

Nutrient Profiling Score & Health Star Rating worksheet April 2015

NPSC = Nutrient Profiling Score for health claims & HSR = Health Star Rating						
Date:						
Product:			Flavour variant:			
Food category	For NPSC: 1,2 or 3 ? :		For HSR: 1, 1D, 2, 2D, 3 or 3D ? :			
Baseline Points (= "penalty" points)						
Nutrition Information per 100g or 100ml	Values in NIP * note 1	Baseline points NPSC	Baseline points HSR	Next step for less points	Absolute change needed?	% change needed?
Energy	kJ					
Saturated Fat	g					
Sugars	g					
Sodium	mg					
Total Baseline Points						
Modifying Points: (= "bonus points")						
	Amount in ingredient list in %	Modifying Points NPSC	Modifying Points HSR	Next step for more points	Absolute change needed?	% change needed?
V-points for FVNL = Fruit /Vege/Nut/Seeds/Legume						
Non-concentrated fvnl %	%					
Concentrated fvnl %	%					
Mixture calculation ?	%					
P-Points: Protein *note 2	g					
F-Points: Dietary Fibre *note 3	g					
Total Modifying Points						
Final scores				Final Score = Total Baseline points minus Modifying points		
	NPSC Pass if	NPSC Pass /fail?	HSR Score	Which means how many Health stars for the food category?		
Category 1/ 1D beverages	<1					
Category 2/ 2D most foods	<4					
Category 3/ 3D oils/ spreads / cheese	<28					
Questions:						
More health stars feasible (close to a threshold) or stuck?						
Better NPSC score possible or too far away from the cut-off point?						
Notes	Comments					
*1	Energy and sodium whole numbers, other nutrients one decimal point accuracy, i.e. 3.2 g not 3g					
*2	Only protein points if baseline points <13 OR FVNL at 5 points or more					
*3	No fibre points for beverages.					
Suggested action points for this product:						