
FSSAI releases draft norms on nutritional labelling

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The Food Safety and Standards Authority of India (FSSAI) on Tuesday released draft regulations for the front-of-the-pack nutritional labelling for packaged food. The draft regulations propose to bring in five-star ratings to give consumers more information about the nutritional profile of the packaged food products.

COMPLIANCE BY CHOICE

The draft regulations states, the number of stars will indicate that the food products are better positioned to provide for the daily nutrient needs of consumers. The regulator has now sought views of stakeholders and added that compliance with the regulations, once notified, will be voluntary in nature for four years.

The draft regulations for the first time defines

products that will be considered High Fat Sugar and Salt (HFSS) food products.

BASELINE VALUES

The draft regulation amendments have proposed the mathematical formula on which star ratings will be calculated and also in the manner in which they will need to be displayed on the front labels of the products. The food regulator has defined baseline reference values for energy, total sugars, saturated fats and sodium per 100 gm and 100 ml that contribute to health risk factors. It has also prescribed the minimum percentage of positive nutrients such as fruit and vegetables, nuts, legumes, fibres and protein.

Based on these baseline reference values and positive nutrients percentages, food products will obtain Indian Nutrition Rating (INR) scores which will determine the number of stars a product food will be able to display.