



## MEDIA RELEASE

# Health Star ratings for healthier choices

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More Australians are choosing healthier packaged foods, thanks to the Health Star Rating (HSR) system according to the Deputy Prime Minister, Minister for Agriculture and Water Resources and Member for New England, Barnaby Joyce.

The latest phase of the campaign aims to continue to raise awareness of the HSR system and the role the system can play as part of a balanced diet and healthy lifestyle.

Under the simple system, the more stars displayed on the pack, the healthier the choice.

“It is about making it easier for people to make healthier choices by comparing similar packaged products on the shelf,” Mr Joyce said.

“It is also important that we remember that a healthy diet includes foods from all five food groups. The Australian Guide to Healthy Eating has useful information and tips about how to eat a balanced diet and fresh and packaged foods play an important part. With our busy lifestyles, the HSR system can help us compare similar packaged products and make a healthier choice.”

The HSR system provides a quick, easy, standard way to compare similar packaged foods. It scores the nutritional profile of packaged food and assigns it a rating from a ½ star to 5 stars. Stars are calculated by assessing the amount of energy, saturated fat, sugars, sodium, fruit, vegetable, nut and legume content, as well as dietary fibre and protein.

The system is a joint Australian, state and territory governments’ initiative in partnership with industry, public health and consumer organisations.

“Since the system launched in June, 2014 approximately 115 companies have chosen to use the system with more than 5,500 products displaying the HSR,” Mr Joyce said.

“It is a great example of federal, state and territory governments working together with food industry and public health organisations to improve the health of all Australians.”

For more information on the HSR system, visit: [www.healthstarrating.com.au](http://www.healthstarrating.com.au)

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