

## Front of pack nutrition labelling models

Ms Mili Bhattacharya, Scientific and Regulatory Affairs, Coca Cola India Pvt Ltd., gave a detailed explanation on the FOPNL models considered prior to the impending draft. FoPNL is a graphical representation of specific nutrients, calories, fat, saturated fat, sugar and salt, excess of which are associated with an adverse impact on health; collectively understood as non-communicable diseases (NCD). There are several models in play and countries have adopted these according to the dietary consumption of their population, contributing sources

FOPL Models	COUNTRY	SYMBOLS/ICONS
Monochrome GDA	Many EU Countries, Thailand etc.	
Traffic Light	UK	
Healthier Choice	Singapore, Malaysia, Norway	

and risk presented (Fig.1a).

On a 100g or 100ml basis, the monochrome model provides consumers with information on the amount of energy, fat, saturated fat, sugar and salt(or any other nutrient of interest) in the product as a percent of their recommended daily intake values. Daily intake values are variously described as Daily Values (US) or Reference Intake (EU) and based on daily energy 2000kcal. FSSAI has provided these values in FSS

Fig 1b

FOPL Models	COUNTRY	SYMBOLS/ICONS
Health Star	Australia	
Nutri-Score	France , Belgium	
Warning	Chile, Ecuador, Costa Rica, Mexico, Brazil, Canada (under discussion)	

(Labelling & Display) 2020. The traffic light model is similar except that information on certain nutrient exceeding a predetermined threshold is given cautionary colour depictions.

Other models (Fig.1b) use endorsement symbols and icons on the healthfulness of a product. In the Health Star Rating (HSR) model, the math using algorithms is done and the healthfulness of a product is rated by number of stars allotted. More the stars healthier the

product. NutriScore is a five step colour rating scheme moving from green (healthier) to red (less healthy). In some cases, regional clusters of one or more countries (South America), use a common model because of their population dietary patterns of consumption and the prevailing nutrient level of risk may be similar. Australia and New Zealand introduced the HSR system. FoPNL is an initiative primarily to change purchase

behaviour of pre-packaged foods. In countries where staple-based home cooked foods occupy the centre of the plate, consumption not purchase is a significant factor to be recognised. Moving on, the next talk deals with eating right and meeting recommended nutrient intake levels.