



## GLOBAL BEST PRACTICES

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<b>CATEGORY</b>	Food Processing Industry

## Introduction

There is a general ignorance that is compounded by a lack of nutrition information about the food that one eats in India. Within the confines of India, one often hears about inappropriate facilities for food storage and processing as well. As a consequence one also hears wastage of food and underutilization of production capacity – both of which are a luxury a developing economy of the size of India can ill afford. Examples we have heard in the recent past: Wheat granaries becoming unusable because of improper storage in Punjab, Rice contamination in Andhra Pradesh, Excess tomato production resulting in their getting dumped on the streets in a town in Karnataka.

The food processing industry in India also has a very big potential to grow in stature with shrinking international boundaries that facilitates world-trade on food and processed items. Example of a food item that is consumed in large quantities in the world is Potatoes. And, India has a large production base for Potatoes. A simple technique of converting the raw potatoes into processed potato flakes has a big market that India can instantaneously exploit. This list is limited just by one's imagination.

In order to gear up for International acceptability as a producer of high quality processed food and gain respectability, a simple measure to become sensitive to providing Nutrition Facts on processed food can be considered by the Food Processing Industry.



## Existing Status

Processed food in India does not carry Nutrition Facts on the containers. It requires a minimal one-time investment to study the nutrition information and develop a process to publish such information.

## Proposed Improvement

All processed food must carry on the body of the package the following information.

<b>NUTRITION FACTS</b>		
Serving Size:		
Servings Per Container:		
Amount Per Serving		
Calories: X Calories from Fat		
Total Fat Content	As a %age of Daily Value	
Saturated Fat in grams		
Cholesterol in milli-grams.		
Total Carbohydrate in grams		
Dietary Fiber		
Sugars		
Protein		
Vitamin A		
Vitamin C		
Calcium		
Iron		
PERCENTAGE DAILY VALUES BASED ON 2,000 (2,500) CALORIE DIET.		
Total Fat Less than 65 g (80 g)		
Sat. Fat Less than 20 g (25 g)		
Cholesterol Less than 300 mg (300 mg)		
Sodium Less than 2,400 mg (2,400 mg)		
Total Carbohydrate 300 g (375 g)		
Dietary Fiber 25 g (30 g)		
Calorie Per Gram From:		
Fat:	Carbohydrate:	Protein:
INGREDIENTS:		
MADE IN INDIA		



## Brief Implementation Strategy

The FPO or the ISI, must make publishing Nutrition Facts on the container of processed food mandatory for award of a license for food processing units. The FPO and ISI must also act as facilitators of large-scale adoption of this practice by bringing the food process units the necessary assistance from the national laboratories and nutritionists.

## Support Requirements

Laboratory testing of nutrition value of processed food with the help of nutrition experts.

## Case Studies

All over the developed world, providing Nutrition Facts on the container is mandated. As a consequence people are generally more aware of what they eat and how to stay healthy.

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