

Product Eligibility and Nutrient Criteria

- The nutrient criteria aim to include foods which:
 - contain carbohydrate
 - are not high sources of fat, particularly saturated fat,
 - are moderate in sodium content and
 - are a source of fibre (where appropriate).

It is important that the GI value is not regarded as the sole determinant of food choice – just as kilojoule value or fat content should not be - but only one factor.

- The GI symbol program criteria do not include criteria related to sugar content as the GI is a more important indicator of how foods affect blood glucose levels. In addition, there are calcium content criteria for some dairy products and some energy density criteria.
- Provided the GI values have been derived using the approved methodology, the actual GI value does not affect eligibility for the program. High GI foods play an important role in some sports and diabetes-related situations and provide dietary variety.
- Nutritional information (eg nutrition information panel data) and GI testing data need to be provided to Glycemic Index Limited to assess eligibility against the criteria.

Guidelines for Product Acceptability

To be eligible, foods must:

1. Contain at least 10g carbohydrate per serve, Or;
2. Be $\geq 80\%$ carbohydrate AND be traditionally served in multiple units of small serve sizes (eg. nutritive sweeteners) as part of one meal or snack.
3. Have had their GI determined using the Standards Australia methodology (Glycemic Index of Foods AS4694-2007).
4. Have a nutritional composition that meets the required **Nutrient Criteria** for the appropriate food category (see below).

Notes:

- 1 'per serve' in this document refers to the manufacturer's stated serving size on product label, or for unpackaged products, to generally accepted serving sizes.
2. As per the Food Standards Australia New Zealand Food Standards Code, allowance will be made for normal variations in the composition of foods.

General Exclusion

High and intermediate GI soft drinks, cordials, confectionery, sugars and syrups (other than jam, honey and other carbohydrate containing spreads which are eligible if they meet the guidelines above).

Nutrient Criteria

Note – all foods must also contain at least 10g carbohydrate per serve or be $\geq 80\%$ carbohydrate AND traditionally served in multiple units of small serve sizes (eg. nutritive sweeteners)..

1. CEREAL GRAINS AND PRODUCTS

Breads and Crispbreads

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is $\leq 20\%$ of the total fat content
<i>Sodium</i>	450 mg/100 g or less
<i>Dietary fibre</i>	3 g/100 g or more

Breakfast Cereals

<i>Fat</i>	5 g /100 g or less, or 5 – 10 g/100g, provided that saturated fat is $\leq 20\%$ of the total fat content (or up to 15g/100g if the source of saturated fat is grains, seeds or nuts but not coconut).
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more

Bran

<i>Fat</i>	5 g /100 g or less, or 5 – 10 g/100g, provided that saturated fat is $\leq 20\%$ of the total fat content
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more

Bakery Products

Includes cakes, muffins, slices, fruit pies, pikelets, pancakes, crumpets, waffles, hotcakes, breakfast cereal bars and fruit-filled bars, and sweet biscuits (fresh, frozen or made from packet mix).

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is $\leq 20\%$ of the total fat content
<i>Sodium</i>	400 mg/100 g or less
<i>Dietary fibre</i>	3 g/100 g or more
<i>Carbohydrate</i>	35 g per serve (2 exchanges) or less
<i>Energy</i>	≤ 1500 kJ per 100 g or ≤ 500 kJ per serve.

Muesli bars

<i>Energy</i>	≤ 1700 kJ per 100 g or ≤ 550 kJ per serve.
<i>Saturated fat</i>	No more than 40 % of total fat content
<i>Sodium</i>	300 mg/100 g or less
<i>Dietary fibre</i>	3 g/100g or more
<i>Carbohydrate</i>	35 g per serve (2 exchanges) or less

Plain Grains, Flours and Pasta

All acceptable (eg. oats, pasta, noodles, rice, couscous, polenta, wheat, barley, burghul, tapioca, sago).

Filled Pasta, Instant/Savoury Noodles, Combined Pasta and Sauce Mixes

These nutrient limits apply to the cooked products, ready for consumption.

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is ≤ 20% of the total fat content
<i>Sodium</i>	350 mg/100 g or less

2. LEGUMES AND PRODUCTS

Dried

All acceptable.

Canned, Vacuum-packed

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is ≤ 20% of the total fat content
<i>Sodium</i>	300 mg/100 g or less

Tofu, Tempeh, and TVP-based Products

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is ≤ 20% of the total fat content
<i>Sodium</i>	450 mg/ 100 g or less

3. FRESH FRUIT AND FRUIT PRODUCTS

Fresh, Frozen, Dried or Canned Fruit

All fresh fruits acceptable.

<i>Fat</i>	No added fat, unless used as a processing aid (< 5 g /100 g)
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Dried Fruit Bars

For example, dried fruit bars and fruit straps.

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is ≤ 20 % of the total fat content.
<i>Sodium</i>	no added sodium
<i>Dietary fibre</i>	3g/100g or more
<i>Energy</i>	≤ 1100 kJ/100g or ≤ 500 kJ/serve

4. FRESH VEGETABLES AND VEGETABLE PRODUCTS

Fresh, Frozen, or Dried Vegetables

All fresh vegetables acceptable.

<i>Fat</i>	No added fat, unless used as a processing aid (< 5 g /100 g, or up to 10g/100g if saturated fat accounts for ≤ 20% of total fat content)
<i>Sodium</i>	No added sodium

Canned Vegetables With or Without Sauce

<i>Fat</i>	5 g/100 g or less, provided that saturated fat is ≤ 20 % of the total fat content
<i>Sodium</i>	300mg /100 g or less

5. MILK, DAIRY PRODUCTS AND ALTERNATIVES

Milk Fluid and Dried (as reconstituted) and Dairy Drinks

<i>Fat</i>	2 g/100 g or less, or 2-4 g /100 g, provided that saturated fat is ≤ 20% of total fat
<i>Calcium</i>	100 mg/100 g or more

Soy and Alternative Beverages

<i>Fat</i>	3.5 g/100 g or less, or 2-4 g /100 g, provided that saturated fat is ≤ 20% of total fat
<i>Calcium</i>	100 mg/100 g or more

Evaporated Milk

<i>Fat</i>	4 g/100 g or less
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Frozen Dessert, Ice Cream, Frozen Yoghurt, Gelato, Sorbet, Jelly, Mousse, Custard

<i>Fat</i>	5 g/100 mL (or 50 g) or less, or 5 – 10 g/100 mL if saturated fat ≤ 20 % of total fat content
<i>Energy</i>	≤ 350 kJ /100 mL (or 50 g)

Yoghurt, Soy Yoghurt, or Fromage Frais

<i>Fat</i>	2 g/100 g or less, or 2-4 g /100 g, provided that saturated fat is ≤ 20% of total fat
<i>Energy</i>	≤ 350 kJ /100 g
<i>Calcium</i>	100 mg/100 g or more

6. SNACK FOODS

Savoury Snacks, Biscuits or Crackers

Includes popcorn, potato crisps, extruded snacks, soy chips, biscuits, crackers.

<i>Fat</i>	≤ 5 g /100 g, or 5 –10 g/100g, if saturated fat is ≤ 20% of total fat content
<i>Sodium</i>	500 mg /100 g or less

7. SPORTS DRINKS AND SPORTS BARS

Sports Drinks

(should be isotonic or hypotonic, ie. sodium and sugar content equal to or less than that of blood)

<i>Carbohydrate</i>	4 - 8 g /100 mL
<i>Sodium</i>	≤ 25 mmol / litre

Sports Bars and Miscellaneous Sports Products

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is ≤ 20% of the total fat content
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8. FORMULATED MEAL REPLACEMENTS

eg. Sustagen, Glucerna.
For appropriate medical and/or nutritional purposes.

All that are acceptable under the Food Standards Code.

9. CONVENIENCE FOODS

Soups (reconstituted, ready to eat)

<i>Fat</i>	2 g/100 g or less, or 2-5 g/100g, if saturated fat is ≤ 20% of total fat content
<i>Sodium</i>	350mg/100 g or less

Prepared Salads (potato, bean or pasta-based)

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is ≤ 20% of the total fat content
<i>Sodium</i>	350 mg/100 g or less

Pre-prepared Meals (frozen, canned or fresh)

eg. Pasta dishes, casseroles with rice/potato, curry and rice, stir-fry meals and rice, TV dinners.

<i>Fat</i>	≤ 10 g fat/100g, saturated fat must be ≤ 20% of total fat content
<i>Sodium</i>	350 mg/100 g or less

Meat Pies, Pasties, Sausage Rolls, Pizza, etc...

<i>Fat</i>	≤ 10 g fat/100g, saturated fat must be ≤ 20% of total fat content
<i>Sodium</i>	350 mg/100 g or less

10. MISCELLANEOUS

Sauces and Savoury Condiments

Eg. pasta, cook-in sauces, HP sauce, tomato sauce, chutney, relish, pickle, etc.

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g if saturated fat is ≤ 20% of total fat content
<i>Sodium</i>	450 mg/100 g or less

Formulated Supplementary Foods (as reconstituted)

Eg. Milo, etc...

<i>Fat</i>	2 g / 100 g or less, or 2 - 4 g / 100 g if saturated fat is ≤ 20% of total fat
<i>Sodium</i>	400 mg / 100 g or less

Sandwich Spreads

Eg. peanut butter, honey, jam, marmalade.

<i>Saturated fat</i>	No more than 26 % of total fat content
<i>Trans fat</i>	No more than 2 % of total fat content
<i>Sodium</i>	350 mg /100 g or less

Dips

<i>Fat</i>	10 g/100 g or less
<i>Sodium</i>	450 mg /100 g or less

GENERAL (for all other foods not specifically excluded)

<i>Fat</i>	5 g/100 g or less, or 5 – 10 g/100g, provided that saturated fat is ≤ 20% of the total fat content
<i>Sodium</i>	450 mg/100 g or less