

## Recommendation 17 - Review of per serve labelling

The removal of the per serve labelling on packaging is of **no benefit to any consumer**. The only winners from this will be the manufacturers and importers of these products.

People with dietary restrictions such as diabetes or heart conditions, parents looking at restricting their child's intake of such things as sugar and fat and people watching their general health for fitness, stand to be the biggest losers.

On a personal perspective, myself and many others suffer from metabolic dietary disorders and the per serve labelling is imperative for us to maintain a healthy life we were need to moderate our intake of such things as protein.

I am personally restricted to 15grams of protein per day and this type of labelling is my only way to measure my intake so as I can know what is suitable and in what quantity.

For instance I have a Monte Carlo with a cup of tea after dinner, a Monte Carlo has 0.7 grams of protein per serve and a serving is one biscuit. If it only has 100grams per serve labelling, how I am meant to tell what I am allowed if scales are not available. It is totally unrealistic to expect me and many other Australians watching their dietary intake for what every reason to have to measure every bit of food they put into their mouths.

If Recommendation 17 is approved not only will it cause many issues for many Australians, but will restrict people from buying products as they will be unsure of what they and cannot eat as the intake will be confusing.

In conclusion, there is not one Australian person who will benefit from the approval of Recommendation 17. The only people to stand to benefit are the companies who import or manufacture the foods.

Please do not approve Recommendation 17 and keep the labelling clear and accountable for the public of Australia.

Kind regards

Con Giannas

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