

HEALTHY FAMILIES COACH

Health Star Ratings

What is it?

Health Star Ratings are the new labelling system that help guide shoppers to pick healthier packaged foods. However, many of the healthiest foods, like fruits and vegetables, are not packaged and therefore do not have a Health Star Rating.

The Health Star Ratings range from ½ a star to 5 stars. Packaged foods with less saturated fat, sugar or sodium (salt), and more fibre, protein, nut, legume, fruit or vegetable content have more stars. So the more stars, the healthier the packaged food.

What do the Health Star Ratings look like?

Health Star Ratings can appear on the front of food packages as just the star rating or with additional specific nutrient content.



How to use Health Star Ratings?

1. Compare similar types of packaged foods i.e. breakfast cereals with breakfast cereals, or yoghurts with yoghurts.
2. Pick the foods with the higher stars. The more stars, the healthier the packaged food.



Things to consider:

Health Star Ratings are only on packaged foods. This means healthy foods that don't come in packages, like fruit and vegetables, will not have a Health Star Rating. These core foods are still an important part of a healthy diet, and we should choose whole, unpackaged foods as much as possible.

Health Star Ratings is a voluntary system, which means manufacturers can choose whether or not to put it on their foods. Some foods that are good choices may not have the Health Star Rating.

The system is not designed to compare products from different food groups so it is important to compare similar types of products to find the healthier option, (e.g. pasta with pasta, not pasta with cheese).

