

Front of Pack Nutrition Labeling

Richa Mattu

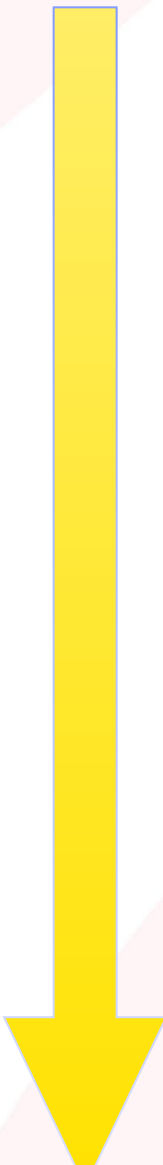
Hindustan Unilever Limited

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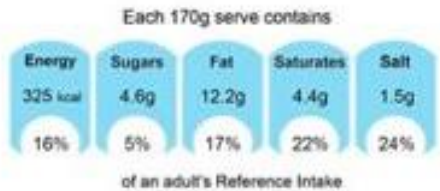
Labels

Informative (facts)

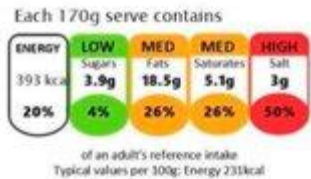


Interpretative (logo)

Nutrition Facts	
Serving Size 1/2 cup (51.8 g)	
Amount Per Serving	
Calories 237	Calories from Fat 62
% Daily Value*	
Total Fat 3.1g	14%
Saturated Fat 3.6g	18%
Polysaturated Fat 1.2g	
Monounsaturated Fat 1.5g	
Cholesterol 1mg	0%
Sodium 26mg	1%
Total Carbohydrates 33.5g	11%
Dietary Fiber 4.2g	17%
Sugars 11.5g	
Protein 5.3g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
Nutritional Units: 1	
* Based on a 2000 calorie diet	



Reference Intakes



Multiple Traffic Lights



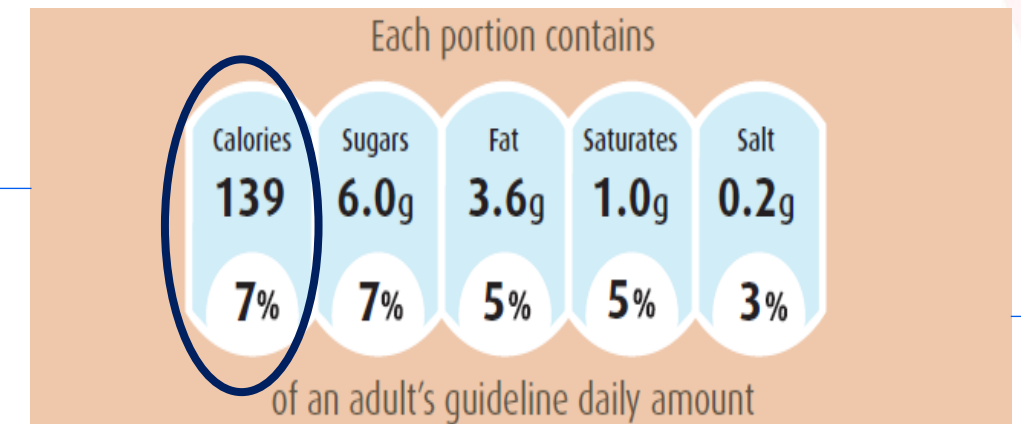
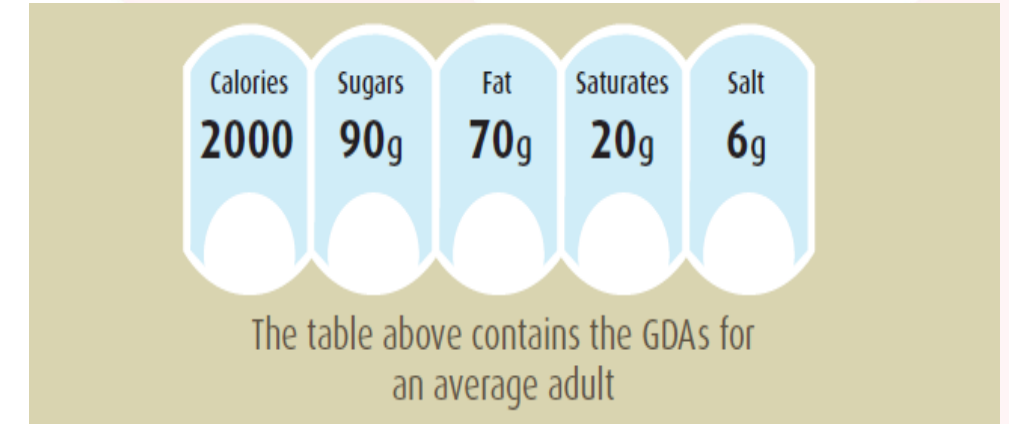
Warning symbol



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Guideline Daily Amount (GDA)

- This system of nutrition information is based on international dietary guidelines for the average daily amount of calories and nutrients that people need – known as Guideline Daily Amounts (GDA).
- The system informs you at a glance on the amount of calories a single serving holds, as well as the sugar-, fat-, saturated fat and sodium (or salt) content.
- In addition, the label shows what percentage of the daily recommended amount of these nutrients the products provides in a portion. This helps you in choosing a balanced diet



how many calories/grams there are in one portion of your food

percentage of your overall Guideline Daily Amount that you are about to eat

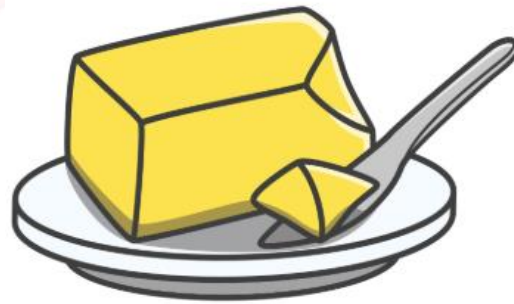
Color Coded GDA

- Nutritional values are be given on a per portion basis for energy (kJ and kcal), fat, saturates, sugar and salt, both in actual numbers as in % of the Reference Intake (RI).
- The portion must be clearly described above. And beneath the energy values (kJ and kcal) for 100g/ml must be provided.
- For assigning the colour coding (green, amber, red) there is a criteria that must be met per 100g/ml.
- The colours may be accompanied by the wording 'high, med/ medium, low'.



Criteria for 100g of solid food (whether it is or not sold by volume)				
Text	LOW	MEDIUM	HIGH	
			Red	
Colour code	Green	Amber	>25% of RIS	>30% of RIS
Fat	≤ 3.0g/100g	>3.0g/100g - ≤ 17.5g/100g	> 17.5g/100g	> 21g/portion
Saturates	≤ 1.5g/100g	>1.5g/100g - ≤ 5.0g/100g	> 5.0g/100g	> 6.0g/portion
Sugars (total)	≤ 5.0g/100g	>5.0g/100g - ≤ 22.5g/100g	> 22.5g/100g	> 27g/portion
Salt	≤ 0.3g/100g	>0.3g/100g - ≤ 1.5g/100g	> 1.5g/100g	> 1.8g/portion

Color coded GDA- example



Each product (10g) contains

Energy	Fat	Saturates	Sugars	Salt
73kcal 305kJ	8.1g	5.2g	0.1g	0.1g
4%	12%	26%	0%	2%

of an adult's reference intake



Each product (10g) contains

Energy	Fat	Saturates	Sugars	Salt
64kcal 268kJ	7g	1.5g	0.1g	0.1g
3%	10%	8%	0%	2%

of an adult's reference intake

Health Star Rating

- Australian governments, and the government of New Zealand, endorsed the voluntary Health Star Rating (HSR) interpretive front-of-pack-labelling system, developed jointly by health groups, industry and government, which applies to all packaged, manufactured or processed foods ready for sale, except for agreed exemptions.
- The Calculator takes into account four aspects of a food associated with increasing the risk factors of chronic diseases, these are energy, saturated fat, sodium and total sugars content. Certain “positive” aspects of a food such as fruit, vegetable, nut and legume content, and in some instances, dietary fibre and protein content are also considered.
- Taking these components into account, points are allocated based on the nutritional composition of 100g or 100mL. The points are converted to a star rating (from ½ to 5 stars).
- The HSR Calculator has been developed to calculate the Health Star Rating for packaged food products.



Health Star Rating- Example



Each product (15g) contains

Energy	Fat	Saturates	Sugars	Salt
108kcal 452kJ	11.9g	0.9g	0.2g	0.2g
5%	17%	5%	0%	4%

of an adult's reference intake



Each product (15g) contains

Energy	Fat	Saturates	Sugars	Salt
41kcal 170kJ	4g	0.4g	0.3g	0.3g
2%	6%	2%	0%	4%

of an adult's reference intake



Nutri-Score

- The calculation is based on the 100 g content of 4 negative elements: energy, simple sugars, saturated fatty acids and salt.
- Points of 1 to 10 are assigned to each item based on the quantities present. This score may be minimized by subtracting nutritional elements considered as positive: fruits or vegetables (and nuts), fibers and proteins. Points ranging from 1 to 5 are assigned.
- The theoretical scores of the score range from -15 (most favorable) to +40 (worst). Colors and letters are assigned based on the final score.



1. Attribution of points, based on the content of nutrients and other elements per 100 g of a food/beverage item

Points A			Specific cut-offs: Beverages ¹		Specific cut-offs: Fats			Points C			
Points	Energy (Kj)	Total sugars (g)	Energy (Kj)	Total sugars (g)	Saturated fat (g)	Saturated fat (g)	Sodium (mg)	Points	Fruits, vegetables (%)	Fiber (g)	Protein (g)
0	≤ 335	≤ 4,5	≤ 0	≤ 0 ²	≤ 1	< 6	≤ 90	0	≤ 40	≤ 0,7	≤ 1,6
1	> 335	> 4,5	≤ 30	≤ 1,5 ³	> 1	≥ 6	> 90	1	> 40	> 0,7	> 1,6
2	> 670	> 9	≤ 60	≤ 3	> 2	≥ 10	> 180	2	> 60	> 1,4	> 3,2
3	> 1005	> 13,5	≤ 90	≤ 4,5	> 3	≥ 14	> 270	3	-	> 2,1	> 4,8
4	> 1340	> 18	≤ 120	≤ 6	> 4	≥ 18	> 360	4	-	> 2,8	> 6,4
5	> 1675	> 22,5	≤ 150	≤ 7,5	> 5	≥ 22	> 450	5	> 80	> 3,5	> 8,0
6	> 2010	> 27	≤ 180	≤ 9	> 6	≥ 26	> 540		0-5 (a)	0-5 (b)	0-5 (c)
7	> 2345	> 31	≤ 210	≤ 10,5	> 7	≥ 30	> 630	Total	Points A= (a) + (b) + (c) (0-15)		
8	> 2680	> 36	≤ 240	≤ 12	> 8	≥ 34	> 720				
9	> 3015	> 40	≤ 270	≤ 13,5	> 9	≥ 38	> 810				
10	> 2350	> 45	> 270	>13,5	> 10	≥ 42	> 900				
	0-10 (a)	0-10 (b)	0-10 (a)	0-10 (b)	0-10 (c)	0-10 (c)	0-10 (d)				
Total	Points A= (a) + (b) + (c) + (d) (0-40)										

¹Excluding milk and vegetable milks

²Except if the drink contains artificial sweetener

³If the drink contains artificial sweeteners

3. Attribution of colors

¹Excluding milk and vegetable milks

²Except if the drink contains artificial sweeteners

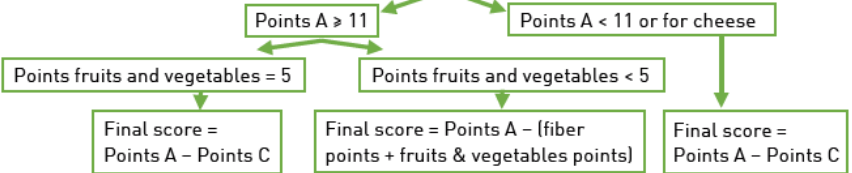
³If the drink contains artificial sweeteners

3. Attribution of colors

Foods (points)	Beverages (points)	Color
-15 to -2	-15 to 0	Green
-1 to 3	1 to 4	Yellow
4 to 11	5 to 8	Orange
12 to 16	9 to 11	Pink
17 to 40	12 to 40	Red

Highest quality

Lowest quality



2. Final score = 15 to 40 points



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Nutri-Score- Example



Each product (250g) contains

Energy	Fat	Saturates	Sugars	Salt
172kcal 712kJ	10.8g	3.8g	8.2g	1.6g
9%	15%	19%	9%	27%

of an adult's reference intake



Each product (250g) contains

Energy	Fat	Saturates	Sugars	Salt
8kcal 33kJ	0.9g	0.6g	0g	2.8g
0%	1%	3%	0%	46%

of an adult's reference intake



Warning Label

- In Chile, the regulatory norms define limits for calories, saturated fat, sugar and sodium content considered “high” in foods and beverages.
- All foods that exceed the limits will have a front-of-package black and white warning message in the shape of a black octagon that reads “HIGH IN” followed by CALORIES, SATURATED FAT, SUGAR or SODIUM. A warning message will be added to products when sodium, sugars or saturated fats have been added to them and their content exceeds the limit per category (solid or liquid).
- In the case of energy, its warning message should be labeled when sugars, honey, syrups, or saturated fats have been added to the product and the value is exceeded. (E.g. a product high in fat and sugar will have 2 stop signs).
- The limits for calories, saturated fat, sugar and sodium will be implemented using an incremental approach, reaching the defined limits by 2019.



CRITERIA	Energy (kcal/100g)			Sodium (mg/100g)			Total sugars (g/100g)			Saturated fat (g/100g)		
Limits for <u>solid</u> foods Values higher than	350	300	275	800	500	400	22,5	15	10	6	5	4
Limits for <u>liquid</u> foods Values higher than	100	80	70	100	100	100	6	5	5	3	3	3
	12 months after entry into force (June 2016)			24 months after entry into force (June 2018)			36 months after entry into force (June 2019)					

Warning Label- Example



Each product (72g) contains

Energy	Fat	Saturates	Sugars	Salt
74kcal 310kJ	0.7g	0.6g	14.4g	0.1g
4%	1%	3%	16%	1%

of an adult's reference intake





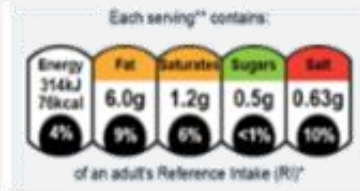


Each product (79g) contains

Energy	Fat	Saturates	Sugars	Salt
244kcal 1021kJ	15.4g	11.3g	21.7g	0.1g
12%	22%	57%	24%	2%

of an adult's reference intake



FOP labels – comparison

					
	Warning label	NutriScore	UK Scheme	Health Star Rating	Positive logos
Visual expression	Summary indicator	Summary indicator	Nutrient rating	Both summary and nutrients	Summary indicator
Categories	Food, Drink	Food, Drink, Fats, Dairy, Cheese	Food, Drink	Food, Drink, Dairy, fats/oils	Multiple product categories
Nutrients in scope	(Energy), SAFA, sugars, sodium	(Energy), SAFA, simple sugars, sodium, fruits/vegetables/nuts, fibres and proteins	Total fat, SAFA, total sugars and salt	[Energy], SAFA, sugars, sodium, protein, dietary fibre and Fruits Vegetables Nuts and Legumes	SAFA, trans fatty acids, added sugar and salt. Sometimes dietary fibre or energy, depends on label

Thank You

