

FIVE YEAR REVIEW OF THE HEALTH STAR RATING (HSR) SYSTEM

HSR Technical Advisory Group (TAG)

GLOSSARY

Cross referenced terms are in **bold**

Term	Definition
Added sugar	<p>There is no universally agreed definition of added sugars.</p> <p>Added sugars is not defined in the Australia New Zealand Food Standards Code (the Code). However added sugars values are available in AUSNUT 2011-13 using two definitions: added sugars, based on the definition of 'sugars' in the Code, and free sugars, as defined by the World Health Organisation (WHO).</p> <p>Standard 1.1.2-2 (3) of the Code defines "sugars" as:</p> <ul style="list-style-type: none"> i) <i>hexose monosaccharides and disaccharides, including dextrose, fructose, sucrose and lactose; or</i> ii) <i>starch hydrolysate; or</i> iii) <i>glucose syrups, maltodextrin and similar products; or</i> iv) <i>products derived at a sugar refinery, including brown sugar and molasses; or</i> v) <i>icing sugar; or</i> vi) <i>invert sugar; or</i> vii) <i>fruit sugar syrup; derived from any source, but does not include –</i> <ul style="list-style-type: none"> i) <i>malt or malt extracts; or</i> ii) <i>sorbitol, mannitol, glycerol, xylitol, polydextrose, isomalt, maltitol, maltitol syrup or lactitol.</i> <p>To maintain consistency with the definition of sugars used in nutrition labelling (Standard 1.2.8) and health claims (Standard 1.2.7) in the Code, and with international food composition database practice, maltodextrin and similar products were not counted as added sugars in AUSNUT 2011-13. Honey, fruit juices and fruit juice concentrates were not included in this Standard and as such are not considered 'added sugars' under this definition.</p> <p>In outlining the conditions for a nutrition content claim about no added sugar, Schedule 4 of the Code states products making such a claim must not contain "added sugars [as listed above], honey, malt, or malt extracts" or "added concentrated fruit juice or deionised fruit juice"; several beverage categories are specifically exempt from the latter.</p> <p>The United States Food and Drug Administration definition of 'added sugars' includes "sugars (free, mono- and disaccharides), sugars from syrups and honey, and [most] sugars from concentrated fruit or vegetable juices". Public Health England also defines 'added sugars' as "all monosaccharides and disaccharides added to foods," and explicitly includes honey, malt extract and fruit and vegetable juices, concentrates and purees.</p> <p>For more information on added sugars using the free sugars definition refer to 'free sugars' below.</p>

Term	Definition
ADG (Australian Dietary Guidelines) 2013	The Australian Dietary Guidelines (ADG) provide up-to-date advice about the amount and types of foods that we need to eat for health and wellbeing. The recommendations are based on scientific evidence, developed after looking at good quality research. (see https://www.eatforhealth.gov.au/guidelines/guideline-development).
AGHE (Australian Guide to Healthy Eating)	The <i>Australian Guide to Healthy Eating</i> (AGHE) is a food selection guide which visually represents the proportion of the five food groups recommended for consumption in Australia each day.
AGHE category	Food categories assigned to individual foods in the TAG database based on the Australian Guide to Healthy Eating , included in the ADG , i.e. grain (cereal) foods; vegetables and legumes/beans; fruit; milk, yoghurt cheese and/or alternatives; lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.
AHS (Australian Health Survey) 2011-13	The Australian Health Survey (AHS) is the largest and most comprehensive health survey conducted in Australia. The AHS was undertaken by the Australian Bureau of Statistics (ABS) and collected a range of information about health related issues, including health status, risk factors, socioeconomic circumstances, health-related actions and use of medical services. The AHS involved approximately 50,000 adults and children and included both a household survey component conducted by professional interviewers and a biomedical component. The AHS included a comprehensive nutrition research component - the National Nutrition and Physical Activity Survey (NNPAS).
AHS discretionary food list	Developed for the preliminary analysis of the 2011-12 NNPAS data (as part of the AHS 2011-13), this list flags products as discretionary primarily at the 5-digit minor food group level in the AHS food classification system . For some categories discretionary food flags were assigned at the 8-digit survey identification code level. The main principle used to classify foods as discretionary is that they were specified or inferred in the 2013 ADG and supporting documents as discretionary . In some cases, additional criteria based on nutrient profiles were used to help identify foods as discretionary . These were based on cut-offs used in the modelling that supported development of the ADG . For example, discretionary breakfast cereals are those with >30 g sugars per 100 g, or for breakfast cereals with added fruit >35 g sugars /100 g. The ABS notes that this list was proposed for a specific purpose and may not be suitable for other applications. However, the ABS work is the only attempt at a definitive list of discretionary (and by inference core) foods and beverages readily available. Examples of discretionary choices include: most sweet biscuits, cakes, desserts and pastries; processed meats and sausages; ice-cream and other ice confections; confectionery and chocolate; savoury pastries and pies; commercial burgers; commercially fried foods; potato chips, crisps and other fatty and/or salty snack foods; cream, butter and spreads which are high in saturated fats; sugar-sweetened soft drinks and cordials, sports and energy drinks and alcoholic drinks. Discretionary foods is not a concept used to classify foods in New Zealand, however NZEAG recommend limiting foods high in saturated fat, added sugars and sodium. (see http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4363.0.55.0012011-13?OpenDocument)

Term	Definition
AHS food classification system	<p>Developed for reporting food and nutrient intakes from the AHS 2011–13, this system categorises products according to a major (2-digit), sub-major (3-digit) and minor (5-digit) group and survey identification code (8-digit) e.g.:</p> <ul style="list-style-type: none"> • 19 Milk products and dishes • 192 Yoghurt • 19207 Yoghurt, flavoured or added fruit, reduced fat • 19207011 Yoghurt, peach & mango pieces or flavoured, reduced fat (1%). <p>The 5-digit level provides most of the practical detail for comparing consumption against dietary guidance.</p>
As consumed	The food in the form as it is intended to be consumed if it is not sold ready for consumption (as opposed to as sold), including foods that are required to be prepared according to directions prior to consumption.
As sold	The form of the food as it is sold.
Australia New Zealand Foods Standards Code (the Code)	<p>The standards in the Australia New Zealand Food Standards Code (the Code) are legislative instruments under the Legislative Act 2003 in Australia and the Food Act 2014 in New Zealand, and include standards for food safety, food composition and labelling and foods that need pre-approval such as genetically modified foods. The Code sets out regulatory requirements for food labelling and other information requirements on foods, plus food standards for: substances that can be added to or present in food; contaminants and residues; foods requiring pre-market clearance; microbiological limits; specific standards for food categories; food safety and primary production standards (Australia only).</p>
Australian Guide to Healthy Eating	See AGHE above.
AUSNUT 2011-13	<p>AUSNUT 2011-13 is a database (developed and managed by FSANZ) that enables food, dietary supplement and nutrient intake estimates from the AHS 2011-13 data.</p> <p>As AUSNUT 2011-13 was specifically developed for the AHS 2011-13, the data reflects the food supply and food preparation practices during this time period. Where possible, nutrient profiles for foods in AUSNUT 2011-13 were generated using Australian derived analytical data. However, AUSNUT 2011-13 also contains some data borrowed with permission from overseas food composition tables; supplied by the food industry; taken from food labels; imputed from similar foods; or calculated using a recipe approach.</p> <p>(See http://www.foodstandards.gov.au/science/monitoringnutrients/ausnut/Pages/default.aspx)</p>
Baseline points	<p>In the NPSC system, baseline points are allocated for the negative components considered in that system (energy, saturated fatty acids, total sugars and sodium), in accordance with Schedule 5 of Standard 1.2.7 of the Code.</p> <p>In the HSR System, points are allocated to these same baseline components (energy, saturated fatty acids, total sugars and sodium) in the HSR algorithm, including where the points available to score individual components are extended beyond the capped points available in the NPSC. HSR baseline points contribute inversely to the final HSR.</p>
Calcium cut-offs	Both the NPSC and the HSR system define cheese products with >320 mg calcium per 100 g as Category 3D foods. Cheese products with calcium content ≤320 mg/100 g are classified as a Category 2D food.

Term	Definition
Category 1	A HSR Category that covers beverages other than dairy beverages and alcoholic beverages.
Category 1D	A HSR Category that covers dairy beverages that meet the calcium content requirements of Schedule 4 of Standard 1.2.7 of the Code . Category 1D may include milk and dairy beverage alternatives derived from legumes, cereals, nuts or seeds, providing they meet the criterion for calcium content.
Category 2	A HSR Category that covers all foods other than those in Categories 1 and 1D, 2D, and 3 and 3D .
Category 2D	A HSR Category that covers dairy foods other than those included in Categories 1D or 3D . This may include all cheeses with a calcium content ≤ 320 mg/100 g, yoghurt and other fermented milk products. Category 2D may include cheese and yoghurt alternatives derived from legumes providing the cheeses meet the criterion for 2D foods for calcium content.
Category 3	A HSR Category that covers <ul style="list-style-type: none"> • Oils and spreads, defined as follows in the Code <ul style="list-style-type: none"> – 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 • butter as defined in Standard 2.5.5
Category 3D	A HSR Category that covers cheese and processed cheese as defined in Standard 2.5.4 of the Code (with calcium content >320 mg/100 g). Category 3D may include cheese alternatives derived from legumes providing they meet the criterion for 3D foods for calcium content.
Component	In the context of the HSR System , refers to the nutrients, ingredients and other parameters used to determine a food's HSR. It encompasses the energy, saturated fat, total sugars , sodium, protein, fibre and FVNL content.
Core foods	Core foods refers to foods and drinks recommended to be consumed daily from the Five Food Groups (Australia). Core foods is not a concept used to classify foods in New Zealand, but Australian "core foods" would roughly equate to foods in the New Zealand Four Food Groups .
DIG (Daily Intake Guide)	The Daily Intake Guide (DIG) is a set of reference values for a FoPL 'thumbnail' guide used on food products which provides information on acceptable dietary intakes for energy, protein, fat, saturated fat, carbohydrates, sugars , fibre and sodium based on an average adult's daily requirement of 8700 kJ. It is based on the % Daily Intake (%DI) labelling in the Code and was developed as a voluntary system by the Australian Food & Grocery Council (AFGC). %DI can also be used outside of the Nutrition Information Panel (NIP).
% DI (% Daily Intake)	Percentage Daily Intake (%DI) may be voluntarily provided in the NIP by manufacturers. The requirements for %DI labelling are set out in the Code and are based on an average adult's daily requirement of 8700 kJ. The %DI expresses the percentage of the daily intake for selected nutrients obtained from consuming one serving of the food (the serving size is established by the manufacturer).
Dietary guidelines	Refers to both the ADG and the NZEAG

Term	Definition
Discretionary	<p>'Discretionary foods' is a term used in Australia to describe foods that are not necessary to provide the nutrients the body needs, but that may add variety. However many of these are high in saturated fats, sugars, salt and/or alcohol, and are therefore described as energy dense. They can be included sometimes in small amounts by those who are physically active, but are not a necessary part of the diet.</p> <p>For the purposes of the 2011-12 National Nutrition and Physical Activity Survey (as part of the AHS 2011-13), the Australian Bureau of Statistics (ABS) developed a list of discretionary products (the AHS Discretionary Foods List).</p>
Energy icon	An optional element in the HSR System that can be used without the HSR (e.g. for small pack sizes and some confectionery and beverage products).
Extended baseline points	Points allocated to baseline nutrients in the HSR algorithm , where the points available to score individual nutrients are extended beyond the capped 10 points available in the original NPSC .
Extended modifying points	Points allocated to modifying nutrients in the HSR algorithm , where the points available to score individual nutrients are extended beyond the capped 5 points available in the original NPSC .
F points (Fibre points)	Category 2 and 3 products score points for the proportion of fibre present. Category 1 foods do not score F points.
FFG	Used to refer to both the Australian Five Food Groups and the New Zealand Four Food Groups , referring to the basic (or core) food groups from which people are recommended to choose the majority of their food every day.
Five Food Groups	<p>The Five Food Groups (see FFG) are those identified in the ADG as:</p> <ul style="list-style-type: none"> • Vegetables and legumes/beans; • Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties; • Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legume / beans; • Fruit, and • Milk, yoghurt, cheese and/or alternatives, mostly reduced fat. <p>The AGHE displays the 5 food groups on a plate, in the proportion that you should be eating them throughout your day. If you eat a variety of foods from each of these groups, your body will receive all the nutrients and vitamins it needs to function.</p> <p>These groups have together also previously been commonly known as 'core' foods.</p>
Food Standards Australia New Zealand	See entry below for FSANZ .

Term	Definition
Food Track™	Food Track™ is a comprehensive food and nutrient database developed through collaboration between Commonwealth Scientific and Industrial Research Organisation (CSIRO) and the National Heart Foundation of Australia. It supports the collection and monitoring of nutrition and product data for foods and beverages in Australian supermarkets. The database contains highly accurate product data from fresh and packaged foods in major Australian supermarkets such as product descriptors (category, manufacturer, pack size), NIP information, ingredient lists, front-of-pack labels, images of the product and other relevant information, including multipacks and products with multiple NIPs . FoodTrack™ has collected data since 2014, and it is updated on an annual basis, including new products and product formulations.
FoPL	Front-of-Pack Labelling
FoPL scheme	Concept of putting simplified nutritional information on the front of food or beverage product package, either numerically or graphically.
Formulated supplementary food	A category of special purpose food specifically designed as a supplement to a normal diet to address situations where intakes of energy and nutrients may not be adequate to meet an individual's requirements. Only formulated meal replacements and formulated supplementary foods regulated under Standard 2.9.3 Divisions 2 and 3 of the Code may use the HSR system .
Forum	Australia and New Zealand Ministerial Forum on Food Regulation
Four Food Groups	In New Zealand, the four food groups (see FFG) are: <ul style="list-style-type: none"> • Vegetables and fruits. • Grains (bread, rice, pasta, breakfast cereals) • Milk and milk products (milk, cheese, yoghurt, ice cream) • Lean meat and alternatives (lean meat, poultry, seafood, eggs, nuts & seeds, beans and lentils).
Free sugar	Free sugars is a term used by the World Health Organization (WHO) to define sugars added to food. Free sugars include monosaccharides and disaccharides added to foods and beverages and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates. Note that this definition broadly encompasses those additional components described in the United States Food and Drug Administration and Public Health England definitions of added sugars and inferred from the Code .
FRSC	Food Regulation Standing Committee
FSANZ	Food Standards Australia New Zealand (FSANZ) is a statutory authority in the Australian Government Health portfolio which develops and administers the Australia New Zealand Food Standards Code (the Code).
FVNL	Fruit, vegetable, nut, legume content as defined in Schedule 5 of the Code . This term is used in both the HSR system and the NPSC .
General purpose foods	General purpose foods refer to the general food supply for which a specific composition of the food is not regulated (i.e. does not include foods found in the Code Standard 2.9 – Special purpose foods). For the purposes of the HSR system , formulated meal replacements and formulated supplementary foods, regulated under Standard 2.9.3 Divisions 2 and 3 of the Code , are considered general purpose foods and may use the HSR system .

Term	Definition
Guide for Industry	<p>The Guide for Industry to the HSR Calculator provides detailed information about how the HSR is calculated, including example calculations. This document contains important information that allows industry to calculate the HSR correctly.</p> <p>(see http://healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/Content/guide-for-industry-document)</p>
HSR (Health Star Rating)	<p>HSRs are a rating which can be applied to the labels of packaged foods to indicate the product's overall nutrient profile. HSRs run from 0.5-5, in half point increments, where higher is "more healthy" and lower "less healthy".</p> <p>Baseline points (from "negative" components - energy, saturated fat, total sugars, sodium content), which score positively, and modifying points (from "positive" components - fibre, protein, FVNL), which score negatively, combine for a HSR score. This is then scaled and assigned to Star Points, which equate 2:1 to HSRs.</p>
HSRAC (Health Star Rating Advisory Committee)	<p>HSRAC is the trans-Tasman body responsible for overseeing the voluntary implementation of the HSR system, including in particular the monitoring and evaluation component of the system in Australia and New Zealand and the social marketing campaign in Australia.</p>
HSR algorithm	<p>The HSR algorithm underpins the HSR Calculator which calculates the HSR for products within a defined food or beverage category.</p> <p>The algorithm is a calculation of baseline and modifying points from nutrient and ingredient components, summing of the points for a HSR score and assignment of scores into 10 levels (1/2 to 5 stars), depending on the relevant HSR Category (6 categories).</p>
HSR Calculator	<p>The HSR Calculator has been developed to apply the HSR algorithm to products based on input of nutrition information about the food and calculate the HSR for packaged products.</p> <p>In applying the HSR algorithm, the HSR Calculator takes into account four negative aspects of a food associated with increasing the risk factors of chronic diseases, these are energy, saturated fat, sodium and total sugars content. Certain 'positive' aspects of a food such as FVNL content, and in some instances, fibre and protein content are also considered. Taking these components into account, points are allocated based on the nutritional composition of 100 g or 100 mL, following the units used in the NIP of a packaged food. The points are converted to a star rating (from ½ to 5 stars).</p> <p>The HSR Calculator should be used in conjunction with the Guide for Industry to the Health Star Rating Calculator (Guide for Industry). To use the calculator, manufacturers enter information for key nutrients 'per 100g' from the NIP, along with amounts of certain other ingredients to obtain a HSR.</p> <p>The HSR Calculator can be used in two different formats: online or via a Microsoft Excel spreadsheet.</p> <ul style="list-style-type: none"> • The Online Calculator generates a HSR for products and then provides the product's corresponding star rating artwork. • The Excel Calculator is a spreadsheet which calculates the HSR of products only. <p>The Health Star Rating Style Guide (Style Guide), Guide for Industry, and artwork files are accessed separately.</p> <p>The HSR Calculator is a modified version of the NPSC developed by FSANZ for the regulation of health claims in Australia and New Zealand and prescribed in Standard 1.2.7 – Nutrition, Health and Related Claims of the Code.</p>

Term	Definition
HSR category	The HSR system is based on six different product categories. See entries for Categories 1, 1D, 2, 2D, 3 and 3D .
HSR System	Entirety of the specific algorithm-based FoPL component, including the HSR graphics, HSR calculator and user guides (Guide for Industry and Style Guide).
Modifying points	<p>In the NPSC, modifying points are calculated as part of the nutrient profiling score. Modifying points are allocated for the risk decreasing nutrients (%FVNL and, in some instances, protein, fibre) present in foods and beverages, in accordance with Schedule 5 of Standard 1.2.7 of the Code.</p> <p>In the HSR calculator, extended modifying points are allocated to modifying components. Modifying points cause a final HSR to increase.</p>
Natural / intrinsic sugar	Sugars found naturally occurring in foods such as those incorporated in the structure of intact fruit and vegetables, milk and honey. Note for clarity: the World Health Organization definition of 'intrinsic sugars ' does not include honey or fruit juice.
NIP (Nutrition Information Panel)	Nutrition Information Requirements in Standard 1.2.8 of the Code requires nutrition information on most food labels in the form of a Nutrition Information Panel (NIP). In the NIP, information on the amount of energy, protein, total fat, saturated fat, carbohydrate, total sugars and sodium must be displayed. Manufacturers can elect to sub-label protein, carbohydrates and fats. Total sugars declarations can declare sub groups as specific sugars , such as lactose, if desired.
NPSC (Nutrient Profiling Scoring Criterion)	The Nutrient Profiling Scoring Criterion (NPSC) is a nutrient profiling system referred to in Standard 1.2.7 and detailed in Schedule 5 of The Code . The NPSC is used in Australia and New Zealand to determine whether a food is suitable to make a health claim, based on its nutrient profile. Only foods that meet a certain score will be allowed to have health claims made about them. The HSR algorithm is based on the NPSC with some modifications to better meet the needs of a scale rather than binary application.
NZEAG (New Zealand Eating and Activity Guidelines) 2015	The New Zealand Eating and Activity Guidelines (NZEAG) provide evidence-based population health advice on healthy eating and being physically active. The document is written for health practitioners and others who provide advice on nutrition and physical activity for New Zealand adults.
NUTTAB	<p>NUTrient TABLEs - NUTTAB is a reference database produced by FSANZ that contains data on the nutrient content of Australian foods.</p> <p>The range of foods published in NUTTAB does not cover all the foods available in Australia. Foods included in NUTTAB tend to be those that are staple foods in our diet or commonly used ingredients in other foods. The range of nutrients presented for each food varies depending on the analytical data available.</p> <p>The most recent release in the series is NUTTAB 2010.</p> <p>(See http://www.foodstandards.gov.au/science/monitoringnutrients/nutrientables/Pages/default.aspx)</p>
Outlier	Identifies a product whose HSR does not appear to align with its classification as FFG or discretionary . Identification of outliers will necessarily depend upon the HSR cut-off used.

Term	Definition
P Points	In the HSR system , food products score P points for the amount of protein present in the food. Protein points contribute to modifying points , where the points available are extended beyond the capped points available for protein in the NPSC . Protein points can be scored if a food product scores less than 13 baseline points in the HSR Calculator . A food product that scores more than or equal to 13 baseline points can only score protein points if the food scores 5 or more V points in the HSR Calculator (see Protein tipping point).
Protein	Protein is a macronutrient that is essential to many physiological functions, including building and maintaining muscle mass. It is commonly found in animal products, though is also present in other sources, such as nuts and legumes.
Protein tipping point	If products score 13 or more baseline points , they cannot score points for their protein content unless they score at least 5 V points (i.e. are less than 80% FVNL). Products scoring fewer than 13 baseline points can score points for their protein content irrespective of their V point score. This rule is referred to as the “protein tipping point” (refer to Standard 1.2.7 of the Code).
Recommended dietary intakes (RDIs)	Recommended dietary intakes describes the average daily dietary intake level that is sufficient to meet the nutrient requirements of nearly all (97–98 per cent) healthy individuals in a particular life stage and gender group. In Australia and New Zealand they are set by the National Health and Medical Research Council and form part of a suite of nutrient intake recommendations called Nutrient Reference Values. (See: https://www.nrv.gov.au/introduction)
Rescaling	Current scaling of each HSR category is based on the outputs produced by the HSR algorithm using the original HSR database used to develop and test the system. The intention of scaling is to distribute products across the range of HSRs available (i.e. from 0.5-5.0), thereby providing greater differentiation between rankings. HSR categories could be rescaled to redistribute products according to their relative nutrient content if a new distribution of products displays less differentiation. As a hypothetical (extreme) example, if all sugar-sweetened dairy beverages were reformulated to remove added sugars entirely, there would be one less negative component , and therefore fewer baseline points , available to distinguish between products, i.e. differentiation would be provided primarily on saturated fat and protein content. As a result, HSRs for products within HSR category 1D would tend to increase (on average) and congregate around higher HSRs . To better highlight differences between these products on other, available components , the way in which points are scaled to HSRs for this HSR category could effectively be reset so that the new distribution of points within the HSR category is appropriately spread across the entire HSR scale . In a similar manner, rescaling may also occur if HSR algorithm components are significantly altered.
SMAG	Social Marketing Advisory Group – convened by the HSRAC , the SMAG consists of members with specific expertise in communications and social marketing from industry, consumer and public health groups and jurisdictions

Term	Definition
Special purpose foods	<p>Part 2.9 of The Code regulates special purpose foods as foods that have been specially formulated to meet the dietary requirements of specific population groups e.g. Foods for infants, or athletes.</p> <p>Standard 2.9.1 - Infant Formula Products</p> <p>Standard 2.9.2 - Foods for Infants</p> <p>Standard 2.9.3 - Formulated Meal Replacements and Formulated Supplementary Foods</p> <p>Standard 2.9.4 - Formulated Supplementary Sports Foods</p> <p>Standard 2.9.5 - Foods for Special Medical Purposes</p> <p>Most special purpose foods are excluded from using the HSR system. Only formulated meal replacements and formulated supplementary foods, regulated under Standard 2.9.3 Divisions 2 and 3 of the Code, may use the HSR.</p>
Star Points	<p>After using the HSR Calculator, a product achieves an overall score that is based on the levels of its relevant components and its HSR category. This HSR score is then scaled and assigned to Star Points, according to HSR category. These run from 0-10, as whole integers. Higher is “more healthy” and lower “less healthy”. The scaling of HSR scores to Star Points happens in the background of the HSR calculator and users see only HSRs. Star Points correspond 2:1 to HSRs, e.g. Star Point 1 = HSR 0.5, Star Point 6 = HSR 3.</p>
Style Guide	<p>The Health Star Rating System Style Guide provides guidance for the application of the HSR system on food packages.</p> <p>(see http://healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/Content/style-guide)</p>
Sugars	<p>Standard 1.1.2 Definitions used throughout the Code includes two definitions of sugars:</p> <ul style="list-style-type: none"> • For the purposes of the NIP declaration, the Code defines sugars as monosaccharides and disaccharides. Therefore the amount of sugars in the NIP includes intrinsic sugars, such as those naturally found in fruit or milk, as well as sugars added by the manufacturer. • The second definition of sugars in the Code, includes ‘sugars’ monosaccharides and disaccharides plus other carbohydrates such as starch hydrolysate and maltodextrin. Foods and beverages that claim to have ‘no added sugar’ must not have added any of these ingredients plus no added honey, malt and malt extracts, and no added concentrated fruit or deionised fruit juice (with some exceptions in relation to these juices).
Technical Advisory Group (TAG)	<p>The HSR Technical Advisory Group (TAG) consists of a tripartite (government, food industry, public health) group of experts with relevant technical skills. The TAG’s role is to analyse and review the performance of the HSR Calculator and respond to technical issues and related matters referred to it by the HSRAC.</p>
The Code	<p>(See entry for Australia New Zealand Food Standards Code)</p>
TAG Database	<p>The TAG database is the set of food product data, obtained from industry, which the TAG uses for modelling purposes when looking into changes to the HSR calculator. The main dataset includes nutrient/component data (energy, protein, saturated fat, total sugars, fibre, sodium and FVNL) for 5,885 food products, provided by manufacturers, suppliers and retailers, across 42 food categories based on the AGHE such as fats and oils, core cereals and dairy, processed and unprocessed fruits and vegetables, animal protein etc. Foods in the dataset were also assigned a 5-digit code from the AHS food classification system and assigned discretionary food flags where relevant.</p>

Term	Definition
Total sugar	All sugars present in a food, including both intrinsic (natural) sugars and added sugars .
Upweighting	To increase the impact of a component of the HSR algorithm by altering the relationship between content and points (baseline and modifying points) currently applied. The higher the end-point value the greater the number of points accumulated for equivalent content.
V points	In the NPSC , products score V points for the proportion of their ingredients comprising of FVNL (fruits, vegetables, nuts and legumes including coconut, spices, herbs, fungi, seeds and algae). Note that V points have been expanded in the HSR Calculator compared to the table in the NPSC .
Wholegrain	Wholegrains are the entire seed of a plant. According to the Code definition, a grain is considered to be a whole grain as long as all three original parts—the bran, germ, and endosperm—are still present in the same proportions as when the grain was growing in the fields.