

HSR vs.Warning Labels-Key Points



HEALTH WARNING: Consuming products with added sugar(s) contributes to obesity, diabetes, and tooth decay.

Health Star Rating(HSR) Label	Warning Label(WL)
It's confusing, too many numbers, difficult to understand and it does not alert the consumer.	It's easy to interpret, consistent, clear, true, easily understandable, alerts the consumer to specific nutrient high in the food product.
It gives weightage to use of Positive nutrients (Protein, Dietary fibre and FVNL) to increase Star Rating assuming that such nutrients will negate the health risk.	It is not does not give weightage to positive nutrients. Based only on Nutrients of concern like sugar, salt & fat.
It can be manipulated by adding positive nutrients.	It cannot be manipulated. It is direct.
It signals healthfulness, does not identify unhealthy foods e.g. 'High Sugar for diabetics or high salt for hypertensive persons	It signals risk to health (as used in Cigarettes) and facilitates quick identification of unhealthy food products e.g. high sugar or salt to benefit people's health.
It may not decrease consumption of unhealthy foods.	It has shown to decrease consumption in Chile and Mexico.
The industry prefers "Stars" as it has minimal effect on market.	The industry does not like "Warning" on food packets as it can affect the business inversely.
It allows the industry to make health claims and use it as a marketing tool.	It does not allow health claims or use as a marketing tool.
Used in only in Australia NZ	Used in many countries in Latin America, Israel.