

Key guidelines for labelling



Label on essential nutrients

A label signifying how much energy, saturated fat, total sugar, sodium, and essential nutrients a food item contains per 100 gm or 100 ml

Possible benefits of the move

Study on acceptability and potential use of nutrition labels said "warning labels can deter choice and consumption of even moderately unhealthy foods". It observed that such labels on pre-packaged processed foods may have "good uptake among Indian population"

What experts say

"In the context of growing overweight, obesity and non-communicable diseases, if the FOPNL has to serve as a preventive tool and deter the consumers from consumption of nutrients of concern, then warning indicator labels could be helpful."

— **Dr Hemalatha R**, director, NIN