

FOOD FACT CHECKER

BRAND:
CADBURY CHOCOLATE COOKIES



Consumption of ultra-processed food products (UPFs) has grown exponentially over the last few decades in the higher income nations. Indian data shows that it is rising too. Because the UPFs are ultra-processed and contain nutrients like high salt and sugar, their consumption drives over eating, increased obesity, diabetes, cancers etc. making these potentially unhealthy for humans. Therefore, urgent policy interventions are required to reduce the consumption. **The Food Fact Checker** intends to present food facts to people, who can think and decide to buy or not. It is aimed at reducing the consumption of unhealthy food products from their diet. The Fact checker takes into consideration i) degree of food processing, ii) content of sugar/salt or fat and iii) whether its advertisement is misleading or not.

TYPE OF FOOD BY PROCESSING

Ultra-processed Food Product(NOVA*-4)

KEY CONTENT

Sugar-39.8.gm/per 100 Gm (Added Sugar) -HIGH**
(WHO recommends cut off at 6gm/100 Gms for marketing/labelling purposes)

TYPE OF ADVERTISING

Misleading

According to the Consumer Protection Act 2019***, "misleading advertisement" in relation to any product or service, means an advertisement, which—

(i) falsely describes such product or service; or

(ii) gives a false guarantee to, or is likely to mislead the consumers as to the nature, substance, quantity or quality of such product or service; or

(iii) conveys an express or implied representation which, if made by the manufacturer or seller or service provider thereof, would constitute an unfair trade practice; or

(iv) deliberately conceals important information; e.g. Advertisements conceals information on sugar content

**THIS FOOD PRODUCT IS
UNHEALTHY**



*NOVA Classification: shorturl.at/ftR04

** In fact total sugar may be much higher as Carb content is 66.4 Gms/100Gms

***Learn more at <http://egazette.nic.in/WriteReadData/2019/210422.pdf>