# Nutrition labelling about added sugars

**Submitted to Food Standards Australia New Zealand (FSANZ).**

We have submitted feedback to the FSANZ Proposal 1058, supporting added sugar labelling to enable consumers to make informed food choices.

Proposal P1058 considers amending the Australia New Zealand Food Standards Code (the Code) to include 'added sugars' information in the nutrition information panel (NIP) to enable consumers to make informed food choices in support of dietary guidelines.

Dietitians Australia is supportive of added sugar labelling. Nutrition labelling is a powerful tool which can influence consumers to make healthier choices, as well as how food manufacturers manage food reformulation.

Labelling is fundamental to support policies on reformulation, food procurement, fiscal policies, and marketing restrictions. All of these are key strategies identified within the National Preventive Health Strategy and National Obesity Strategy.

**To read our recommendations, download our full submission.**

## Get in touch

If you have questions about this submission, contact us at policy@dietitiansaustralia.org.au