



Dairy for life

# Health Star Rating

The Health Star Rating (HSR) system is an initiative led by the Australian and New Zealand Governments and was developed in collaboration with industry, public health and consumer groups. It was introduced in 2014 on a voluntary basis. The system was developed to help consumers make informed decisions on nutrition information when purchasing packaged foods. The rating helps compare between foods in the same category to help consumers make healthier choices.

The HSR is calculated based on a combination of the energy and nutrients per 100 g. Some risk nutrients such as saturated fat, sodium (salt) and sugars lower the score. Positive nutrients include dietary fibre, protein and proportion of fruit, vegetable, nut and legume content which improve the score.

Products are given a rating of 0.5 to 5 stars. The more stars, the healthier the choice within that category. HSR can appear on pack in two ways as shown below; either just the star rating, or star rating with specific nutrition content - some or all of the nutrients may appear.

When you're at the supermarket you can use the HSR to compare food in the same category, e.g. whole milk with reduced fat milk. It is not designed to compare different types of products e.g. cheese versus milk.

## Fonterra Australia and the Health Star Rating

Fonterra actively supports and encourages public health initiatives which promote and increase consumption of five food group foods and reduce consumption of discretionary foods, aligned with the Australian Dietary Guidelines. Dairy foods (milk, cheese and yoghurt, mostly reduced fat) are a five food group food recommended by the Australian Dietary Guidelines.

Currently, Fonterra Australia displays the HSR on all of our branded websites. We do not currently display the HSR on packaging due to export requirements of many of the products we sell globally. Fonterra continues to work closely with government and support the HSR system, ensuring that dairy is recognised for its role as a five food group food.



ENERGY	SAT FAT	SUGARS	SODIUM
0000kJ	0.0g	0.0g	000mg
0% DI*	LOW	LOW	LOW
PER PACK			

**For further information on health star rating, visit:**

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