

- **Mr Sunil Adsule**, AVP Regulatory Affairs, Reliance Consumer Products Ltd and **Ms Nidhi Agarwal**, Regulatory Affairs Manager, Reliance Consumer Products Ltd presented on Front of the Pack (FOP) Labelling-Choice VS Direction. Mr Sunil began his talk by providing an overview of the Consumption Survey conducted by NIN, in which he highlighted the sources of food intake. During a discussion on the key factors of diet and physical activity, it was mentioned that unhealthy diets and physical inactivity are among the main causes of major non-communicable diseases. According to recent data on physical activity and inactivity patterns in India for the year 2021, more than 60% of Indians do not engage in any physical activity. In 2020, Edu Sports conducted an annual survey on school health and fitness, which included 1,49,833 children between the ages of 7 and 17 from 364 schools across 250 cities and towns. The survey revealed that 50% of the children had an unhealthy Body Mass Index (BMI) level. He explained nutrition labelling which describes food content. It helps manufacturers market products and consumers make healthy choices. Nutrient declaration and ingredients list are on the back while the nutrition facts are on the front of the pack. In the end of his presentation, he gave an overview on FOPL.
- **Ms Nidhi** in her presentation spoke on the recently published FOPL draft labelling where she briefed on the INR (Indian Nutritional Rating) Logo & Pictorial Display Format. She further spoke on HFSS The term "HFSS" refers to processed foods with high levels of saturated fat, total sugar, or sodium. To be classified as HFSS, such products must contain at least 10% of their total energy from saturated fat, at least 10% of their total energy from total sugar, and no more than 1mg of sodium per 1 kcal. This concept is based on the daily dietary intake goal to maintain a healthy diet. However, it cannot be applied to design single foods, as neither naturally available nor processed foods can meet this requirement. As a result, 80-90% of pre-packaged food products are classified as HFSS. During the presentation, Mr Adsule discussed the FOPL-Points to Consider, which included promoting a healthy lifestyle, distinguishing between diet and food approaches, focusing solely on prepackaged food, utilizing a restrictive approach, providing pointers to generate evidence, and identifying contributory factors to FSS intake from all sources.