



Egg Labelling Guide

Guide to Australian laws, regulations and standards for egg producers

March 2013

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AUSTRALIAN EGG
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General Disclaimer –

The contents of the Egg Labelling Guide are for general information only. The contents are not intended as professional advice and are not a substitute for professional advice. No person should rely upon the contents of this Guide as an assurance that their egg labels comply with all legal requirements. AECL strongly advises egg businesses to seek independent legal advice in relation to their labels. To the extent permitted by law, AECL excludes all liability for any loss or damage sustained by reason of reliance upon any edition of this Guide. In compiling this Guide, AECL had regard to the law as at the date of publication. AECL cannot forecast future changes to the law and whilst AECL strives to keep the information in this Guide up-to-date, food labelling and consumer laws change regularly.

Summary of Labelling Requirements

Unless specifically exempted, eggs or egg products for retail sale or for catering purposes must include the following information legibly printed on the package:

- food name or description of the food
- lot identification
- name and business address of the supplier
- mandatory warning and advisory statements and declarations
- date marking
- directions for use or storage
- nutrition information panel
- other specific labelling requirements.

Eggs must also be compliant with regulations about nutrition and health related claims found in the Australia New Zealand (ANZ) Food Standards Code (Standards 1.2.8, 1.3.2 and 1.2.7).

If your egg products contain any other ingredient, further information should be sought from the Food Standards Code regarding permission for the addition of food additives, Standard 1.3.1 – Food additives, Schedule 1 Section 10. If any additional information is required, refer to the user guides on the FSANZ website or contact FSANZ at:

Food Standards Australia New Zealand (FSANZ)
55 Blackall St Barton ACT 2600
Phone: (02) 6271 2222
Web site: www.foodstandards.gov.au

1.0 When to Label

In most circumstances eggs and egg products for retail sale or for catering purposes are required to bear a label setting out all the relevant information prescribed in the Food Standards Code.

- 1.1 Situations where egg producers would not have to comply with the labelling requirements of the Australia New Zealand Food Standards Code include:
- 1) Eggs sold individually without any form of packaging (such as a tray or carton);
 - 2) Eggs sold when the customer selects the eggs from a tray and the shop keeper places the eggs in a suitable container, i.e. the local fruit and vegetable shop.

2.0 Food Identification or for catering purposes

- 2.1 *Name of Food:* 'eggs' should be used to describe whole eggs. For egg products, the name and description of the food chosen for the label should be specific enough to differentiate it from other foods, such as 'dried eggs' or 'frozen egg yolk'.
- 2.2 *Lot Identification:* A form of identification is required which enables you to trace and recall the entire lot from sale where there is found to be a risk to human or animal health. A farmed base, shed base, date based system (or combination of these) can help satisfy the requirements for a lot mark.
- 2.3 *Name and Address:* You must include the full legal name of the supplier (person who packed the article or on whose behalf it was packed, such as to enable the person named to be identified and located) and their street or business address (not PO Box or Locked Bag) as per the ANZ Food Standards Code Standard 1.2.2 – Food Identification Requirements, clause 3.
- 2.4 The food identification requirements must always be followed. If the food is being transferred within a company or group of companies, the outer packaging may contain the food identification requirements. If the required information is not on the outer package, then this information can be conveyed by separately delivered documentation. Refer to the ANZ Food Standards Code Standard 1.2.1 – Application of Labelling and Other Information Requirements, clause 4.

3.0 Mandatory Warnings, Advisory Statements and Declarations circumstances

- 3.1 Egg products that are not pasteurised must include an advisory statement that the product is "unpasteurised". This advice must be displayed on the egg product packaging.
- 3.2 "Commercial re-use of this carton is prohibited" should be printed on egg cartons in a font size of 3mm or greater and in Arial Bold font.

4.0 Date Marking

- 4.1 All egg cartons and trays must be date marked. The words "Best Before" must be used. No alternatives are permitted. The best before date must consist of a day and a month, either in numerical, chronological order (9.12) or numerical, alphabetical (9 Dec). No other date marking is to be used on the packaging.

- 4.2** “Best before” date, in relation to a package of food, means the date which signifies the end of the period during which the intact package of food, if stored in accordance with any stated storage conditions, will remain fully marketable and will retain any specific qualities for which express or implied claims have been made.
- 4.3** The term “Use by” is not permitted for use over “Best before” as Standard 1.2.5 clause 1 further states:
- “Use by date, in relation to a package of food, means the date which signifies the end of the estimated period if stored in accordance with any stated storage conditions, after which the intact package of food should not be consumed because of health and safety reasons.”

5 Weights and Measurements

- 5.1** When labelling the package with respect to the weight of the contents, it is noted that in 1990 the Commonwealth, States and Territories governments, agreed to sign an agreement to adopt Model Uniform Trade Measurement legislation.
- 5.2** As of 1 July 2010, the National Trade Measurement Regulations 2009 223, Subdivision 2, Special provision for measurement marking, 4.17 Eggs is that:
- 1) “The measurement marking of a pre-packed article containing eggs must be made:-
 - (a) by reference to the number of eggs in the package; and
 - (b) by reference to the minimum total mass of all eggs in the package.
 - 2) The measurement marking of a pre-packed article containing eggs must not include a marking by reference to the minimum mass of each egg unless each egg in the:
 - (a) package has at least the stated minimum mass.”
- 5.3** The form of expression of the “minimum mass” is a choice to be made by the company packaging and/or labelling the eggs. Use of the abbreviation “min” for minimum is acceptable.
- 5.4** The term “mass” may be substituted by the term “weight” and the unit of measurement would be in gram which can be abbreviated to “g”.
- 5.5** The National Measurement Institute has advised that they will accept the total minimum mass for eggs to be displayed. For example - min. 600g, min. 700g, or min. 800g for egg carton labelling.
- 5.6** Although, not explicitly stated previously, with reference to the minimum mass of each egg in the package, each egg has to be at least the stated minimum mass.
- 5.7** The package must also state a minimum total mass. This minimum total mass would be calculated by multiplying the minimum mass of each egg in the container by the number of eggs and then rounding off this total to the nearest 10g.
- (a) the permissible actual deficiency of any individual egg in relation to the minimum mass of each egg is 5%;
 - (b) the permissible average deficiency in total mass of all eggs in a package is nil.

In essence, the measured minimum total mass per pack must always be equal to or greater than the labelled minimum total mass on pack.

- 5.8** In the case of individual eggs, the accuracy of the weight can be expressed to one decimal place, e.g. 58.4g. Please note, eggs can lose significant weight over short periods of time.
- 5.9** General position of measurement marking.
- (a) A measurement marking on a package must be made on the principal display panel.
 - (b) If there is more than 1 principal display panel, a measurement marking must be made on at least 2 of the principal display panels.

Principal display panel, in relation to a package, means the part of the package that is most likely to be displayed under normal and customary conditions of display.

6 Country of Origin

- 6.1** The packaging of eggs should contain a statement regarding the country of origin. Any statement claimed should comply with FSANZ Standards.

A new Australia New Zealand Food Standards Code Standard, "1.2.11 Country of Origin Requirements," would require a statement on eggs such as "Product of Australia" or "Produce of Australia".

- 6.2** Any further statements such as "produced and packed for" or "produced by" are permitted but not mandatory and can be added if required, provided any statement/claim is in compliance with the Competition and Consumers Act 2010.

7 Egg Production System

There is currently uncertainty about the description of production systems on labels, particularly in relation to the use of "free range". Different jurisdictions in Australia have, or are now considering, the introduction of labelling regulations whereas other States and Territories have none. There are numerous differing voluntary standards applied within the industry.

Until there is greater certainty and consistency in labelling requirements, AECL is unable to provide guidance in this area. Egg producers should seek independent legal advice specific to their individual circumstances. Egg producers should not rely on any superseded or previous version of the Egg Labelling Guide in relation to egg production system definitions and are reminded to take note of section 13 of the Guide titled "Misleading or deceptive conduct".

8 Nutrition Information

- 8.1** Egg packaging must include a Nutrition Information Panel (NIP) based on the edible portion of two average size eggs in that carton or tray. On average, 87% of an egg's weight is edible.

Please find the standard information for dozen egg packs in the table below.

Pack weight	Egg Size Range	Average Size per egg	Edible Portion per egg	Size Descriptor
500g	41.7g – 49.9g	43g	37g	Medium
600g	50.0g – 58.2g	52g	45g	Large
700g	58.3g – 66.6g	60g	52g	X-large
800g	66.7g – 71.6g	68g	59g	Jumbo
860g	71.7g – 78.0g	73g	64g	King-size

Size descriptors cannot be printed next to the weight. (Reference National Trade Measurement Regulations 2009, Clause 4.29 (1) (b) (2) (a) (i) - Prohibited expressions).

The regulations concerning Nutrition Information Panels are contained in Standard 1.2.8. For examples of panels for 600g, 700g and 800g pack weights see *Appendix 1*.

9 Legibility Requirements

- 9.1** You can choose any type style or type size provided that the information displayed on the packaging is in English, is legible and in clear contrast to the background (contrasting colours e.g. black on white). The exceptions are the font size of the production system on the front of the carton (refer to Part 7.1 above), and warning statements, which must be in a type size of not less than 3mm in height. Refer to Australia New Zealand Food Standards Code Standard 1.2.9 – Legibility Requirements.
- 9.2** The declaration of the Egg Production System on the package label (in the font style specified in Part 7.1) must:
- Be displayed on the front panel, as the principal panel and top flap of the carton and on the side readily accessible to a consumer (both prior to purchase and during the life of the product);
 - Not be obscured by an outer covering;
 - Be declared in a font size of 6mm or greater;
 - Be set out legibly and prominently such as to afford a distinct contrast to the background (refer to Clause 2(1) of Australia New Zealand Food Standards Code Standard 1.2.9).

10 Nutrition Content Claims

(Standards cover both pack labels and advertisements)

- 10.1** For examples of legally allowable nutrition content claims, please see *Appendix 1* (specific to pack weights and average nutrient content of eggs as specified) and *Appendix 2* (General nutrient content claims permissible for all eggs).
- 10.2** Claim of 'high' can be used when the conditions for 'good source' claims are met. Claims of 'very high' or 'excellent' source of a vitamin or mineral are not defined in the Australia New Zealand Food Standards Code, but are likely not to be misleading if they are used when the vitamin or mineral referred to in the claim is present at a level of at least 50% RDI.
- 10.3** You cannot compare the vitamin or mineral content of your product with that of any other food (as per Australia New Zealand Food Standards Code Standards 1.3.2 and 1.2.7 Clause 8).
- 10.4** Comparative claims that directly or indirectly compare the nutrition content of one food or brand of food with another are permitted using descriptors such as 'light' or 'lite', 'increased' or 'reduced'. This may refer to nutrients such as omega-3's, total fat, total protein, sugar etc. (with the exception of vitamins and minerals) – provided that they:
- are not misleading,
 - state the % or fraction difference between the amount of the nutrient in the claimed food and the reference food (must be a minimum of 25% difference),
 - clearly identify the reference food,
 - meet any other associated conditions for making the claim as set out in Schedule 1 of Standard 1.2.7 in the ANZ Food Standards Code

11 Therapeutic Claims

(regulations cover both pack labels and advertisements)

- 11.1** The regulations (Standard 1.2.7 of the Australia New Zealand Food Standards Code) prohibit claims about eggs that:
- refer to the prevention, diagnosis, cure or alleviation of a disease, disorder or condition; or
 - compare a food with a good that is;
 - represented in any way to be for therapeutic use; or
 - likely to be taken to be for therapeutic use, whether because of the way in which the good is presented or for any other reason

12 Other Specific Labelling Claims

- 12.1** In accordance with food law and fair trading law, you must not represent foods in a false, misleading or deceptive manner. If you wish to make any claim about your eggs or egg products, such as 'cage', 'free range' or 'barn laid' eggs, you must make sure that these claims are accurate and not misleading. If you require specific advice on labelling claims on your products, you should contact your solicitor.

13 Misleading or deceptive conduct

- 13.1** A person or company must not, in trade or commerce, engage in misleading or deceptive conduct. Such conduct can amount to breaches of the Competition and Consumers Act 2010 or fair trading or consumer affairs legislation for each Australian State and Territory or the Food Act of each Australian State or Territory.
- 13.2** A false or misleading representation can be made by a person or company through the overall impression created by the representation. This means, for example, a representation can be created by any images on a product label.
- 13.3** It is not necessary for a person or company to have an intention to mislead or deceive; it is only necessary that the conduct is likely to mislead or deceive the reasonable consumer.
- 13.4** Misleading and deceptive conduct can include, but is not limited to, a person or company doing any of the following:
- (a) falsely represent that goods are of a particular standard, quality, value, grade, composition, style or model, or have had a particular history or particular previous use;
 - (b) falsely represent that services are of a particular standard, quality, value or grade;
 - (c) falsely represent that a particular person has agreed to acquire goods or services;
 - (d) represent that goods or services have sponsorship, approval, performance characteristics, accessories, uses or benefits they do not have;
 - (e) represent that a person or a company have a sponsorship, approval or affiliation it does not have;
 - (f) make a false or misleading representation with respect to the price of goods or services;
 - (g) make a false or misleading representation about the place of origin of goods;
 - (h) make a false or misleading representation concerning the need for any goods or services.

Note: Penalty; 10,000 penalty points can be imposed for any offence in relation to the Competition and Consumer Act 2010.

Appendix I – Nutrition Information

600g dozen pack

Nutrition Information Panel (NIP)

These must be reproduced in the same format as represented below.

Minimum NIP

Below is the mandatory minimum NIP that must appear on all packs. This is for use when **no** nutrition claims are made. If nutrition claims are made, the relevant nutrient (and possibly other related nutrients) must be added to the panel with its %RDI listed.

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 90g (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy	503 kJ	559 kJ
Protein	11 g	12.2 g
Fat, total	8.9 g	9.9 g
- saturated	3.0 g	3.3 g
Carbohydrate	1.2 g	1.3 g
- sugars	0.3 g	0.3 g
Sodium	122 mg	136 mg

* Edible portion only

Maximum NIP (when *not* using %DI thumbnails on front of pack)

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 90g (2 eggs)*		
	Average Quantity per serving	Average Quantity per 100g
Energy	503 kJ	559 kJ
Protein	11.0 g	12.2 g
Fat, total	8.9 g	9.9 g
- saturated	3.0 g	3.3 g
- trans	0 g	0 g
- polyunsaturated	1.4 g	1.6 g
- omega-3	0.15 g	0.17 g
- ALA	0.05 g	0.06 g
- DHA	0.09 g	0.10 g
- DPA	0.01 g	0.01 g
- monounsaturated	4.6 g	5.1 g
Cholesterol	345 mg	383 mg
Carbohydrate	1.2 g	1.3 g
- sugars	0.3 g	0.3 g
Sodium	122 mg	136 mg
Potassium	120 mg	133 mg
Vitamin A	207 mcg (28%) [^]	230 mcg
Vitamin E	2.1 mg (21%) [^]	2.3 mg
Thiamin	0.11 mg (10%) [^]	0.12 mg
Riboflavin	0.5 mg (29%) [^]	0.5 mg
Folate	84 mcg (42%) [^]	93 mcg
Pantothenic acid	1.8 mg (36%) [^]	2.0 mg
Vitamin B12	0.7 mcg (35%) [^]	0.8 mcg
Iron	1.4 mg (12%) [^]	1.6 mg
Phosphorus	180 mg (18%) [^]	200 mg
Selenium	35 mcg (50%) [^]	39 mcg
Iodine	37 mcg (25%) [^]	41 mcg
Lutein	0.34 mg	0.38 mg
Zeaxanthin	0.12 mg	0.13 mg

* Edible portion only

[^] Proportion of Recommended Dietary Intake (RDI)

Maximum NIP (when using % DI thumbnails on front of pack)

Note %Daily Intake column is mandatory when %DI thumbnails are being used on front of pack

NUTRITION INFORMATION			
Servings per package: 6			
Serving size: 90g (2 eggs)*			
	Average Quantity per serving	% Daily Intake [#] (per serving)	Average Quantity per 100g
Energy	503 kJ	6%	559 kJ
Protein	11.0 g	22%	12.2 g
Fat, total	8.9 g	13%	9.9 g
- saturated	3.0 g	13%	3.3 g
- trans	0 g	-	0 g
- polyunsaturated	1.4 g	-	1.6 g
- omega-3	0.15 g	-	0.17 g
- ALA	0.05 g	-	0.06 g
- DHA	0.09 g	-	0.10 g
- DPA	0.01 g	-	0.01 g
- monounsaturated	4.6 g	-	5.1 g
Cholesterol	345 mg	-	383 mg
Carbohydrate	1.2 g	0%	1.3 g
- sugars	0.3 g	0%	0.3 g
Sodium	122 mg	5%	136 mg
Potassium	120 mg	-	133 mg
Vitamin A	207 mcg	28% [^]	230 mcg
Vitamin E	2.1 mg	21% [^]	2.3 mg
Thiamin	0.11 mg	10% [^]	0.12 mg
Riboflavin	0.5mg	29%	0.5mg
Folate	84 mcg	42% [^]	93 mcg
Pantothenic acid	1.8 mg	36% [^]	2.0 mg
Vitamin B12	0.7 mcg	35% [^]	0.8 mcg
Iron	1.4 mg	12% [^]	1.6 mg
Phosphorus	180 mg	18% [^]	200 mg
Selenium	35 mcg	50% [^]	39 mcg
Iodine	37 mcg	25% [^]	41 mcg
Lutein	0.34 mg	-	0.38 mg
Zeaxanthin	0.12 mg	-	0.13 mg

* Edible portion only

[^] Proportion of Recommended Dietary Intake (RDI)

[#] Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Permitted Nutrient Content Claims (only if nutrient and %DI / RDI specified in NIP)

Note no RDI/DI values exist for omega-3s so they are not included in the panel

Good source of protein	Contains (or source of) the antioxidant lutein	Contains (or source of) the antioxidant zeaxanthin
Good source of vitamin A	Source of vitamin E	Source of thiamin
Good source of riboflavin	Good source of folate	Good source of pantothenic acid
Good source of vitamin B12	Source of iron	Source of phosphorus
Good source of selenium	Good source of iodine	Good source of omega-3s

700g dozen pack

Nutrition Information Panel (NIP)

These must be reproduced in the same format as represented below.

Minimum NIP

Below is the mandatory minimum NIP that must appear on all packs. This is for use when no nutrition claims are made. If nutrition claims are made, the relevant nutrient (and possibly other related nutrients) must be added to the panel with its %RDI listed.

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 104g (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy	581 kJ	559 kJ
Protein	12.7 g	12.2 g
Fat, total	10.3 g	9.9 g
- saturated	3.4 g	3.3 g
Carbohydrate	1.4 g	1.3 g
- sugars	0.3 g	0.3 g
Sodium	141 mg	136 mg

* Edible portion only

Maximum NIP (when *not* using %DI thumbnails on front of pack)

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 104g (2 eggs)*		
	Average Quantity per serving	Average Quantity per 100g
Energy	581 kJ	559 kJ
Protein	12.7 g	12.2 g
Fat, total	10.3 g	9.9 g
- saturated	3.4 g	3.3 g
- trans	0 g	0 g
- polyunsaturated	1.7 g	1.6 g
- omega-3	0.18 g	0.17 g
- ALA	0.06 g	0.06 g
- DHA	0.10 g	0.10 g
- DPA	0.01 g	0.01 g
- monounsaturated	5.3 g	5.1 g
Cholesterol	398 mg	383 mg
Carbohydrate	1.4 g	1.3 g
- sugars	0.3 g	0.3 g
Sodium	141 mg	136 mg
Potassium	138 mg	133 mg
Vitamin A	239 mcg (32%)^	230 mcg
Vitamin E	2.4 mg (24%)^	2.3 mg
Thiamin	0.12 mg (11%)^	0.12 mg
Riboflavin	0.5mg (29%)	0.5mg
Folate	97 mcg (49%)^	93 mcg
Pantothenic acid	2.1 mg (42%)^	2.0 mg
Vitamin B12	0.8 mcg (40%)^	0.8 mcg
Iron	1.7 mg (14%)^	1.6 mg
Phosphorus	208 mg (21%)^	200 mg
Selenium	41 mcg (59%)^	39 mcg
Iodine	43 mcg (29%)^	41 mcg
Lutein	0.40 mg	0.38 mg
Zeaxanthin	0.14 mg	0.13 mg

* Edible portion only

^ Proportion of Recommended Dietary Intake (RDI)

Maximum NIP (when using % DI thumbnails on front of pack)

Note %Daily intake column is mandatory when %DI thumbnails are being used on front of pack.

NUTRITION INFORMATION			
Servings per package: 6			
Serving size: 104g (2 eggs)*			
	Average Quantity per Serving	%Daily Intake [#] (per serving)	Average Quantity per 100g
Energy	581 kJ	7%	559 kJ
Protein	12.7 g	25%	12.2 g
Fat, total	10.3 g	15%	9.9 g
- saturated	3.4 g	14%	3.3 g
- trans	0 g	-	0 g
- polyunsaturated	1.7 g	-	1.6 g
- omega-3	0.18 g	-	0.17 g
- ALA	0.06 g	-	0.06 g
- DHA	0.10 g	-	0.10 g
- DPA	0.01 g	-	0.01 g
- monounsaturated	5.3 g	-	5.1 g
Cholesterol	398 mg	-	383 mg
Carbohydrate	1.4 g	0%	1.3 g
- sugars	0.3 g	0%	0.3 g
Sodium	141 mg	6%	136 mg
Potassium	138 mg	-	133 mg
Vitamin A	239 mcg	32% [^]	230 mcg
Vitamin E	2.4 mg	24% [^]	2.3 mg
Thiamin	0.12 mg	11% [^]	0.12 mg
Riboflavin	0.5mg	29%	0.5mg
Folate	97 mcg	49% [^]	93 mcg
Pantothenic acid	2.1 mg	42% [^]	2.0 mg
Vitamin B12	0.8 mcg	40% [^]	0.8 mcg
Iron	1.7 mg	14% [^]	1.6 mg
Phosphorus	208 mg	21% [^]	200 mg
Selenium	41 mcg	59% [^]	39 mcg
Iodine	43 mcg	29% [^]	41 mcg
Lutein	0.40 mg	-	0.38 mg
Zeaxanthin	0.14 mg	-	0.13 mg

* Edible portion only

[^] Proportion of Recommended Dietary Intake (RDI)

[#] Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Permitted Nutrient Content Claims (only if nutrient and %DI / RDI specified in NIP)

Note no RDI/DI values exist for omega-3s so they are not included in the panel

Good source of protein	Contains (or source of) the antioxidant lutein	Contains (or source of) the antioxidant zeaxanthin
Good source of vitamin A	Source of vitamin E	Source of thiamin
Good source of riboflavin	Good source of folate	Good source of pantothenic acid
Good source of vitamin B12	Source of iron	Source of phosphorus
Good source of selenium	Good source of iodine	Good source of omega-3s

800g dozen pack

Nutrition Information Panel (NIP)

These must be reproduced in the same format as represented below.

Minimum NIP

Below is the mandatory minimum NIP that must appear on all packs. This is for use when no nutrition claims are made. If nutrition claims are made, the relevant nutrient (and possibly other related nutrients) must be added to the panel with its %RDI listed.

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 118g (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy	660 kJ	559 kJ
Protein	14.4 g	12.2 g
Fat, total	11.7 g	9.9 g
- saturated	3.9 g	3.3 g
Carbohydrate	1.5 g	1.3 g
- sugars	0.4 g	0.3 g
Sodium	160 mg	136 mg

* Edible portion only

Maximum NIP (when *not* using %DI thumbnails on front of pack)

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 118g (2 eggs)*		
	Average Quantity per serving	Average Quantity per 100g
Energy	660 kJ	559 kJ
Protein	14.4 g	12.2 g
Fat, total	11.7 g	9.9 g
- saturated	3.9 g	3.3 g
- trans	0	0 g
- polyunsaturated	1.9 g	1.6 g
- omega-3	0.20 g	0.17 g
- ALA	0.07 g	0.06 g
- DHA	0.12 g	0.10 g
- DPA	0.01 g	0.01 g
- monounsaturated	6.0 g	5.1 g
Cholesterol	452 mg	383 mg
Carbohydrate	1.5 g	1.3 g
- sugars	0.4 g	0.3 g
Sodium	160 mg	136 mg
Potassium	157 mg	133 mg
Vitamin A	271 mcg (36%) [^]	230 mcg
Vitamin E	2.7 mg (27%) [^]	2.3 mg
Thiamin	0.14 mg (13%) [^]	0.12 mg
Riboflavin	0.6 mg (35%) [^]	0.5 mg
Folate	110 mcg (55%) [^]	93 mcg
Pantothenic acid	2.4 mg (48%) [^]	2.0 mg
Vitamin B12	0.9 mcg (45%) [^]	0.8 mcg
Iron	1.9 mg (16%) [^]	1.6 mg
Phosphorus	236 mg (24%) [^]	200 mg
Selenium	46 mcg (66%) [^]	39 mcg
Iodine	48 mcg (32%) [^]	41 mcg
Lutein	0.45 mg	0.38 mg
Zeaxanthin	0.15 mg	0.13 mg

* Edible portion only

[^] Proportion of Recommended Dietary Intake (RDI)

Maximum NIP (when using %DI thumbnails on front of pack)

Note %Daily intake column is mandatory when %DI thumbnails are being used on front of pack.

NUTRITION INFORMATION			
Servings per package: 6			
Serving size: 118g (2 eggs)*			
	Average Quantity per Serving	%Daily Intake [#] (per serving)	Average Quantity per 100g
Energy	660 kJ	8%	559 kJ
Protein	14.4 g	29%	12.2 g
Fat, total	11.7 g	17%	9.9 g
- saturated	3.9 g	16%	3.3 g
- trans	0	-	0 g
- polyunsaturated	1.9 g	-	1.6 g
- omega-3	0.20 g	-	0.17 g
- ALA	0.07 g	-	0.06 g
- DHA	0.12 g	-	0.10 g
- DPA	0.01 g	-	0.01 g
- monounsaturated	6.0 g	-	5.1 g
Cholesterol	452 mg	-	383 mg
Carbohydrate	1.5 g	0%	1.3 g
- sugars	0.4 g	0%	0.3 g
Sodium	160 mg	7%	136 mg
Potassium	157 mg	-	133 mg
Vitamin A	271 mcg	36% [^]	230 mcg
Vitamin E	2.7 mg	27% [^]	2.3 mg
Thiamin	0.14 mg	13% [^]	0.12 mg
Riboflavin	0.6mg	35%	0.5mg
Folate	110 mcg	55% [^]	93 mcg
Pantothenic acid	2.4 mg	48% [^]	2.0 mg
Vitamin B12	0.9 mcg	45% [^]	0.8 mcg
Iron	1.9 mg	16% [^]	1.6 mg
Phosphorus	236 mg	24% [^]	200 mg
Selenium	46 mcg	66% [^]	39 mcg
Iodine	48 mcg	32% [^]	41 mcg
Lutein	0.45 mg	-	0.38 mg
Zeaxanthin	0.15 mg	-	0.13 mg

* Edible portion only

[^] Proportion of Recommended Dietary Intake (RDI)

[#] Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Permitted Nutrient Content Claims (only if nutrient and %DI / RDI specified in NIP)

Note no RDI/DI values exist for omega-3s so they are not included in the panel

Good source of protein	Contains (or source of) the antioxidant lutein	Contains (or source of) the antioxidant zeaxanthin
Good source of vitamin A	Good source of vitamin E	Source of thiamin
Good source of riboflavin	Good source of folate	Good source of pantothenic acid
Good source of vitamin B12	Source of iron	Source of phosphorus
Good source of selenium	Good source of iodine	Good source of omega-3s

Enhanced Eggs

For enhanced eggs, the NIP must be based on independent laboratory reports. Laboratory reports must be provided with artwork so that NIP figures can be verified.

Omega-3 Enhanced Eggs

Minimum NIP

Before any claim can be made that eggs are enhanced, the omega-3 level must be specified. Refer to ANZ FSC 1.2.8 Clause 13 (3) and (4).

The NIP information below is the mandatory minimum NIP information that must appear on all packs of omega-3 enhanced eggs. This is for use when no other nutrition claims are made (with the exception of the last line in the NIP below showing where additional nutrients or substances may be added if claims are also being made about other nutrients or substances in addition to omega-3s).

If nutrition claims are made, the relevant nutrient (and possibly other related nutrients) must be added to the panel where the example below states 'Nutrient/Substance'..

When making claims about the omega-3 content of eggs, the term omega-3s must be used.

Example for layout and nutrient types only – actual nutrient values to be added according to egg size.

NUTRITION INFORMATION		
Servings per package: xxx		
Serving size: xxg (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy	xxkj	xxkj
Protein	xxg	xxg
Fat, total	xxg	xxg
- saturated	xxg	xxg
- trans	xxg	xxg
- polyunsaturated	xxg	xxg
- omega-3	xxg	xxg
- ALA	xxg	xxg
- DHA	xxg	xxg
- DPA	xxg	xxg
- EPA	xxg	xxg
- monounsaturated	xxg	xxg
Cholesterol	xxg	xxg
Carbohydrate	xxg	xxg
- sugars	xxg	xxg
Sodium	Xxmg	Xxmg
Nutrient / Substance	insert amount and %RDI [^]	Insert amount

*Edible portion only

[^] Proportion of Recommended Dietary Intake (RDI)

Appendix 2 – General Nutrient Content Claims

General claims that can be made about all eggs

Eggs are nutritious, or eggs are highly nutritious
Eggs are nutrient-dense
Eggs contain nutrients essential for good health
Eggs are naturally high in protein, or eggs are naturally a good source of protein
Eggs contain high quality protein
Eggs are naturally low in carbohydrate
Eggs are naturally low in sugar
Source of 11 vitamins and minerals
Contains (or source of) carotenoids

General claims that can NOT be made about eggs

Low in salt or low in sodium
Low in fat
Low in saturated fat
Any % fat free
Any claims about cholesterol other than the actual content
Any comparisons of vitamin or mineral content with that in other foods

Omega-3 claims

Eggs are a good source of omega-3s

Other claims NOT to be made about eggs

Contains no hormones
Contains no antibiotics
Naturally free of hormones
Naturally free of antibiotics
Gluten free

AECL strongly advises against using the following claims

Eggs are naturally gluten free
Eggs contain no added hormones
Eggs contain no added antibiotics

If a producer chooses to make a statement about hormones and antibiotics, the preferred wording is

Eggs are not produced using hormones or antibiotics.

Appendix 3 - General Level Health Claims

In addition to making claims about the content of specific nutrients in eggs (nutrient content claims), egg producers may also make claims about the function of those nutrients (general level health claims). Example wording of general level health claims for the various nutrients for which claims can be made is provided in Standard 1.2.7 of the ANZ Food Standards Code. A producer making a general level health claim may use the example wording or wording of similar meaning, that is, the wording of the claim is not prescribed. Producers may also make additional general level health claims not listed below, however must hold the evidence for the claim in the form of a systematic review and must notify the Chief Executive Officer of FSANZ of the details of the food and the property of the food and a health effect that has been established by a process of systematic review.

The following table provides the example wording as set out in Standard 1.2.7 for relevant general level health claims applicable to standard eggs. Note the final wording of the claim used on pack or in advertisements must be consistent with the scientific intent of the general level health claim statements below.

Note: to make a general level health claim, the nutrient must be present in eggs at a minimum level of 10%RDI per serve (refer to Appendix 1 for further guidance in relation to nutrients that qualify for claims on each egg pack size). For some claims, the relevant population group to which the claim applies must also be included on the label. Where this is relevant, the population group is indicated in brackets in the table below next to the claim.

Nutrient	Example General Level Health Claims
Vitamin A	Vitamin A is necessary for normal vision. Vitamin A is necessary for normal skin and mucous membrane structure and function. Vitamin A is necessary for normal cell differentiation. Vitamin A contributes to normal growth and development (children). Vitamin A contributes to normal iron metabolism. Vitamin A contributes to normal immune system function.
Vitamin E	Vitamin E contributes to cell protection from free radical damage. Vitamin E contributes to normal growth and development (children).
Thiamin	Thiamin is needed for normal carbohydrate metabolism. Thiamin is necessary for normal neurological and cardiac function. Thiamin contributes to normal growth and development (children). Thiamin contributes to normal energy production. Thiamin contributes to normal psychological function.
Riboflavin	Riboflavin contributes to the normal release of energy from food. Riboflavin contributes to normal iron transport and metabolism. Riboflavin contributes to normal skin and mucous membrane structure and function. Riboflavin contributes to normal growth and development (children). Riboflavin contributes to normal functioning of the nervous system. Riboflavin contributes to the maintenance of normal red blood cells. Riboflavin contributes to the maintenance of normal vision. Riboflavin contributes to the protection of cells from oxidative stress. Riboflavin contributes to the reduction of tiredness and fatigue.
Pantothenic acid	Pantothenic acid is necessary for the normal metabolism of fat. Pantothenic acid contributes to normal growth and development (children). Pantothenic acid contributes to normal energy production. Pantothenic acid contributes to normal mental performance. Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters. Pantothenic acid contributes to the reduction of tiredness and fatigue.
Folate	Folate is necessary for normal blood formation. Folate is necessary for normal cell division. Folate contributes to normal growth and development (children). Folate contributes to maternal tissue growth during pregnancy. Folate contributes to normal amino acid synthesis. Folate contributes to normal homocysteine metabolism. Folate contributes to normal psychological function. Folate contributes to normal immune system function. Folate contributes to the reduction of tiredness and fatigue.
Vitamin B12	Vitamin B12 contributes to normal blood formation. Vitamin B12 is necessary for normal cell division. Vitamin B12 is necessary for normal neurological structure and function. Vitamin B12 contributes to normal growth and development (children). Vitamin B12 contributes to normal energy metabolism. Vitamin B12 contributes to normal homocysteine metabolism. Vitamin B12 contributes to normal psychological function. Vitamin B12 contributes to normal immune system function. Vitamin B12 contributes to the reduction of tiredness and fatigue.

Iron	<p>Iron contributes to normal blood formation.</p> <p>Iron is necessary for normal oxygen transport.</p> <p>Iron contributes to normal energy production.</p> <p>Iron is necessary for normal immune system function.</p> <p>Iron is necessary for normal neurological development in the foetus.</p> <p>Iron contributes to normal cognitive function.</p> <p>Iron contributes to the reduction of tiredness and fatigue.</p> <p>Iron is necessary for normal cell division.</p> <p>Iron contributes to normal growth and development (children).</p> <p>Iron contributes to normal cognitive development (children).</p>
Iodine	<p>Iodine is necessary for normal production of thyroid hormones.</p> <p>Iodine is necessary for normal neurological function</p> <p>Iodine is necessary for normal cognitive function.</p> <p>Iodine contributes to the maintenance of normal skin.</p> <p>Iodine contributes to normal growth and development (children).</p>
Phosphorus	<p>Phosphorus is necessary for normal teeth and bone structure.</p> <p>Phosphorus is necessary for normal cell membrane structure.</p> <p>Phosphorus is necessary for normal energy metabolism.</p> <p>Phosphorus contributes to normal growth and development (children).</p>
Selenium	<p>Selenium is necessary for cell protection from some types of free radical damage.</p> <p>Selenium is necessary for normal immune system function.</p> <p>Selenium is necessary for the normal utilization of iodine in the production of thyroid hormones.</p> <p>Selenium contributes to normal sperm production.</p> <p>Selenium contributes to the maintenance of normal hair and nails.</p> <p>Selenium contributes to normal growth and development (children).</p>
Protein	<p>Protein is necessary for tissue building and repair.</p> <p>Protein is necessary for normal growth and development of bone (children and adolescents aged 4 years and over)</p> <p>Protein contributes to the growth of muscle mass.</p> <p>Protein contributes to the maintenance of muscle mass.</p> <p>Protein contributes to the maintenance of normal bones.</p> <p>Protein is necessary for normal growth and development (children aged 4 years and over).</p>

Acknowledgement: Australia New Zealand Food Standards Code, Standard 1.2.7 Nutrition, Health and Related Claims.