

Regulations		Category	Current vs Proposed PS/serve content	Normal serve size	Volume of food to get 2g PS	Energy (kJ) /2g PS	%DI Energy	Fibre/2g PS (g)	Sodium/2g PS (mg)	Saturated fat/2g PS (g)	Sugars/2g PS (g)
Current	Muesli*	(commercial, untoasted or natural style, added dried fruit, unfortified; AUSNUT 2011-13)	0.95g/50g serve		105g	1651	19.0%	9.9	43	2.9	19.7
				50g		786	9.0%	4.7	20.5	1.4	9.4
		Add: 200ml skim milk (Milk, cow, fluid, skim (~0.15% fat); AUSNUT 2011-13)		100ml	200ml	284	3.3%	0	98	0.16	9.6
		TOTAL est. intake				1935	22.2%	9.9	108	3.1	29.3
Proposed	Muesli*	(commercial, untoasted or natural style, added dried fruit, unfortified; AUSNUT 2011-13)	2g/50g serve		50g	786	9.0%	4.7	20.5	1.4	9.4
		Add: 100ml skim milk (Milk, cow, fluid, skim (~0.15% fat); AUSNUT 2011-13)		100ml		142	1.7%	0	49	0.08	4.8
		TOTAL est. intake				928	10.7%	4.7	69.5	1.5	14.2
Current	Flaked Biscuit*	(Weet-Bix Original)	0.57g/serve (2 WB)		7 biscuits	1565	18.0%	11.6	284	0.4	7
				2 biscuits		447	5.1%	3.3	81	0.1	1
		Add: 300ml skim milk (Milk, cow, fluid, skim (~0.15% fat); AUSNUT 2011-13)		100ml	300ml	426	4.9%	0	147	0.2	14.4
		TOTAL est. intake				1991	22.9%	11.6	431	0.6	21.4
Proposed	Flaked Biscuit*	(Weet-Bix Original)	2g/serve (2 WB)		2 biscuits	447	5.1%	3.3	81	0.1	1
		Add: 300ml skim milk (Milk, cow, fluid, skim (~0.15% fat); AUSNUT 2011-13)			100ml	142	1.6%	0	49	0.08	4.8
		TOTAL est. intake				589	6.7%	3.3	130	0.1	5.8
	Cheese	(Kraft cholesterol lowering cheese)	1.87g/20.5g serve		1 slice	174	2.0%	0	252		<1
				1 slice	(note: current fortification by Kraft is at 50%, 2 slices required)						
		Add: 1 slice wholemeal bread (Bread, from wholemeal flour, commercial; AUSNUT 2011-13)		30g		289	3.3%	1.8	138	0.1	0.8
		Add: margarine		10g		238	2.7%	0	36	1.5	<1
		TOTAL est. intake				701	8.1%	1.8	426		~2
	Margarine	(Flora Proactiv Original)	2g/25g		25g = 1 Tbsp margarine	595	7.5%	0	90	3.8	<2.5
				10g							
		Add: 2 slices wholemeal bread (Bread, from wholemeal flour, commercial; AUSNUT 2011-13)		60g		578	6.6%	3.6	276	0.2	1.6
		TOTAL est. intake				1173	13.5%	3.6	366	4	<4
	Yoghurt^	(Yoghurt, natural, reduced fat (~1.5%); AUSNUT 2011-13)	1g/<200g		2x100g tub	618	7.1%	0	136	1.9	17.2
				100g							
		TOTAL est. intake				618	7.1%	0	136	1.9	17.2
	Milk	(Dairy Farmers HeartActive)	1g/250ml		2 glasses	870	10.0%	0	226	2.4	24
				250ml (1 glass)							
		TOTAL est. intake				870	10.0%	0	226	2.4	24

*Breakfast cereal where the total fibre content of the breakfast cereal is no less than 3 g/50 g serve; and the breakfast cereal contains no more than 30g/100g of total sugars.

^Yoghurt that contains no more than 1.5 g total fat per 100 g.

Appendix 1: Nutrient comparisons current vs porposed regulations