

Nutrition information statement on infant formula and follow-on formula

Nutrition information statements provide information on the average amount of energy and nutrients in infant formula and follow-on formula products.

NUTRITION INFORMATION		
	Average quantity per 100 mL prepared formula	Average quantity per 100 g of powder
Energy	282 kJ	2059 kJ
Protein	1.7 g	12.7 g
- Whey	1.0 g	7.6 g
- Casein	0.7 g	5.1 g
Fat	3.9 g	28 g
- Long chain polyunsaturated fatty acids		
- Docosahexaenoic acid (DHA)	12.7 mg	92 mg
- Eicosapentaenoic acid (EPA)	0 mg	0 mg
- Arachidonic acid (ARA)	12.7 mg	92 mg
Carbohydrate	7.6 g	55 g
VITAMINS		
Vitamin A	74 µg	533 µg
Vitamin B6	62 µg	447 µg
Vitamin B12	0.2 µg	1.6 µg
Vitamin C	10.3 mg	74 mg
Vitamin D	1.1 µg	7.8 µg
Vitamin E	0.8 mg	5.8 mg
Vitamin K	5.2 µg	38 µg
Biotin	1.7 µg	12 µg
Niacin (B3)	0.6 mg	4.3 mg
Folate	9.5 µg	69 µg
Pantothenic Acid	397 µg	2880 µg
Riboflavin (B2)	164 µg	1190 µg
Thiamin (B1)	68 µg	496 µg
MINERALS		
Calcium	55 mg	399 mg
Copper	52 µg	377 µg
Iodine	10.3 µg	74 µg
Iron	0.9 mg	6.5 mg
Magnesium	6.3 mg	46 mg
Manganese	2.7 µg	20 µg
Phosphorus	39 mg	286 mg
Selenium	1.8 µg	13 µg
Zinc	0.5 mg	3.3 mg
Chloride	47 mg	338 mg
Potassium	68 mg	496 mg
Sodium	18.7 mg	135 mg
OTHER NUTRIENTS		
Choline	10.3 mg	74 mg
Inositol	8 mg	58.4 mg
L-carnitine	1.5 mg	11 mg
ADDITIONAL		
Fruco-oligosaccharides	0.14 g	1.0 g
Galacto-oligosaccharides	0.20 g	1.5 g
2'-fucosyllactose	100 mg	730 mg

Units of measure are prescribed for each substance and are consistent between products.

kJ = kilojoule **g** = gram **mg** = milligram
µg = microgram **mL** = millilitre

1 - ENERGY AND MACRONUTREINTS

The amount of Energy, Protein, Fat and Carbohydrate must be shown on infant formula and follow-on formula.

2 - AVERAGE QUANTITY OF PREPARED FORMULA

When comparing products, it is recommended to use the column on the left, called average quantity per 100 mL prepared formula, as it is consistent across all product labels.

3 - AVERAGE QUANTITY OF POWDER OR LIQUID

This column may appear on some products, but not all. It may also be titled '100 mL liquid concentrate'.

4 - PROTEIN

Whey and Casein are parts of protein. They can appear under the Protein heading and may vary between products.

5 - FAT

Fatty acids contribute to total fat content. They can appear under the Fat heading and may vary between products.

6 - VITAMINS AND MINERALS

Substances listed under the Vitamins and Minerals headings will be the same across all products as these substances are a part of the mandatory composition. The order of nutrients will also be consistent. This allows for easy comparison between products.

7 - OTHER NUTRIENTS

The nutrients listed under Other nutrients will differ between infant formula and follow-on formula. This is due to differences in the mandatory composition.

8 - NON-MANDATORY NUTRIENTS

Any non-mandatory nutrients which have been approved by FSANZ for addition to infant formula or follow-on formula will be listed under the Additional heading. These will differ between products, including between infant formula and follow-on formula.

Label requirements

Label requirements are changing so that the nutrition information is shown in a **standard format** across all infant formula and follow-on formula products to allow you to more easily compare products. Food businesses have until 13 September 2029 to make these changes but you may start seeing them sooner.

For more information about choosing the right infant formula product, please consult a healthcare professional, such as your general practitioner or dietitian. More resources are available at:

www.foodstandards.gov.au/infant-formula-products