



Junking the Junk

**Round table meeting
Food Safety and Toxins
November 1, 2011
Centre for Science & Environment, New Delhi**



About Centre for Science and Environment

- ***CSE has been working for over a decade on issues related to food safety and environmental toxins***
- ***The Pollution Monitoring Laboratory has been the key to taking forward the work of the institution***
- ***The lab was set up in 2000 with the state of the art equipment for pesticide residues, heavy metal and air pollution monitoring***
- ***The lab does research as well as supports community work***

***The lab in the last ten years has worked on issues that -
Concerns our health. Our bodies. Our children***



CSE's Soft Drink Study: 2003

- ***CSE tested soft drinks for pesticides in 2003***
- ***The study raised the issue of very high levels of caffeine, sugar and phosphorus***
- ***It also raised the issue of increasing sales on soft drinks especially among children***
- ***High sugar diet promotes tooth decay and obesity; increases risk of diabetes, high blood pressure, stroke and heart disease***
- ***A Joint Parliamentary Committee was formed to look into the CSE study; JPC ordered regular revision of soft drink standards but that is not happening***
- ***It however did lead to the setting up of the Food Safety and Standards Authority of India (FSSAI), the apex food regulatory body***



CSE's *Trans Fats Study:* 2009

- ***CSE tested 30 samples of branded cooking oil in 2009***
- ***Seven leading vanaspati brands were 5 to 12 times higher than the two per cent standards for trans fats set by Denmark***
- ***Denmark is the only country that has any norms on trans fats***
- ***Vanaspati, the most common cooking oil medium, leaves the Indian food with higher trans fatty acids as compared to western food***
- ***Trans fats is bad for the heart as it reduces the amount of good cholesterol (HDL); it increases the risk of diabetes and Alzheimer's along with chances of breast cancer and infertility in women***
- ***FSSAI proposed setting limits of trans fats to 10 per cent and then reducing it to five per cent in three years; it is still in the pipeline***



CSE's Energy Drinks Study: 2011

- ***Eight brands of energy drinks like Red Bull, Coca Cola's Burn, Tzinga, Cloud 9 were tested for caffeine levels***
- ***The Central Committee on Food Standards (CCFS) set a limit for caffeine at 145 ppm in carbonated beverages***
- ***Energy Drinks were found to contain almost double the level of caffeine in the drinks at about 320 ppm***
- ***FSSAI is setting standards for energy drinks and it is likely to approve a 320 ppm safe limit***
- ***How can 320 ppm be safe for energy drinks while CCFS set 145 ppm as the safe limit for carbonated beverages***



Why should we be concerned about Junk Food

- ***The fast food industry is estimated at between Rs 6750 crore to Rs 8000 crore***
- ***It is growing at a compound annual growth rate of 35-40% annually***
- ***Heavy advertising and marketing is increasing the consumer base of junk food***
- ***There are no regulations and controls on advertising and marketing of junk food***
- ***Junk food is unregulated in the country***



Why should we be concerned about Junk Food...

- ***Junk food causes obesity and diabetes. It increases the risk of hypertension, osteoporosis, prostate and breast cancer. A latest study has found that junk food causes infertility among males***
- ***Study shows that 1 in 5 adults are obese; In India nearly 51 million are suffering from diabetes***
- ***Junk food increases the burden of Non Communicable Diseases (NCDs)- high blood pressure, obesity/ overweight and high cholesterol are the main components***
- ***In 2005, NCDs accounted for 53% of the total mortality and 44% of disability adjusted life years (DALYs) lost in India***
- ***This is likely to rise to 67% of total mortality by 2030***



Why should we be concerned about Junk Food...

- ***The PIL filed by Uday Foundation on banning junk food in schools is being heard at the Delhi High Court***
- ***The FSSAI has agreed in principle to ban the junk food but it is yet to give a complete plan of action***
- ***We need to engage in a discussion to find ways to deal with junk food***



THANK YOU