



GETTING STARTED WITH

Health Star Ratings

IN FoodWorks 10

JULY 2019



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About this guide

Purpose and scope

This guide helps you get started generating Health Star Ratings (HSR) information for your food products with **FoodWorks 10 Nutrition Labelling**.

You can use either **FoodWorks® Nutrition Labelling Edition** or **FoodWorks® Premium Edition** for nutrition labelling tasks.



This guide assumes that you already have a basic working knowledge of **FoodWorks**. To learn the basics of nutrition labelling with **FoodWorks**, refer to the companion guide: [Introduction to Nutrition Labelling with FoodWorks](#).

Note that this guide does not advise you on how to comply with the Australian legislative requirements for HSR. It assumes that you understand the relevant legislative requirements for labelling your products, including (but not restricted to):

- [Guide for Industry to the Health Star Rating Calculator \(February 2018\)](#) – how HSRs are calculated
- [Health Star Rating system Style Guide \(December 2017\)](#) – guidance for the application of the Health Star Rating system on food packages
- The [Australia New Zealand Food Standards Code](#).

To meet these requirements, you need to use your own skill and expertise and, where necessary, seek technical and legal advice.

Role of FoodWorks

The Food Standards Code requires that you are able to substantiate any nutrient content and health claims made about a food product.

FoodWorks is an ideal tool to calculate labelling information, including Health Star Ratings. However, based on your own expertise and judgement you may decide to supplement these calculations with verification via laboratory analyses.

Considerations include: the reliability of supplier and ingredient information, the level of transformation of the ingredients in the final product, the amount of processing involved, the complexity of the product, the level of the claim being made, and comparisons with competitors.

Disclaimer

Your use of **FoodWorks** to produce labelling information does not automatically mean that you have met your legal obligations and complied with Australian regulations.

Xyris Software disclaims any liability for any loss or injury sustained directly or indirectly by any person or organisation as a result of any reliance upon this guide and/or the **FoodWorks** software. You should expertly review any information that you gain from **FoodWorks**, or that you produce using **FoodWorks**, and seek independent legal advice in relation to queries that you have regarding obligations under food labelling laws and regulations.

Getting more help with using FoodWorks

- **On-line help**



To get help on using **FoodWorks**: On the **FoodWorks Help** menu, click **Help Topics**.

- **FoodWorks support site**



To search our knowledge base and to submit support requests, please go to the **FoodWorks** support site: support.xyris.com.au

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1. Health Star Ratings in FoodWorks

Welcome to **FoodWorks 10 Nutrition Labelling** with Health Star Ratings (HSR). **FoodWorks 10** enables you to generate Health Star Ratings for your products that comply with Australian regulations.

FoodWorks calculates the Health Star Ratings from the products' ingredients, and provides appropriate Health Star System graphics for their labels.

About Health Star Ratings

The Health Star Rating is a voluntary front-of-pack labelling system that rates the overall nutritional profile of a packaged food and assigns it a rating from ½ a star to 5 stars. As a useful rule of thumb, if the food product carries a NIP, the use of the HSR system should be considered.

Health Star Ratings are based on a point system that awards a star rating based on the quantity of specific food components within the product. The rating of your product depends on:

- **Baseline points:** The following nutrients/components are used to establish the baseline points: energy, saturated fat, total sugars and sodium.
- **Modifying points:** The following nutrients/components are used to calculate the modifying points:
 - FVNL (fruits, vegetables, nuts and legumes) (V points)
 - Concentrated FV (concentrated fruit and vegetables) (V points)
 - Protein (P points)
 - Fibre (F points)
- **Final points:** The final points are baseline points minus modifying points.
- **HSR Category:** The final star rating is calculated using the **final points** and the **category** of the food product. Most foods (if non-dairy, not a beverage, and not an oil or spread) are category 2.

For more information, refer to the Health Star Rating System [website](#) and specifically:

- [Guide for Industry to the Health Star Rating Calculator \(February 2018\)](#) – how HSRs are calculated
- [Health Star Rating system Style Guide \(December 2017\)](#) – guidance for the application of the Health Star Rating system on food packages
- [Australia New Zealand Food Standards Code](#)

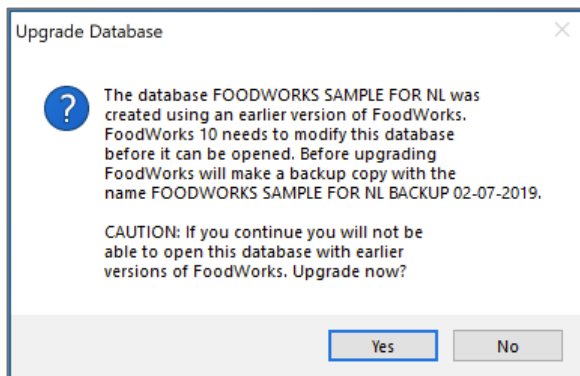
2. Getting started

In **FoodWorks**, your *products* are usually referred to as *recipes*. So in the rest of this guide we'll use the term *recipes*.

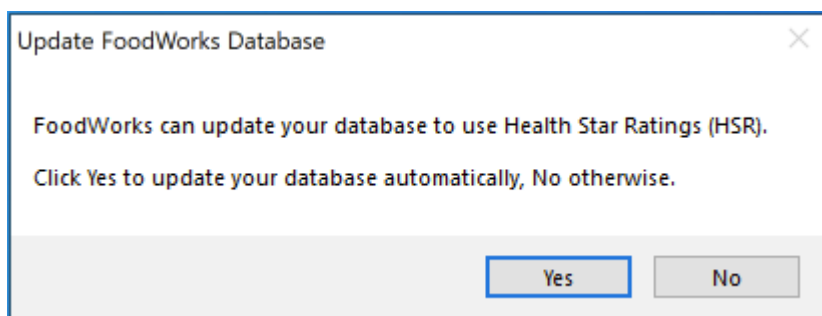
Set up your database for Health Star Ratings

If you have **created a new database** with **FoodWorks 10 Nutrition Labelling**, this database is automatically configured for Health Star Ratings and there is nothing more to do. You can skip to Chapter 3. *Setting up your raw materials*.

When you **open an existing database in FoodWorks 10** (created using an earlier version of **FoodWorks**) for the first time you are prompted as shown below:



If you choose **Yes** to update, then you will get this message:



If you choose **Yes**, then your database will automatically be configured for Health Star Ratings and there is nothing more to do. You can skip to Chapter 3. *Setting up your raw materials*.

However, if you click **No**, and want to enable Health Star Ratings later, then you can follow the steps below.

Enabling Health Star Ratings for your database

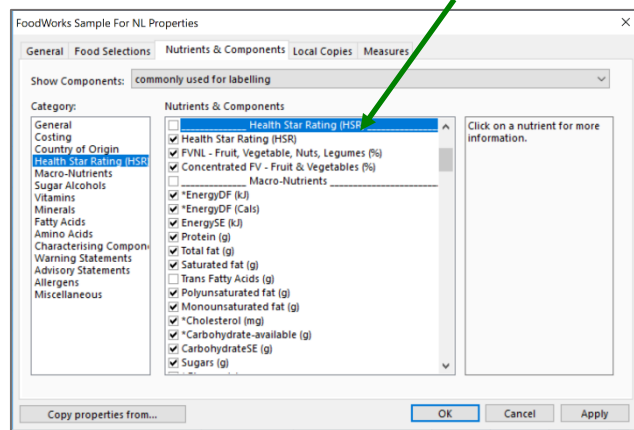
If you have upgraded to **FoodWorks 10 Nutrition Labelling**, and not yet enabled HSR, here's how.

Step 1 – Enable the HSR components



To enable the HSR components for your database:

1. On the **File** menu, click **Database Properties**.
2. Click **Nutrients & Components**.
3. On the left, click **Health Star Rating (HSR)**.
4. On the right, under **Health Star Rating (HSR)**, select **Health Star Rating (HSR)**, **FVNL** and **Concentrated FV**.



5. Fibre is one of the nutrients used to calculate HSRs. Scroll down and ensure that **Dietary fibre** is also enabled.
6. Click **OK**.

Step 2 – Display the HSR statement on preview labels

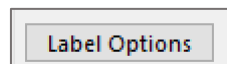


To display the HSR System graphic on your preview labels for this database:

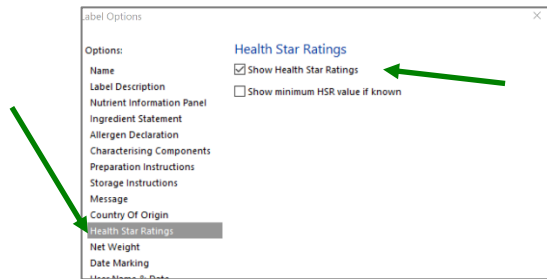
1. Open the **Label** window: On the **FoodWorks** toolbar, click the **Label** button.



2. At the bottom of the **Label** window, click the **Label Options** button.



3. On the left, click **Health Star Ratings**. Ensure that the **Show Health Star Rating** check box is selected.



Next step

The HSR calculation is based on energy, protein, saturated fat, sugar, fibre and fruit/vegetable/nut/legume (FVNL and cFV) percent. When you set up your raw materials for HSR you need to provide their percentage FVNL and cFV. See Chapter 3, *Setting up your raw materials*.

3. Setting up your raw materials

For each raw material you need to provide the following components:

- %FVNL
- %Concentrated FV

For definitions and how to determine **FVNL** and **concentrated FV** for your ingredients, see Step 4 of the [Guide for Industry](#). **FoodWorks** will use these components to calculate the V points for your recipes.

There are two ways for you to set these values for raw materials:

- Open each individual raw material and set the values in the **Nutrients & Components** tab.
- Use the **FVNL Editor** to set the values for all your raw materials at once.

Both ways are described below.

NOTES: V, P and F points

If an ingredient is a mix of FVNL and concentrated FV, **FoodWorks** automatically calculates the total FVNL.

You do *not* need to provide points for **protein** (P points) and **fibre** (F points). **FoodWorks** calculates these values automatically and applies them to the baseline points as required.

Set the HSR components for a raw material



To set the HSR components for an individual raw material:

1. In **FoodWorks**, open the raw material.
2. Click the **Nutrients & Components** tab.

Brown onion - Raw Materials				
General Nutrients & Components Measures Notes				
Base analysis on: Onion, mature, brown skinned, peeled, raw -- Australian Food Composition Database				
General	Nutrient/Component	Default	Override	Result Note
Country of Origin	General			
Health Star Rating (HSR)	Weight (g)	100,000	100	100,000
Macro-Nutrients	Country of Origin			
Sugar Alcohols	%Australia (%)	?	34	3,000 Percentage Australian origin for CoOL
Vitamins	Reconstitution Factor*	?	0	0.000 Reconstitution factor for CoOL for reconstituted ingredients, for ex
Minerals	Health Star Rating (HSR)			
Fatty Acids	FVNL - Fruit, Vegetable, Nk	?	100	100,000 percentage non-concentrated fruit, vegetables, nuts, legumes (FVN
Amino Acids	Concentrated FV - Fruit &	?	0	0.000 percentage concentrated fruit and vegetable (FV) for HSR/NPS calcul
Warning Statements	Macro-Nutrients			
Advisory Statements	EnergyDF (kJ)	127,000		127,000 Food energy including contribution from dietary fibre. Formula: Ene
Allergens	EnergySE (kJ)	127,600		127,600 Food energy. Definition used by the Australia New Zealand Food Sta

3. In the **Override** column, enter a value for the **FVNL** and **Concentrated FV** for this ingredient.
4. On the toolbar, click **Save**.

TIP: Entering HSR components for all ingredients in a particular recipe

Here's a convenient way to enter the HSR information for all the ingredients of a particular recipe:

On the **View** menu, click **Food/Ingredient Tree**.



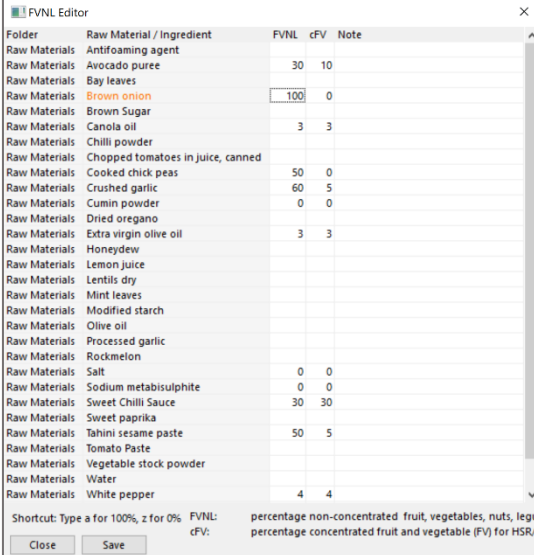
The **Food/Ingredient Tree** window expands any sub-recipes within the recipe, so all the ingredients are shown in one place.

Food/Ingredient Tree	
Food/Recipe	Weight
Avocado & sweet chilli hummus:	40000
Avocado Chilli Swirl [10 kg]	10000
Avocado puree [17 kg]	8497
Sweet Chilli Sauce [3 kg]	1500
Sodium metabisulphite [6g]	3
Hummus Base [30 kg]	30000
Cooked chick peas [7.5 kg]	22664
Tahini sesame paste [850g]	2569
Oil blend [500 mL]	1390
Extra virgin olive oil [5 kg]	695
Canola oil [5 kg]	695
Crushed garlic [200g]	604
Salt [40g]	121
Cumin powder [60g]	181
White pepper [30g]	91
Lemon juice [750 mL]	2380

From here, you can double-click on each ingredient to open it.

Use the FVNL Editor for multiple raw materials

To make it easier to enter or edit HSR components for your raw materials in bulk, the **FVNL Editor** shows all the raw materials in your database in one table:



Folder	Raw Material / Ingredient	FVNL	cFV	Note
Raw Materials	Antifoaming agent			
Raw Materials	Avocado puree	30	10	
Raw Materials	Bay leaves			
Raw Materials	Brown onion	100	0	
Raw Materials	Brown Sugar			
Raw Materials	Canola oil	3	3	
Raw Materials	Chilli powder			
Raw Materials	Chopped tomatoes in juice, canned			
Raw Materials	Cooked chick peas	50	0	
Raw Materials	Crushed garlic	60	5	
Raw Materials	Cumin powder	0	0	
Raw Materials	Dried oregano			
Raw Materials	Extra virgin olive oil	3	3	
Raw Materials	Honeydew			
Raw Materials	Lemon juice			
Raw Materials	Lentils dry			
Raw Materials	Mint leaves			
Raw Materials	Modified starch			
Raw Materials	Olive oil			
Raw Materials	Processed garlic			
Raw Materials	Rockmelon			
Raw Materials	Salt	0	0	
Raw Materials	Sodium metabisulphite	0	0	
Raw Materials	Sweet Chilli Sauce	30	30	
Raw Materials	Sweet paprika			
Raw Materials	Tahini sesame paste	50	5	
Raw Materials	Tomato Paste			
Raw Materials	Vegetable stock powder			
Raw Materials	Water			
Raw Materials	White pepper	4	4	

Shortcut: Type a for 100%, z for 0% FVNL: percentage non-concentrated fruit, vegetables, nuts, legumes
cFV: percentage concentrated fruit and vegetable (FV) for HSR

Close Save



To use the **FVNL Editor**:

1. On the **Tools** menu, click **FVNL Editor**.

In the **FVNL Editor**, all your raw materials are listed in alphabetical order.

2. Enter the values for **FVNL** and **concentrated FV** as required.

NOTE – Keyboard Shortcuts:

Note that you can use keyboard shortcuts to make it quicker to enter the percentage of **FVNL** and **concentrated FV**:

- For **100%**, type **a**.
- For **0%**, type **z**.

3. Click **Save** at the bottom of the window.

Next step

Next you will set the HSR category for your recipe and check that all the HSR nutrients are calculating correctly.

See Chapter 4, *Finalising the HSR for a recipe*.

4. Finalising the HSR for a recipe

FoodWorks calculates the HSR for your recipe from its raw materials and from the HSR category to which you assign the recipe.

You can review the final HSR for a recipe in the Analysis Pane. If you need to dive deeper to examine how the final percentage was calculated, use the **HSR Explorer**.

Set the HSR category for the recipe



In your open recipe:

On the **General** tab, from the **HSR/NPSC Category** drop-down, select the appropriate category.

Avocado & Sweet Chilli Hummus - Recipes

General Ingredients Overrides Measures Notes

Name: Avocado & Sweet Chilli Hummus

Id: Alt.Id:

Folder: Recipes

Based on: Recipe

Label Declaration: Sub Recipe or Recipe

HSR/NPSC Category: Category 2 - All other foods

Description:

-
- Category 1 - Beverages (not 1D)
- Category 1D - Dairy beverages with calcium claim
- Category 2 - All other foods
- Category 2D - Other dairy with calcium claim
- Category 3 - Oils & Spreads
- Category 3D - Cheeses with calcium claim

For definitions and how to determine the HSR category for your recipes, see Step 1 of the [Guide for Industry](#). There are 6 HSR categories described in the Guide. These are the same categories used for nutrient profile scoring as described in the [Food Standards Code](#).

NOTE: Dairy foods

For dairy foods, the HSR category depends on whether you can make a nutrient content claim for calcium. See *Steps to assess the HSR of a food* in the [Guide for Industry](#).

Check the nutrients used for HSR

In your open recipe, you can see the calculated value for the HSR.

Serve	100g	1MJ	Total
All Components			
Summary			
Profile			
Label			
General			
Country of Origin			
Health Star Rating			
Macro-Nutrients			
Sugar Alcohols			

Health Star Rating (HSR)	
Health Star Rating (HSR)	4
FVNL - Fruit, Vegetable, Nuts, Legumes	11 %
Concentrated FV - Fruit & Vegetables	11 %
Macro-Nutrients	
EnergyDF	791.523 kJ
EnergyDF	189.088 Cals
EnergySE	789.935 kJ
Protein	5.527 g
Total fat	12.496 g
Saturated fat	1.680 g



To check that the necessary nutrients for HSRs are all calculating correctly:

1. In the Analysis Pane, for the following nutrients/components check that there are no **question marks (?)** or **greater than signs (>)**, and that the value appears reasonable:
 - Energy
 - Saturated Fat
 - Sugars
 - Sodium
 - Protein
 - Fibre
 - FVNL
 - cFV

NOTE: Showing the Analysis Pane

If the Analysis Pane is not already displayed, on the **FoodWorks** toolbar, click the **View Analyses** button:



2. If there are **question marks (?)** or **greater than (>)** signs for these nutrients, then to investigate them:
 - In the Analysis Pane, click the nutrient/component with the missing value.
 - Click the **Ingredients** tab of the recipe. Look at the nutrient column on the right of the tab to check for missing values for any of the ingredients.
 - Make any necessary changes to the ingredients.

Use the HSR Explorer

Use the **HSR Explorer** to explore in depth the HSR value calculated for a recipe. Here you can examine the baseline points and modifying points.



To open the **HSR Explorer**:

1. Open the recipe that you want to examine.
2. On the **View** menu, click **HSR Explorer**.

Here is the **HSR Explorer** showing some sample data.

	Value/100g	Cut-offs	Points
Base Line Points			
Energy	789.93	670 - 1005	2.0
Sat-Fat	1.68	1 - 2	1.0
Sugars	1.96	0 - 5	0.0
Sodium	254.16	180 - 270	2.0
Final Baseline Points			5
Modifying Points			
Conc. FV	11.00		0.0
FVNL	11.00		0.0
Adj. FVNL	29.73	0 - 40	0.0
Protein	5.53	4.8 - 6.4	3.0
Fibre	4.80	4.7 - 5.4	5.0
Total Modifying Points			8
Final Points			-3
Health Star Rating			4

The **HSR Explorer** lets you see at a glance the baseline, modifying and final points, and the breakdown per nutrient.

Next step

The next chapter, *Displaying the HSR on a label*, explains how to display the HSR system graphic on your labels.

5. Displaying the HSR on a label

When displaying the HSR on your label, **FoodWorks** provides several standard designs for the HSR system graphic that you can choose from.

For guidance on the principles of the HSR system and the details of its presentation on food packages, see the [Health Star Rating system Style Guide \(December 2017\)](#).

Show the HSR system graphic on a label

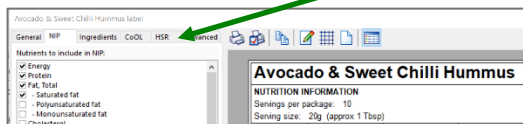


To display the HSR system graphic on the label for the recipe, in your open recipe:

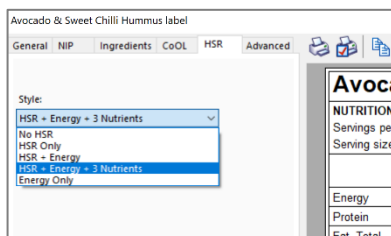
1. On the **FoodWorks** toolbar, click the **Label** button.



2. In the **Label** window, click the **HSR** tab.



3. From the drop-down list, select the type of HSR system graphic you require for this label.



Set advanced options

You can control aspects of the content and look of your label in the **Label Options** dialog.

For Health Star Ratings, you can control whether they are shown, and also whether you want to display a minimum rating for recipes with missing data (e.g. fibre values).

NOTE: All options set through the **Label Options** dialog apply to all the labels generated in your FoodWorks database.

 To set the advanced options for HSR:

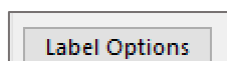
Step 1 – Open the Label Options window

To set the options for Health Star Ratings:

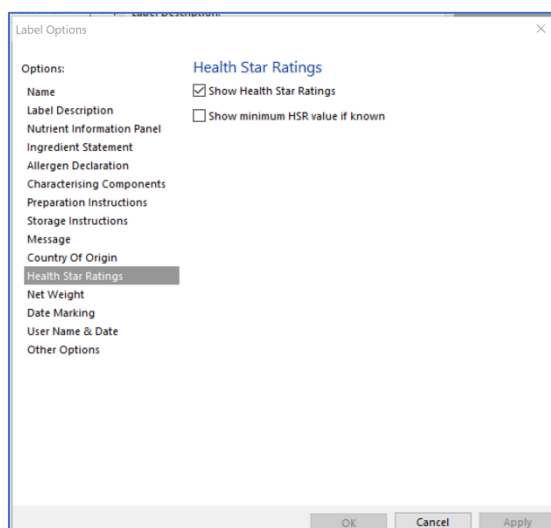
1. On the FoodWorks toolbar, click the **Label** button.



2. At the bottom of the Label window, click the **Label Options** button.



3. On the left, click **Health Star Ratings**.



4. Select options as required.

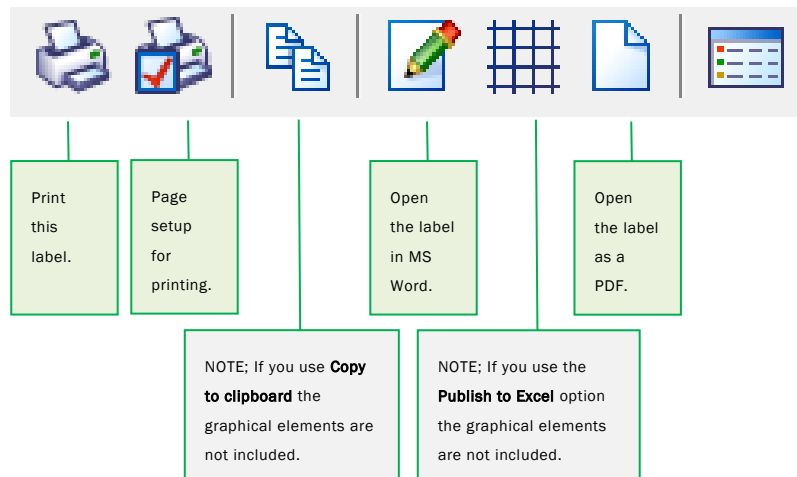
Next step

The next chapter, *Printing a label*, explains how to print or publish your labels with Health Star Ratings.

6. Printing a label

Now that you have your label ready, here are the options for printing or publishing this individual label:

The Toolbar in the Label Window – print or publish the label:



NOTE: Publishing all of your labels

You can also publish the labelling information for all your recipes from your **FoodWorks** database for use by your label-printing software. See the next chapter.

Print the label



To print the label directly to your standard printer:

1. On the toolbar of the Label window, click the **Print** icon.



2. Click **OK**.

NOTE: Printer set up

On the toolbar of the Label window, click the **Page Setup** icon.



Set properties as required and click **OK**.

Open the label in Microsoft Word



To open the label for editing in Microsoft Word:

1. On the toolbar of the Label window, click the **Publish to Word** icon.



The label will be opened in Word. Note that some formatting information may be lost in the conversion from PDF to Word format.

Open the label as a PDF



To open the label as a PDF document:

1. On the toolbar of the Label window, click the **Open as PDF** icon.



6. Publishing your HSR information

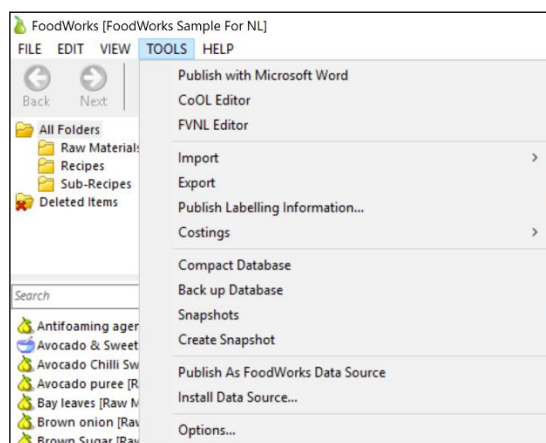
You can publish the labelling information for all your recipes from your **FoodWorks** database to Microsoft Access or to a tab-delimited text file ready for use by your label-printing software.

Publish your labels via label-printing software



To publish the labelling information from your **FoodWorks** database to **Microsoft Access** or to a tab-delimited text file for use by your label-printing software:

1. Open the **FoodWorks** database.
2. On the **Tools** menu, click **Publish Labelling Information...**



3. Follow the instructions displayed.

HSR information published

When you publish your labelling data (using **Publish Labelling Information** on the **Tools** menu), **FoodWorks** includes information to support HSR.

The HSR columns published are as follows:

- **HSRStars** – number of stars in numeric value
- **HSRStyle** – numeric value from 0 to 4
 - 0 = No HSR
 - 1 = HSR only
 - 2 = HSR + Energy
 - 3 = Energy only
 - 4 = HSR + Energy + 3 Nutrients

- **HSRImage** – This value corresponds to the Health Star Rating image name in the HSR Assets folder of the FoodWorks®-BarTender® resources. You can download the FoodWorks-BarTender resources [here on the FoodWorks support site](#).
- **HSRUnits** – numeric value, 0 or 1
 - 0 = per 100g
 - 1 = per 100ml
- **HSRUnitsStatement** – ‘per 100g’ or ‘per 100ml’ in text
- **HSREnergy** – energy value and unit in text
- **HSRSaturatedFat** – saturated fat value and unit in text
- **HSRSugars** – sugars value and unit in text
- **HSRSodium** – sodium value and unit in text

Get the HSR system graphics into BarTender

If you are publishing your labelling information from FoodWorks for use in the BarTender® Label Software, we provide a solution that enables you to include the HSR system graphic.

You can find more information [here on the FoodWorks support site](#).