

## **Good news! FSSAI may enforce 'Traffic Light Labelling' rules on Packaging and Labelling Act: Sources**

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**E-Paper**

The Food Safety and Standards Authority of India (FSSAI) is planning to make changes in the Packaging and Labeling Act 2018. Sources close to the development informed Zee Business's Suman Agarwal that the food regulator may add the 'Traffic Light Labelling' rules in the act. In short, these rules will be applied to the packaging of food items.



In addition, under the new act, the quantity of nutrients will be written on the front side of the packet instead of its back. In addition, companies involved in manufacturing the packaged foods will have to write the quantity of sugar, fat and salt on the packet too.

### **About 'Traffic' rules**

'Traffic Light Labelling' is a system of indicating the status of contents using the red, amber or green a la traffic lights. The system was first implemented in the United Kingdom in 2007. This labelling allows people to know about the nutritional content of the packaged foods – such as salt, sugar and fat content – as red for very high (unhealthy), amber for moderate, and green for low (healthy). Foods with 'green' indicators are healthier and to be preferred over those with 'red' ones.

**Alert:** Packaged goods with a high content of all these three nutrients is dangerous for health as it may increase the risk of many diseases like hypertension, diabetes and obesity.

### **Benefits of 'Traffic Light Labeling'**

Such a labelling will allow the customer to choose the best product by comparing them. They will be opting for foods on the basis as per the needs of their body and health.

### **General information that will be provided on the packet includes**

- Date and place of manufacturing of the product.
- Its expiry date or by when the product should be used.
- Name of the product and manufacturing company will be written in title case or capital letter.
- Information related to nutrients will be provided on the front side of the packet.
- Batch, code number and license number of the product.
- Is it suitable for intake of a 12-month-old child or not.