



**The Hon Anika Wells MP**  
**Minister for Aged Care**  
**Minister for Sport**  
**Acting Minister for Health and Aged Care**  
**Member for Lilley**

Ref No: MC23-012470

Ms Susan Templeman MP  
Chair  
Standing Committee on Petitions  
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Dear Chair

Thank you for your correspondence of 7 November 2022 to the Minister for Health and Aged Care, the Hon Mark Butler MP, regarding a petition for food serving size on the nutritional label using common measuring units (Petition Number: EN4163). I am responding as the Acting Minister for Health and Aged Care.

The request asks the House of Representatives to make it mandatory for food companies to state the amount of food a serving size is on the nutritional label using common measurements appropriate to the food.

The Australian Government recognises that a nutritious diet is one of the most influential factors contributing to the overall health and wellbeing of all Australians. To assist consumers to make informed food purchases, the Government requires certain mandatory information to be listed on food labels. This includes the serving size information on the Nutrition Information Panel (NIP).

In Australia, Food Standards Australia New Zealand (FSANZ) is responsible for the development and regulation of the Australia New Zealand Food Standards Code (Code), and the standards of the Code are enforced by the states and territories. The Code outlines the requirements that are relevant to all foods, including specific labelling and information requirements that apply to certain food products.

Standard 1.2.8 of the Code sets out the requirements on what must be included on the NIP. This includes what constitutes as a serving of a particular food, the number of servings in the package and the quantity of food in a serving. This information is listed at the top of the NIP and often includes common measurements appropriate to the particular food, for example 'Serving size: 30g (2/3 metric cup)', or 'Serving size: 23.8g (4 biscuits)'. It is important to note that for products that do not have common consumption measurements, use of serving size information in grams or millilitres is more appropriate.

Another important consideration is that serving sizes listed on NIPs are determined by food manufacturers and vary between different foods. A serving size may therefore not be indicative of what an appropriate portion size is for that particular food for different

population groups.

The Government supports the Australian Dietary Guidelines (Guidelines) to help consumers make more informed decisions by providing information on the amount and types of foods people require to promote health and wellbeing and reduce the risk of diet-related conditions including obesity and chronic health conditions such as type 2 diabetes and cardiovascular disease.

The Guidelines provide the recommended number of daily serves an individual requires from each of the five food groups. The serve size is a set amount (as outlined in the Guidelines) that does not change, which differs from manufacturer determined serving sizes. The number of serves of each of the five food groups an individual needs to consume each day varies between individuals due to factors including gender, weight, height, physical activity level and health conditions. The Australian Guide to Healthy Eating provides helpful visual representations of the proportion of the five food groups recommended for consumption each day.

Thank you for writing on this matter.

Yours sincerely

Anika Wells

12 July 2023