
Orange, Not specified Type, Raw	172	0.0	7.9	2	1	Yes
Honeydew Melon, Raw	140	0.0	6.5	43	1	Yes
Two Fruits, Canned In Natural Juice	186	0.0	8.3	4	1	Yes
Apple, Not specified Type, Raw, Peeled	213	0.0	11.4	1	2	Yes
Corn, Canned,	428	0.1	3.5	270	3	Yes
Mango, flesh, fresh	257	0.0	14.1	7	3	Yes
Juice, tomato, regular, With Added Salt	92	0.0	3.3	287	3	Yes
Sea Perch, flesh ,raw	307	0.1	0.2	65	0	Yes
Tuna, canned in brine, drained	560	0.8	0.3	211	3	Yes
Tuna, sandwich style in olive oil	485	0.9	0.9	213	3	Yes
Beef, fillet steak, lean, raw	636	2.7	0	53	3	Yes
Lamb, Leg Chop, Raw, Fat Trimmed	594	2.9	0	62	3	Yes
Pasta Sauce, Napoletana	271	0.7	4	337	3	Yes

Some products are eligible to carry a health claim, based on their baseline points and protein content

All products scoring less than 11 baseline points can score P points for protein. A number of foods (with less than 11 baseline points) can score sufficient protein points to offset their baseline points in order to meet the scoring criteria, without needing to calculate their V and F points. (This does not apply to products scoring 11 or more baseline points as they can only get P (protein) points if they score 5 V points).

Product name	Composition per 100 g /100 mL					Baseline Points	Protein (P) Points	Baseline minus P points	Meets Scoring criteria
	Energy (kJ)	Saturated fatty acids (g)	Sugars (g)	Sodium (mg)	Protein (g)				
Avocado, California	720	2.4	0.9	9.26	2.11	4	1	3	Yes
Banana, Common, Raw	376	0	16.9	1	1.7	4	1	3	Yes
Spaghetti	270	0	6.8	330	2.4	4	1	3	Yes
Chick Peas	311	0.1	0	400	4.9	4	3	1	Yes
Pasta, Meat-Filled, Cooked, No Sauce	629	1.1	0.3	200	6.3	4	3	1	Yes
Three bean mix	400	1	2.3	300	7	4	4	0	Yes
Rice, Brown, Raw	1556	0.5	0.7	5	7.7	4	4	0	Yes
Rice cake, original	1490	0.499	0.001	2.25	8.33	4	5	-1	Yes
Tuna steak, prime fillet	542	0.28	0.2	319	30.5	4	5	-1	Yes
Kahawai, flesh, raw	683	2.51	0.3	49.5	21.2	4	5	-1	Yes
Salad, Mixed Bean, Canned	276	0.1	1.7	455	4.4	5	2	3	Yes
Dairy custard vanilla	421	2.1	12.1	56	3.6	5	2	3	Yes
Quick oats porridge	1600	1.5	0	3	10.7	5	5	0	Yes
Egg, whole, raw	644	3.45	0.3	169	12	5	5	0	Yes
Tuna, Canned In Brine	458	0.8	0	390	22.1	5	5	0	Yes
Popping corn (plain)	1780	0.8	0.4	4	10.7	5	5	0	Yes
Cheese, Quark, Low Fat	472	4.6	1.4	98	10.8	6	5	1	Yes
Bread, Wholemeal, With Grain	1038	0.6	2.2	443	10	7	5	2	Yes
Muffin, English, With Fruit	847	0.3	0.9	465	9.3	7	5	2	Yes
Mussel, Green, flesh, marinated	537	1.06	4.4	460	19.2	7	5	2	Yes
Cracker, assorted flavours	1360	0.285	1.65	395	11.3	8	5	3	Yes

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Figure 1 –Health Claims Nutrient Profiling Calculation Steps

