

NUTRITION ADVOCACY IN PUBLIC INTEREST-India (NAPi)

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CONVENER

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Sub: Inclusion of ultra-processed foods within the regulatory framework

Dear Mr Singhal,

In continuation to this discussion on Ultra processed food products, which are inherently unhealthy, I am happy to share the new evidence emerging almost every week. Following four publications re attached for your review and request sharing with the Scientific Committee of FSSAI. If you like to share the mailing list I can also do that.


NAPi request FSSAI to consider these to regulate ultra-processed food products.

1. Report of the UN Food and Agriculture Organisation (FAO) that recognises that increasing consumption of ultra-processed food products (UPFs) is associated with poor health outcomes and recommends limiting the consumption of UPFs through policies and regulations.
2. A recent review published in The Lancet Gastroenterology & Hepatology describes the mechanistic association between the consumption of UPF and chronic medical conditions, especially those involving the gut microbiome. Aug 2022
3. A commentary appeared in Lancet Endocrinology that UPFs is a global problem and needed global solutions. However, it is not yet an issue in India even as the knowledge advanced on links of food processing to poor health through hundreds of studies. Aug 2022
4. Latest publication on the evidence. Eur J Public Health 2022 Aug 25;ckac104. doi: 10.1093/eurpub/ckac104. Online ahead of print.

Associations of ultra-processed food consumption with cardiovascular disease and all-cause mortality: UK Biobank , authors concluded that a higher proportion of UPF consumption was associated with CVD and all-cause mortality. Thus, actions to limit UPF consumption should be incorporated into the CVD and all-cause mortality prevention recommendations.

With kind regards,

Sincerely,



Dr. Arun Gupta on behalf of the NAPi Team