

AUSTRALIAN EGG  
CORPORATION LIMITED



# Egg Labelling Guide

**Guide to Australian laws, regulations and standards  
for egg producers**

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## 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 claims found in the Australia and New Zealand Food Standards Code (Standards 1.2.8, 1.3.2 and 1.1A.2) and the Code of Practice on Nutrient Claims in Food Labels and Advertisements. (For details, see [www.foodstandards.gov.au](http://www.foodstandards.gov.au).)

If your egg products contain any other ingredient, further information should be sought from the Food Standards Code, Standard 1.3.1 – Food additives, Schedule 1 Section 10. If any additional information is required, contact FSANZ. :

Food Standards Australia New Zealand  
55 Blackall St Barton ACT 2600  
phone: (02) 6271 2222  
Web site: [www.foodstandards.gov.au](http://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 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 Requirements

- 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 based, shed based, 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 Standard 1.2.2 – Food Identification Requirements, clause 3.

- 2.4 The above food identification requirements must be always 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 Standard 1.2.1 – Application of Labelling and Other Information Requirements, clause 4.

### **3.0 Mandatory Warning and Advisory Statements and Declarations**

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.

### **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.”

### **5.0 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 New South Wales Trade Measurement Regulations 2007 r 69; Tasmanian Trade Measurement (Pre-packed articles) Regulations 2000 r 18; and South Australian Trade Measurement (Pre-Packed Articles) Regulations 1993 r 18 state:

“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 mass of each egg”.

Queensland Trade Measurement (Prepacked Articles) Regulation 1991 r 19; Victorian Trade Measurement Regulations 2007; Western Australia Trade Measurement Regulations 2007 r 83, states;

- 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 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 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.
- 5.6 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 is 5% and  
(b) the permissible average deficiency is nil.

In essence, the measured minimum total mass per pack must always amount to more than 95% of the labelled minimum total mass on pack.

- 5.7 In the case of individual eggs, the accuracy of the weight can be expressed to one decimal place, eg 58.4g. Please note, eggs can lose significant weight over short periods of time.

## **6.0 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 FSANZ 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 Trade Practices Act.

## **7.0 Egg Production System**

- 7.1 Egg cartons must use one of the following terms to describe the method of production:  
‘Cage eggs’; or  
‘Free range eggs’; or  
‘Barn laid eggs’.

These words must be printed in a legible manner on the front of the carton (i.e. side which faces the consumer when cartons stacked for retail sale). The font size to be used for the labelling describing the method of production must be no less than 6mm in height. The font style used must be Helvetica, Arial, Times New Roman, or equivalent sans-serif font.

- 7.2 A full definition of the egg production system as stated in the Australian Model Code of Practice for the Welfare of Animals – Domestic Poultry should either be printed on the carton as follows:

### *Cage Systems*

Birds in cage systems are continuously housed in cages within a shed,

### *Barn Systems*

Birds in barn systems are free to roam within a shed which may have vertical levels. The floor may be based on litter and/or other material such as slats or wire mesh,

### *Free Range Systems*

Birds in free-range systems are housed in sheds and have access to an outdoor range;

or, if not printed on carton, the full definition must be made available to the public by providing an industry or producer website address, telephone helpline or postal address. These contact details must be printed on the carton. A reference to the Code of Practice must also be included with the full definition.

Note: that ACT has special laws for the labelling of eggs. The Eggs (Labelling and Sales) ACT 2001 (ACT) provides that egg packages need to be labelled with the condition in which the hens are kept.

## 8.0 Nutrition Information Requirements

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
600g	50.0g – 58.2g	52g	45g
700g	58.3g – 66.6g	60g	52g
800g	66.7g – 70.0g	68g	59g

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*.

## 9.0 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 one exception, refer to production systems, are warning statements, which must be in a type size of not less than 3mm in height. Refer to Standard 1.2.9 – Legibility Requirements.

## 10.0 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 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 food standards, but are likely not to be misleading if they are used when the vitamin or mineral is present at least at 50% RDI.

10.3 If referring to non-enhanced eggs, claims about being a 'source', 'good source', 'high' or 'low' in a nutrient need to be worded so as to refer to all eggs, not just the specific brand egg 'eggs are naturally high in protein' or 'eggs are naturally a good source of protein'.

10.4 You cannot compare the vitamin or mineral content of your product with that of any other food (as per Standard 1.3.2).

10.5 Comparisons can only be made between foods of the same group or foods which may substitute for one another in the diet and are permitted about the content (eg 'more than', 'less than', 'increased', 'reduced') of omega-3, total fat, total protein, sugar etc – provided that they:

- are not misleading
- state the % or fraction difference (must be a minimum of 25% difference), and clearly identify the reference food, in close proximity to the claim.

(These requirements are found in the Code of Practice on Nutrient Claims in Food Labels and Advertisements).

**11.0 Health Claims and Nutrition Function Claims (regulations cover both pack labels and advertisements)**

- 11.1 The regulations (Standard 1.1A.2) prohibit claims about eggs that:
- suggest they are slimming or have intrinsic weight reducing properties
  - suggest they can prevent or treat a disease or physiological condition
  - contain the name of or reference to any disease or physiological condition
  - could be interpreted as advice of a medical nature from any person.
- 11.2 The name of your product cannot include the word 'health' or any similar word(s) as part of, or in conjunction with, the name of the product (eg brand name cannot be 'health eggs' etc) (standard 1.1A.2).

**12.0 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.



## Appendix 1 – Nutrition Information

(Source: Xyris Software. Foodworks, Version 3.02. Brisbane:2004)

### 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.

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 90g (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy	535 kJ	594 kJ
Protein	11.5 g	12.8 g
Fat, total	9.1 g	10.1 g
- saturated	2.8 g	3.1 g
Carbohydrate	0.3 g	0.3 g
- sugars	0.3 g	0.3 g
Sodium	120 mg	133 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	535 kJ	594 kJ
Protein	11.5 g	12.8 g
Fat, total	9.1 g	10.1 g
- saturated	2.8 g	3.1 g
- trans	0 g	0 g
- polyunsaturated	0.9 g	1.0 g
- monounsaturated	3.9 g	4.3 g
Cholesterol	338 mg	375 mg
Carbohydrate	0.3 g	0.3 g
- sugars	0.3 g	0.3 g
Sodium	120 mg	133 mg
Potassium	103 mg	114 mg
Vitamin A	144 mcg (19%)^	160 mcg
Riboflavin	0.4 mg (21%)^	0.4 mg
Folate	44 mcg (22%)^	49 mcg
Pantothenic acid	1.3 mg (25%)^	1.4 mg
Niacin	3.2 mg (32%)^	3.5 mg
Vitamin B12	1.2 mcg (59%)^	1.3 mcg
Iron	1.4 mg (12%)^	1.6 mg
Phosphorus	134 mg (13%)^	149 mg
Selenium	29 mcg (41%)^	32 mcg
Lutein	0.11 mg	0.12 mg
Zeaxanthin	0.19 mg	0.21 mg

\* Edible portion only

^ Proportion of Recommended Dietary Intake

**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

<b>NUTRITION INFORMATION</b>			
Servings per package: 6			
Serving size: 90g (2 eggs)*			
	Average Quantity per Serving	% Daily Intake <sup>#</sup> (per serving)	Average Quantity per 100g
Energy	535 kJ	6%	594 kJ
Protein	11.5 g	23%	12.8 g
Fat, total	9.1 g	13%	10.1 g
- saturated	2.8 g	12%	3.1 g
- trans	0 g	-	0 g
- polyunsaturated	0.9 g	-	1.0 g
- monounsaturated	3.9 g	-	4.3 g
Cholesterol	338 mg	-	375 mg
Carbohydrate	0.3 g	0%	0.3 g
- sugars	0.3 g	0%	0.3 g
Sodium	120 mg	5%	133 mg
Potassium	103 mg	-	114 mg
Vitamin A	144 mcg	(19%) <sup>^</sup>	160 mcg
Riboflavin	0.4 mg	(21%) <sup>^</sup>	0.4 mg
Folate	44 mcg	(22%) <sup>^</sup>	49 mcg
Pantothenic acid	1.3 mg	(25%) <sup>^</sup>	1.4 mg
Niacin	3.2 mg	(32%) <sup>^</sup>	3.5 mg
Vitamin B12	1.2 mcg	(59%) <sup>^</sup>	1.3 mcg
Iron	1.4 mg	(12%) <sup>^</sup>	1.6 mg
Phosphorus	134 mg	(13%) <sup>^</sup>	149 mg
Selenium	29 mcg	(41%) <sup>^</sup>	32 mcg
Lutein	0.11 mg	-	0.12 mg
Zeaxanthin	0.19 mg	-	0.21 mg

\* Edible portion only

<sup>^</sup> Proportion of Recommended Dietary Intake

<sup>#</sup> 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 specified in NIP)**

One egg contains about 5.7g protein	One egg contains about 4.5g fat	One egg contains about 1.4g saturated fat
Source of vitamin A	Source of riboflavin	Source of folate
Good source of pantothenic acid	Good source of niacin	Excellent source of vitamin B12
Source of iron	Source of phosphorus	Good source of selenium

## 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.

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 104g (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy	618 kJ	594 kJ
Protein	13.3 g	12.8 g
Fat, total	10.5 g	10.1 g
- saturated	3.2 g	3.1 g
Carbohydrate	0.3 g	0.3 g
- sugars	0.3 g	0.3 g
Sodium	138 mg	133 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	618 kJ	594 kJ
Protein	13.3 g	12.8 g
Fat, total	10.5 g	10.1 g
- saturated	3.2 g	3.1 g
- trans	0 g	0 g
- polyunsaturated	1.0 g	1.0 g
- monounsaturated	4.5 g	4.3 g
Cholesterol	390 mg	375 mg
Carbohydrate	0.3 g	0.3 g
- sugars	0.3 g	0.3 g
Sodium	138 mg	133 mg
Potassium	119 mg	114 mg
Vitamin A	166 mcg (22%)^	160 mcg
Vitamin E	1.0 mg (10%)^	0.97 mg
Riboflavin	0.4 mg (24%)^	0.4 mg
Folate	51 mcg (25%)^	49 mcg
Pantothenic acid	1.5 mg (29%)^	1.4 mg
Niacin	3.6 mg (36%)^	3.5 mg
Vitamin B12	1.4 mcg (68%)^	1.3 mcg
Iron	1.7 mg (14%)^	1.6 mg
Phosphorus	155 mg (15%)^	149 mg
Selenium	33 mcg (47%)^	32 mcg
Lutein	0.12 mg	0.12 mg
Zeaxanthin	0.22 mg	0.21 mg

\* Edible portion only

^ Proportion of Recommended Dietary Intake

#### 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.

<b>NUTRITION INFORMATION</b>			
Servings per package: 6			
Serving size: 104g (2 eggs)*			
	Average Quantity per Serving	%Daily Intake <sup>#</sup> (per serving)	Average Quantity per 100g
Energy	618 kJ	7%	594 kJ
Protein	13.3 g	27%	12.8 g
Fat, total	10.5 g	15%	10.1 g
- saturated	3.2 g	13%	3.1 g
- trans	0 g	-	0 g
- polyunsaturated	1.0 g	-	1.0 g
- monounsaturated	4.5 g	-	4.3 g
Cholesterol	390 mg	-	375 mg
Carbohydrate	0.3 g	0%	0.3 g
- sugars	0.3 g	0%	0.3 g
Sodium	138 mg	6%	133 mg
Potassium	119 mg	-	114 mg
Vitamin A	166 mcg	(22%) ^	160 mcg
Vitamin E	1.0 mg	(10%) ^	0.97 mg
Riboflavin	0.4 mg	(24%) ^	0.4 mg
Folate	51 mcg	(25%) ^	49 mcg
Pantothenic acid	1.5 mg	(29%) ^	1.4 mg
Niacin	3.6 mg	(36%) ^	3.5 mg
Vitamin B12	1.4 mcg	(68%) ^	1.3 mcg
Iron	1.7 mg	(14%) ^	1.6 mg
Phosphorus	155 mg	(15%) ^	149 mg
Selenium	33 mcg	(47%) ^	32 mcg
Lutein	0.12 mg	-	0.12 mg
Zeaxanthin	0.22 mg	-	0.21 mg

\* Edible portion only

^ Proportion of Recommended Dietary Intake

# 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

One egg contains about 6.6g protein	One egg contains about 5g fat	One egg contains about 1.5g saturated fat
Source of vitamin A	Source of vitamin E	Source of riboflavin
Good source of folate	Good source of pantothenic acid	Good source of niacin
Excellent source of vitamin B12	Source of iron	Source of phosphorus
Good source of selenium		

## 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.

NUTRITION INFORMATION		
Servings per package: 6		
Serving size: 118g (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy	701 kJ	594 kJ
Protein	15.1 g	12.8 g
Fat, total	11.9 g	10.1 g
- saturated	3.7 g	3.1 g
Carbohydrate	0.4 g	0.3 g
- sugars	0.4 g	0.3 g
Sodium	157 mg	133 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	701 kJ	594 kJ
Protein	15.1 g	12.8 g
Fat, total	11.9 g	10.1 g
- saturated	3.7 g	3.1 g
- trans	0 g	0 g
- polyunsaturated	1.2 g	1.0 g
- monounsaturated	5.1 g	4.3 g
Cholesterol	443 mg	375 mg
Carbohydrate	0.4 g	0.3 g
- sugars	0.4 g	0.3 g
Sodium	157 mg	133 mg
Potassium	135 mg	114 mg
Vitamin A	189 mcg (25%)^	160 mcg
Vitamin D	1.0 mcg (10%)^	0.86 mcg
Vitamin E	1.1 mg (11%)^	0.97 mg
Riboflavin	0.5 mg (28%)^	0.4 mg
Folate	58 mcg (29%)^	49 mcg
Pantothenic acid	1.7 mg (33%)^	1.4 mg
Niacin	4.1 mg (41%)^	3.5 mg
Vitamin B12	1.5 mcg (77%)^	1.3 mcg
Iron	1.9 mg (16%)^	1.6 mg
Phosphorus	176 mg (18%)^	149 mg
Selenium	38 mcg (54%)^	32 mcg
Lutein	0.14 mg	0.12 mg
Zeaxanthin	0.25 mg	0.21 mg

\* Edible portion only

^ Proportion of Recommended Dietary Intake

#### 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.

<b>NUTRITION INFORMATION</b>			
Servings per package: 6			
Serving size: 118g (2 eggs)*			
	Average Quantity per Serving	%Daily Intake <sup>#</sup> (per serving)	Average Quantity per 100g
Energy	701 kJ	8%	594 kJ
Protein	15.1 g	30%	12.8 g
Fat, total	11.9 g	17%	10.1 g
- saturated	3.7 g	15%	3.1 g
- trans	0 g	-	0 g
- polyunsaturated	1.2 g	-	1.0 g
- monounsaturated	5.1 g	-	4.3 g
Cholesterol	443 mg	-	375 mg
Carbohydrate	0.4 g	0%	0.3 g
- sugars	0.4 g	0%	0.3 g
Sodium	157 mg	7%	133 mg
Potassium	135 mg	-	114 mg
Vitamin A	189 mcg	(25%) <sup>^</sup>	160 mcg
Vitamin D	1.0 mcg	(10%) <sup>^</sup>	0.86 mcg
Vitamin E	1.1 mg	(11%) <sup>^</sup>	0.97 mg
Riboflavin	0.5 mg	(28%) <sup>^</sup>	0.4 mg
Folate	58 mcg	(29%) <sup>^</sup>	49 mcg
Pantothenic acid	1.7 mg	(33%) <sup>^</sup>	1.4 mg
Niacin	4.1 mg	(41%) <sup>^</sup>	3.5 mg
Vitamin B12	1.5 mcg	(77%) <sup>^</sup>	1.3 mcg
Iron	1.9 mg	(16%) <sup>^</sup>	1.6 mg
Phosphorus	176 mg	(18%) <sup>^</sup>	149 mg
Selenium	38 mcg	(54%) <sup>^</sup>	32 mcg
Lutein	0.14 mg	-	0.12 mg
Zeaxanthin	0.25 mg	-	0.21 mg

\* Edible portion only

<sup>^</sup> Proportion of Recommended Dietary Intake

<sup>#</sup> 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

One egg contains about 7.5g protein	One egg contains about 6g fat	One egg contains about 1.8g saturated fat
Source of vitamin A	Source of vitamin D	Source of vitamin E
Source of riboflavin	Good source of folate	Good source of pantothenic acid
Good source of niacin	Excellent source of vitamin B12	Source of iron
Source of phosphorus	Excellent source of selenium	

## 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 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.

(If nutrition claims are made, the relevant nutrient (and possibly other related nutrients) must be added to the panel).

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

<b>NUTRITION INFORMATION</b>		
Servings per package: 6		
Serving size: xxg (2 eggs)*		
	Average Quantity per Serving	Average Quantity per 100g
Energy		
Protein		
Fat, total		
- saturated		
- trans		
- polyunsaturated		
- omega 3		
- EPA		
- DHA		
- ALA		
- monounsaturated		
Carbohydrate		
- sugars		
Sodium		

\* Edible portion only

## **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 lots of 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 6 vitamins and 3 minerals  
Contains (or source of) the antioxidant lutein  
Contains (or source of) the antioxidant zeaxanthin  
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**

No Omega 3 claims are permissible for regular eggs at this time.

### **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, although they may be legally permissible:**

Eggs are naturally gluten free  
Eggs do not contain added hormones  
Eggs do not contain added antibiotics





