

STATEMENT AND CALL TO ACTION ON CONSUMPTION OF ULTRA-PROCESSED FOODS

The Breastfeeding Promotion Network of India (BPNI) and Nutrition Advocacy in Public Interest (NAPi) organised a global webinar¹ “What you need to know about ultra-processed foods (UPFs) – the science, policy responses and politics in global context?” in collaboration with the Centre for Epidemiological Studies on Nutrition and Health (NUPENS), University of Sao Paulo, Brazil, and the Institute for Physical Activity and Nutrition, Deakin University, Melbourne, Australia. Three hundred and ten (310) participants belonging to diverse domains including nutrition and health, academicians and researchers, nutrition advocacy groups and individual consultants, hospitals, medical colleges, national and international agencies, universities, colleges of community and home science, ministries of health, UNICEF, FAO, Civil society organisations, public health organisations, experts, students and individuals from India and 36 countries from around the world participated.

The global experts at the Webinar provided updated information on the UPFs, scientific evidence on effect of consuming UPFs on health outcomes and its mechanisms, the NOVA classification of foods, how marketing and conflicts of interests drive UPF consumption, and what are possible policy responses to the UPFs.

In this context, the UN Special Rapporteur on the right to the highest attainable standard of physical and mental health, released a **Statement** on 27 July 2020, endorsed by both the UN Special Rapporteur on the right to food, and the UN Working Group on the issue of human rights and transnational corporations and other business enterprises. The Statement calls for action to prevent unhealthy diets to control the rise of non-communicable diseases (NCDs). “States cannot remain passive in the face of NCDs. They should adopt an integral approach to reduce the consumption of unhealthy food products through the use of a broader set of laws and regulations” as per the Statement².

We the people from Indian States;

Recognising the NOVA (means new) classification of foods, based on the characteristics of food processing rather than nutrient content is a valuable new addition to guide our dietary recommendations;

Understanding that UPFs are being manufactured through harmful processing of food elements;

Recognising the negative impact of increasing consumption of UPFs on human health, which includes several chronic diseases such as obesity, diabetes, cardiovascular disease, cancer and depression, probably acting through alteration of satiety controls and metabolic pathways, high glycemic load, deleterious nutrient profile and consumption of potentially harmful additives;

¹Webinar on UPFs <https://www.bpni.org/ultra-processed-foods/>

²Statement by the UN Special Rapporteur on the right to health on the adoption of front-of-package warning labelling to tackle NCDs 27 July. Office of the UN High Commissioner <https://www.ohchr.org/EN/NewsEvents/Pages/DisplayNews.aspx?NewsID=26130&LangID=E>

Noting the aggressive marketing of UPFs and policy interference, at all levels by interested parties³, drives the increasing consumption of UPFs;

Concerned with rapidly rising consumption of UPFs⁴, leading to unhealthy and unsustainable diets replacing real foods globally and in India too;

Noting that Food and Agriculture Organisation (FAO)⁵ takes cognizance of UPFs impact on health in light of SDGs of 2030;

Noting that countries such as Brazil, Ecuador, Peru and Uruguay have begun to make use of NOVA classification in their official guidelines;

We pledge to continue educating people about the “THE UNSEEN DANGERS OF ULTRA-PROCESSED FOODS⁶”

We also call for following actions from the Government of India, especially the Ministry of Health and Family Welfare, the Food safety and Standards Authority of India, and the respective State Governments.

1. Launch a campaign to educate people in local languages to identify UPFs and make them aware about the negative consequences on health of the UPFs.
2. Develop a legal framework to regulate the marketing and prohibit promotion of UPFs, especially targeting children, and ensure front of the pack bold labelling taking help of illustrative⁷ examples from Chile and Mexico.
3. Adopt NOVA classification as a theoretical reference for food and nutrition policy and include this in the national food guidelines.
4. Set up a National Task Force (without any conflicts of Interest) with the objectives to advise on UPF data collection/ periodic food consumption surveys, research into health outcomes and policy response to UPFs to halt its rise and reduce consumption.
5. Develop an age specific “healthy diet” concept to avoid consumption of UPFs.
6. Levy taxes on UPFs and provide subsidy to producers of minimally processed foods/unprocessed foods.
7. Keep the policy development process free from conflicts of interest through a guideline to identify, prevent and manage conflicts of interest.

Nutrition Advocacy in Public Interest (NAPi) and Breastfeeding Promotion Network of India (BPNI) and endorsers from 27 States.

<http://www.napiindia.in/>

<https://www.bpni.org/>

bpni.india@gmail.com, napiindia.in@gmail.com

August 2020

³Mialon, M., Crosbie, E. & Sacks, G. Mapping of food industry strategies to influence public health policy, research and practice in South Africa. *Int J Public Health* (2020). <https://doi.org/10.1007/s00038-020-01407-1>

⁴Rathi, N., Riddell, L. & Worsley, A. Food consumption patterns of adolescents aged 14–16 years in Kolkata, India. *Nutr J* **16**, 50 (2017). <https://doi.org/10.1186/s12937-017-0272-3><https://rdcu.be/b6qrq>

⁵Ultra-processed foods’ impacts on health <http://www.fao.org/publications/card/en/c/CA7349EN/>

⁶<https://www.bpni.org/wp-content/uploads/2020/07/unseen2020.pdf>

⁷Reyes, M., Garmendia, M.L., Olivares, S. *et al.* Development of the Chilean front-of-package food warning label. *BMC Public Health* **19**, 906 (2019). <https://doi.org/10.1186/s12889-019-7118-1>

List of Endorsers

S No.	Name	Affiliation	State	Email
1	Sh. Keshav Desiraju	Former Secretary, Health, GOI/	Delhi	keshavdesiraju@gmail.com
2	Prof. HPS Sachdev	Senior Paediatrician & Epidemiologist	Delhi	hpssachdev@gmail.com
3	Prof. KP Kushwaha	Paediatrician & Former Principal, BRD Medical College Gorakhpur	Uttar Pradesh	komal.kushwaha@gmail.com
4	Dr. Vandana Prasad	Community Paediatrician, PHRN	Delhi	chaukhat@yahoo.com
5	Prof. Umesh Kapil	Professor, Dept of Epidemiology, Biostatistics And Clinical Research, Institute of Liver & Biliary Sciences	Delhi	umeshkapil@gmail.com
6	Dr Prasanta Tripathy	Co Founder Ekjut	Jharkhand	prasanta.ekjut@gmail.com
7	Ms. Nupur Bidla	PhD Scholar (Social Work)	Delhi	nupurbidla@gmail.com
8	Dr. Arun Gupta	Child Health & Nutrition Advocate	Delhi	arun.ibfan@gmail.com
9	Dr. J.P. Dadhich	Child Health & Nutrition Advocate	Delhi	jpdadhich@gmail.com
10	Dr. Pawan Garg	Paediatrician	Delhi	gargpawan080@gmail.com
11	Dr. J.Kumutha	Paediatrician	Tamil Nadu	dr_kumutha@yahoo.com
12	Dr. C.B. Dasgupta	Paediatrician	Rajasthan	ektamgupta@yahoo.com
13	Dr. Ashok Kumar Datta	Medical Doctor	Delhi	dr_akdatta@yahoo.co.in
14	Dr. J. P. Kapoor	Ex. Director Family Welfare (Govt. of NCT of Delhi)	Delhi	Jpkapoor1@gmail.com
15	Dr Sheila C. Vir	Founder Director, Public Health Nutrition and Development Centre	Delhi	sheila.vir@gmail.com
16	Dr. Neena Ghose	Ramakrishna Mission Seva Pratishthan	West Bengal	neenaghose@gmail.com
17	Dr Ritu Geu Goswami	Assistant Director, NIPCCD, Regional Centre, Guwahati	Assam	ritugeugoswami@gmail.com
18	Dr. Sandhya S. Khadse	Pro-President (VC), NIMS University Rajasthan	Rajasthan	pvc_skhadse@nimsuniversity.org
19	Dr Omesh Khurana	HOD Paed , CCM Medical College	Chhattisgarh	ok_2001@rediffmail.com
20	Dr. Selvan Rathinasamy	Consultant in child health, Lotus Hospital Erode	Tamil Nadu	selvanr4@yahoo.com
21	Dr. Baya Kishore	Health Adv Doctors for you/Greater Noida	Uttar Pradesh	bayakishore@gmail.com
22	Dr. Anil Sud	IAP, Secretary IAP NCD Prevention Academy	Punjab	anilsud52@gmail.com
23	Dr. Jessy George	Executive Director, Surakshit	Delhi	jessicageorge1961@gmail.com
24	Dr Samir Chaudhuri	Secretary, Child in Need Institute (CINI)	West Bengal	samir@cinindia.org
25	Prof. Dipta Kanti Mukhopadhyay	College of Medicine and Sagore Dutta Hospital	West Bengal	diptakanti@gmail.com
26	Dr Satinder Aneja	Professor Dept of Pediatrics Sharda University Gr Noida	Uttar Pradesh	drsaneja@gmail.com
27	MMA Faridi	Principal Dean CMS and Professor of Pediatrics Era's Lucknow Medical College, Lucknow	Uttar Pradesh	drmmafaridi@gmail.com
28	Dr. Pranati Das	Professor in Food Science & Nutrition in Assam Agricultural University	Assam	pranati.das@aau.ac.in

S No.	Name	Affiliation	State	Email
29	Dr. Nilesh Thakor	Associate Professor, Dept. of Community Medicine, GMERS Medical College	Gujarat	drnileshthakor@gmail.com
30	Dr. Asha Benakappa	Head of the Dept of Pediatrics Chandramma Dayananda Sagar Institute of Medical Education and Research Horohalli Ramnagara	Karnataka	ashabenakappa@gmail.com
31	Dr. K Kesavulu	Paediatrician	Andhra Pradesh	doctorkesavulu@gmail.com
32	Dr. Amar Jesani	Independent Researcher & Teacher, Bioethics, Public Health	Maharashtra	amar.jesani@gmail.com
33	Dr Prakash Vaishnav	Paediatrician	Gujarat	drpdvsihfw@hotmail.com
34	Dr. Sunita Katyayan	Paediatrician	Jharkhand	rasnita@gmail.com
35	Dr Shacchee Baweja	Paediatrician , Lactation Consultant, IYCF Counsellor/BLK Super Specialist Hospital	Delhi	dockhare@yahoo.com
36	Dr Manisha Choudhury	Assistant Professor, Assam Agricultural University	Assam	manisha.choudhury@aau.ac.in
37	Ms Razia Ismail	Founder & Convener, India Alliance for Child Rights & We Can Women's Coalition Trust	Delhi	iacrindia@gmail.com
38	Dr. Jyotsna Chatterji	Network Partner of WeCanWCT	Haryana	samyadip@gmail.com
39	Dr. Rupal Dalal	Adjunct Faculty at CTARA, IIT B	Maharashtra	Dalal_rupal@yahoo.com
40	Ms. Shaiphali Goyal	Nutrition Consultant	Delhi	shaiphaligoel1@gmail.com
41	Prof. Delphina Gurav	VICE Principal Seva Mandal Education Society's Smt Sunanda Pravin Gambhirchand College of Nursing	Maharashtra	delphina.gurav4@gmail.com
42	Tambe Prashant Subhash	Lecturer	Maharashtra	prashant.tambe222@gmail.com
43	Beemrao Kunjibihari	Rtd. Chief dietitian of osmania medical collage general hospital. Hyderabad	Telangana	bihari.bheemrao@gmail.com
44	Ruma Bhattacharyya	Professor, Assam Agricultural University	Assam	ruma.bhattacharyya@gmail.com
45	Dr. Dinesh Khosla	Consultant Paediatrician	Haryana	drdkhosla@gmail.com
46	Dr Gracedalyne R S Passah	Assistant Professor, Martin Luther Christian University	Meghalaya	graceshylla@gmail.com
47	Dr. S.Sitaraman	Professor Pediatrics, SPMCHI (J.K. Lone Hospital), Jaipur	Rajasthan	drsraman.jp@gmail.com
48	Shyamkumar Laishram	Consultant Paediatrician, Imphal Hospital and Research Center	Manipur	drsklaish@yahoo.co.in
49	Mr. Ajay Kumar	Advocate	Delhi	legalnet@rediffmail.com
50	Amit Gupta	COO Foodshaala Foundation	Haryana	amit9687@gmai.com
51	Anuradha Borah	Freelance Dietitian	Karnataka	anuradha.megh@gmail.com
52	Ms Shweta Kampani	Post Graduate student	Delhi	shwetakampani@gmail.com
53	Kushagra Pant	Postgraduate student, Lady Irwin College	Uttrakhand	kushagr pant2015@gmail.com
54	Ms. Neha Misra	Independent Childbirth Educator & Birth Doula	Uttar Pradesh	misra.neha@gmail.com
55	Ms. Ayushi Dhasmana	Post graduate student	Uttarakhand	dhasmana.ayushi@gmail.com
56	Aanchal Chadha	Research Scholar, Lady Irwin College	Delhi	aanchal.ecstatic@gmail.com
57	Ms. Abhilasha	Nutritionist	Delhi	chittoria.abhilasha@gmail.com
58	Ms. Aparna Keshri	Lady Irwin College	Bihar	keshriaparna00@gmail.com

S No.	Name	Affiliation	State	Email
59	Harikant	Student, Azez Premji University, Bangalore	Madhya Pradesh	harikant.gupta18_dev@apu.edu.in
60	Ms. Sudha N	Independent Researcher/activist	Karnataka	nsudha13@gmail.com
61	M. Abirami	Dietitian	Tamil Nadu	abindindia@gmail.com
62	Navodita Dhawan	Lactation consultant, Faridabad	Haryana	navoditadhawan@gmail.com
63	Dr. Manjubala Dash	MTPG & RIHS	Pondicherry	manju_narayan@rediffmail.com
64	Ms. Priyanka Gupta	Dietician	Delhi	priyankagupta45@gmail.com
65	Laishram Maria Devi	Student, Assam Agriculture University, Assam	Manipur	marialaishram3@gmail.com
66	Miss Priyanka Bhattacharyya	PhD Scholar, Food science and nutrition	Assam	priyankabhattacharya9494@gmail.com
67	Prof. Dr. Sadagopan Srinivasan	Former Professor of JIPMER	Pondicherry	srinivasan.renu@gmail.com
68	Baruah lukima	Freelance Dietician	Assam	lukimaboroowa@gmail.com
69	Minakshi Saxena	Lactation Consultant at Paras Hospital Gurgaon	New Delhi	minakshisaxena@gmail.com
70	Mouncing Zou	Student, Martin Luther Christian University, Shilong	Meghalaya	Zmuanching11@gmail.com
71	Dr Vidisha Vallabh	Assistant Professor, Himalayan Institute of Medical Sciences, Swami Rama Himalayan University	Uttarakhand	vidishavallabh@gmail.com
72	Mrs. Hemamalini Raghuraman	PhD scholar @ JIPMER	Pondicherry	hemaraj_28@yahoo.com
73	Kumaril Agrawal	Imam Coordinator, Rcoe Udaipur (UNICEF Supported)	Rajasthan	kumaril_msw@yahoo.co.in
74	Gurkiran Kaur	Student, MSU, The Maharaja Sayajirao University of Baroda	Gujarat	gurkirankaur07@gmail.com
75	Dr Ramachandran Thiruvengadam	Scientist, Translational Health Science and Technology Institute	Delhi	ramachandran@thsti.res.in
76	Dr Archana Chowdhury	Nutrition International/ National Program Manager	Delhi	achowdhury@nutritionintl.org drarchanam@gmail.com
77	Ms. Sofia Rani Saggi	Senior Research Fellow	Karnataka	sofia.saggi@gmail.com
78	Mrs Sweety Jousline Fernandes	Assistant professor , Dept of Obstetrical & Gynaecological Nursing, Manipal College of Nursing Manipal	Udupi, Karnataka	sweety.fernandes@manipal.edu
79	Mallikarjuna Honnali Bannajji	Prof of Pediatrics, Ramaiah Medical College	Karnataka	honnalibannajji@yahoo.co.in
80	Dr Suneeta Chandorkar	Assistant Professor, Department of Foods & Nutrition, The M.S. University of Baroda	Gujarat	suneetachandorkar@gmail.com
81	Dr. Sushmita Nair	Associate professor,, Government Girls College Tonk	Rajasthan	sushmitanair10@gmail.com
82	Dr Mira Shiva	Coordinator -initiative for Health & Equity in Society	Delhi	mirashiva@gmail.com
83	Parul	Student	Delhi	parulbrella1997@gmail.com
84	Ms Neha Arora	Registered Dietitian & Public Health Nutritionist, ICDS, Gov. of Maharashtra	Maharashtra	nehagehi@gmail.com
85	Blah Mandari Mary	Assistant professor	Meghalaya	mandariblah@yahoo.co.in
86	Dr Rita Gupta	Medical doctor	Delhi	ritagupt@gmail.com
87	Ms. Yashika Bhavsar	Private Practice	Gujarat	yashikabhavsar29@gmail.com
88	Abirami.M	Dietitian	Tamil Nadu	abindindia@gmail.com
89	Dr Jayashree Jayakrishnan	Physiotherapist/Lactation Consultant	Tamil Nadu	jai_sriphysio@yahoo.co.in

S No.	Name	Affiliation	State	Email
90	Ms. Zarrin Ashraf	Dietician	Uttar Pradesh	zarrinashraf21@gmail.com
91	Dt. Poonam Jaglan	Dietitian	Haryana	Poonamsjaglan@gmail.com
92	Dr Shajin	Consultant Pediatrician	Assam	mail4shajin@gmail.com
93	Dr Dhakshayani Ramalingam	Assistant Professor of Pediatrics, Institute of Child Health, Madras Medical College	Tamil Nadu	dhaksh357@gmail.com
94	Ms. Rima Ved	Field Research Assistant, Nirmala Niketan	Maharashtra	ved.rima@gmail.com
95	Dattatraya Gokhale	Service, Adani foundation, Ahmedabad	Uttar Pradesh	dattagokhale108@gmail.com
96	Prof (Dr.) Vanisha Nambiar	Professor, The Maharaja Sayajirao Univerisity of Baroda	Gujarat	vanishanambiar@gmail.com
97	Ms. Meeta Mathur	Nutritionist, Senior Technical Advisor, Coalition for food and nutrition security	New Delhi	meetajdr@yahoo.co.in
98	Kavita Sardana	Advisor, Health & Nutrition, Adani Foundation, Ahmedabad	Gujarat	sardana.kavita@gmail.com
99	Satish Dhar	Farmer	Uttarakhand	dharsk@gmail.com
100	Dr Pooja Singhania	IYCF counseling specialist	Maharashtra	arogyam.pooja@gmail.com
101	Dr. Priya Shashank	Birth Coach & Lactation Consultant	Punjab	priyashashank@hotmail.com
102	Dr Vijayata Sengar	Assistant Professor, Dept of Foods and Nutrition, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda	Gujarat	vijayata.sengar-fn@msubaroda.ac.in
103	Mettu Pradeep Reddy	Professor of Paediatrics, ESIC Medical College	Telangana	mettupradeepreddy@yahoo.com
104	Deepali Fargade	Nutritionist	Maharashtra	dipalifargade@gmail.com
105	Mrs. Mala Ramadorai	Chairperson of Citi Academy for Special Education- SRCC	Maharashtra	mala.ramadorai@gmail.com
106	Ms. Revati Shah	Assistant Professor (Temp.), Department of Foods and Nutrition, Faculty of Family and Community	Gujarat	revati.revatishah@gmail.com
107	Dr. Shruti Kantawala	Assistant Professor, The Maharaja Sayajirao University of Baroda, Vadodara	Gujarat	shrutikg@gmail.com
108	Prof Uma Iyer	Professor	Gujarat	uma.iyer-fn@msubaroda.ac.in
109	Prof. Meenakshi Mehan	Professor & Head, Department of Foods & Nutrition	Gujarat	head-fn@msubaroda.ac.in
110	Verma Manju	IBCLC , Lactation Consultant	Maharashtra	vermamanju88@gmail.com
111	Tapasvi Puwar	Indian institute of Public Health Gandhinagar	Gujarat	tpuwar@iiphg.org
112	Dr Navdeep Singh Khaira	Retired Professor of Nephrology, DMC College	Ludhiana	nskhaira@yahoo.com
113	Dr Arvind Bhai	Paediatrician , Karnal	Haryana	arviindbhai94@gmail.com
114	Dr Anurag Singh	Prof and Head, Department of Paediatrics , Dr S N Medical College Jodhpur	Rajasthan	singhjodhpur@gmail.com
115	Ms. Kanchi Baria	Assistant Professor	Gujarat	kanchibariamsufn@gmail.com
116	Dr Shalley	Doctor	Punjab	Shalley789@gmail.com
117	Mrs Dilnavaz Variava	Educationist	Maharashtra	dsvariava@gmail.com
118	Mr Vinay Kapila	Retired Army Brigadier	Uttar Pradesh	vck92@hotmail.com

S No.	Name	Affiliation	State	Email
119	Geeta Karambelkar	Professor and Hod Pediatrics, Dr. D. Y. Patil Vidyapeeth, Pune (DPU)	Maharashtra	rajungeeta@yahoo.co.in
120	Vivek Yadav	Farmer	Madhya Pradesh	vivek00001@gmail.com
121	Ms. Mansi S. Diwanji	Temp. Assistant Professor, Dept. of Foods & Nutrition, The Maharaja Sayajirao University of Baroda	Gujarat	mansi.diwanji- fn@msubaroda.ac.in
122	Ms. R. M. Nirmala Selvam	Self employed	Tamil Nadu	snirmala61@gmail.com
123	Yashika	Public Health Researcher	Delhi	yashikajoshi15@gmail.com
124	Mr. Jurist Abonmai	Indira Gandhi National Tribal University, Imphal	Manipur	juristabonmai@gmail.com
125	Kunjan Parmar	Student, The Maharaja Sayajirao University of Baroda	Gujarat	kunjanparmar990@gmail.com