



The more stars,  
the healthier.

## The Health Star Rating System for shoppers

Health Star Ratings are a quick and easy way to help you choose healthier packaged foods and drinks – simply look for the highest star rating when comparing similar foods.



### How are Star Ratings calculated?

The Health Star Rating does the hard work of rating the healthiness of products for you. It is based on a calculation that weighs up nutrients and ingredients you want more of (**fibre, protein, fruits, vegetables, nuts and legumes**) compared to ones you should limit (**saturated fat, total sugars and salt**). The calculation also takes into account the amount of energy in the product. A packaged food can score between half a star (least healthy) and 5 stars (healthiest).

## Changes to Health Star Ratings

Changes are coming to make it easier to read Health Star Ratings and choose healthier packaged foods. The main changes you may see over time as products are updated are explained below.

### Looking for the Health Star Rating

When checking the Health Star Rating of products look for the number of stars. Sometimes you might also see the product's nutritional information next to the stars.



### Foods high in sodium (salt) and sugar

Foods high in sodium (salt) and sugar may now get less stars.

**Why?** Changes to the way Health Star Ratings are calculated mean that less healthy nutrients like sodium (salt) and sugar will reduce a food's star rating more strongly. This means some foods which contain these nutrients, may get **less** stars than before.

## Dairy foods

The rating of some dairy foods will change.

**Why?** Dairy foods are an important part of a balanced diet. But not all dairy food is the same, meaning some dairy foods like cheese, milk and yoghurt will get more stars in the revised ratings than dairy-based desserts (e.g. mousses, creme caramels).

## Fruit and Vegetables

Fruit and vegetables that are fresh, frozen, or canned and have no added sugar, salt or fat will **get 5 stars**.

**Why?** Australians and New Zealanders are not eating enough fruit and vegetables. A rating of 5 stars shows that these are healthier choices and should be eaten frequently as part of a healthy diet.

Fresh fruit and vegetables don't need to be packaged to show their 5 stars. The stars might be displayed on signs and shelves instead.



## Non-dairy drinks

Plain and sparkling bottled water gets **5 stars**.

**Why?** The Australian and New Zealand Dietary Guidelines recommend drinking water instead of other drinks, like soft drinks, cordials, energy drinks, sports drinks, sweetened fruit juices and/or alcohol.

Flavoured water with no sugar or non-sugar sweeteners (e.g. lemon flavoured sparkling water) will get **4.5 stars**.

**Why?** These drinks are closest to plain water compared to other drinks.

Fruit and vegetable juices can no longer get 5 stars.

**Why?** The Australian and New Zealand Dietary Guidelines recommend eating fresh and raw whole fruit where possible, and to drink juice only occasionally because juice is low in fibre, high in sugar and high in energy compared with whole, fresh fruit. Juices with no added sugar can get a rating from 2.5 to 4 stars depending on the naturally occurring sugar content.



## Look for more products with Heath Star Ratings

Manufacturers don't have to display a health star rating on packaged foods. However, their use is strongly encouraged and over the next 5 years you may start to see more products displaying star ratings to make it easier to compare and choose the healthier option.

Visit [www.healthstarrating.gov.au](http://www.healthstarrating.gov.au) for more information.

If you have specific questions, you can email [frontofpack@health.gov.au](mailto:frontofpack@health.gov.au) or call 1800 099 658.