

State & Local Policies for Incorporating Added-Sugar Warning Labels on Restaurant Menus

CHOICES Community of Practice
Coffee Chat



March 28, 2024

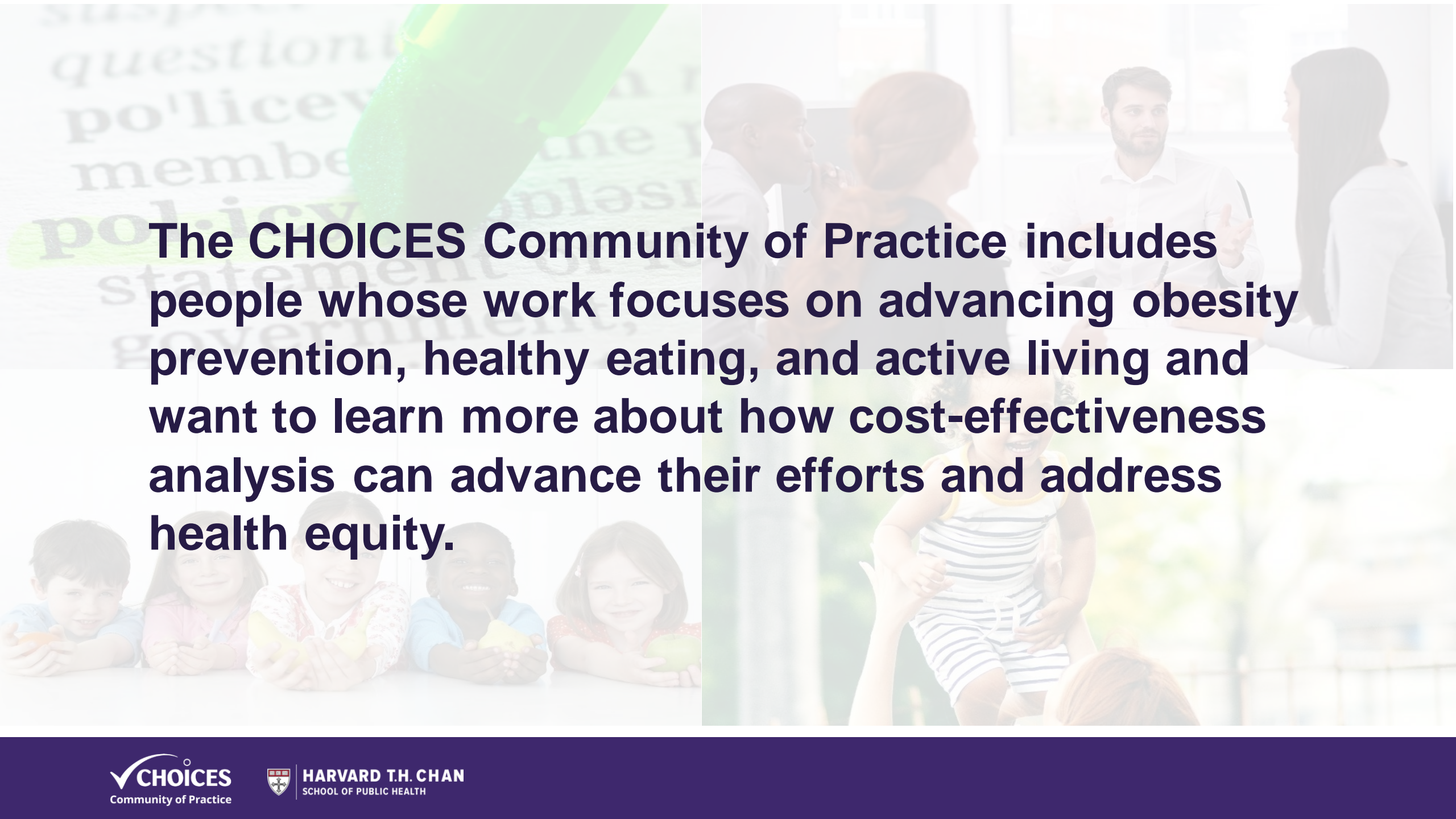
Welcome!

Please share your name, title, & organization in the chat.

Disclaimer & Funding

- The CHOICES Project engages in research and education. The information presented in this discussion today is for educational purposes only and does not necessarily represent the position of any CHOICES Project funders.
- This event is intended to provide information, tools, and resources to inform and educate the audience, and is not an attempt to influence any specific legislation.
- Our guest speakers have been invited to share their personal perspectives and do not speak for Harvard.

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The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity.

State & Local Policies for Incorporating Added-Sugar Warning Labels on Restaurant Menus



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Center for Science in the Public Interest

March 28th 2024

Who We Are: *America's Food & Health Watch Dog*



*Nutrition Action
Health Letter*

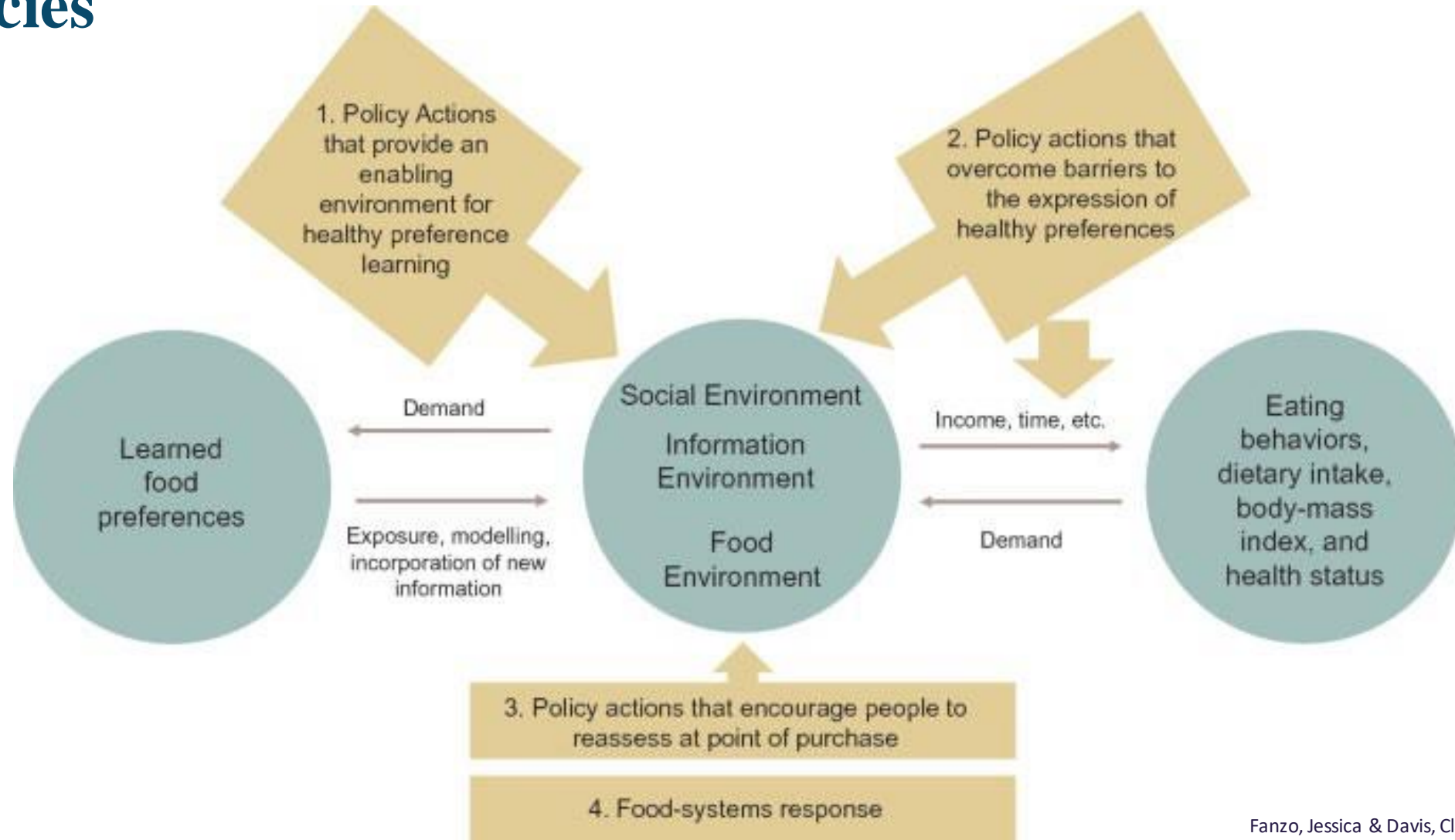


Menu Labeling (part of
Affordable Care Act)

- Founded in 1971, based in Washington DC
- Non-profit Mission
- Independent consumer voice
- Key nutrition policy victories:
 - Menu Labeling
 - School Meals
 - Updated Nutrition Facts



The Need for Food Environment & Consumer Behavior Policies



Food sold at chain restaurants has a substantial impact on our diet



■ Nutrition Profile of average “Default” Combination Meal in the US:

- 1,193 calories (60% of Daily Value)
- 14g Saturated Fat (70% of Daily Value)
- 2,110 mg Sodium (92% of the Daily Value)
- **68g Sugar (136% of the Daily Value for added sugars)**

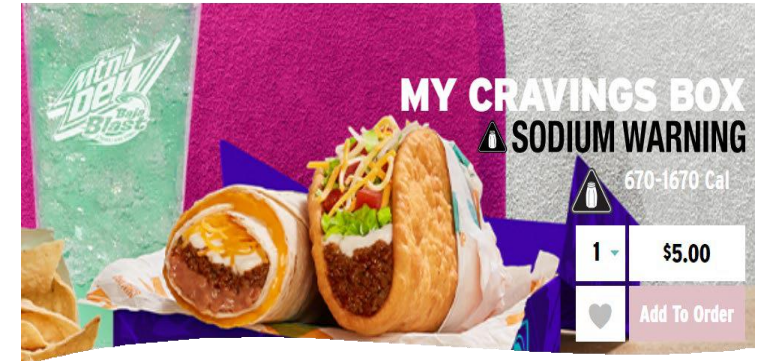
Nutrient Warnings Can Help

What are Nutrient Warnings?


- Icon/numerical based disclosures
- Nutrient warnings are disclosures that are a form of nutrition education.
- They can appear on menus, menu boards, food labels, and on the front of packaged goods.
- They are an objective, accessible, and a widely supported tool that can help individuals identify and avoid foods with excessive amounts of sodium, added sugars, and other nutrients people are recommended to limit in their diets.

Nutrient Warnings on Menus

- Disclosures that appear on physical/online menus/menu boards that provide easily interpretable information to consumers about nutrients that are excessive in menu items (added sugars/sodium)
- Helps supplement nutrition information like calorie disclosures, that alone do not signal nutrient quality
- Examples include:
 - Sodium Warnings in New York City & Philadelphia
 - Added Sugars Warnings in New York City



New York City's sodium warning icon.

Warning:  indicates that the sodium (salt) content of this item is higher than the total daily recommended limit (2,300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke.

New York City's sodium warning statement.

 **SUGAR WARNING**

✓ Fast-food restaurant calorie labeling has been shown to be both an effective & cost-effective solution¹

¹Dupuis et al., Am J Prev Med, 2024. <https://doi.org/10.1016/j.amepre.2023.08.012>

The Sweet Truth Act



- Requires Added Sugar Warning Icons on Chain Restaurant Menus (15+ locations)
- Menu items with more than the Daily Value for Added Sugars (50 g)
- Ties bill implementation to FDA requirements for restaurants to disclose added sugars.
- CSPI petitioned FDA to require restaurants to disclose the added sugar content of their menu items in January 2022

Added Sugars Menu Labeling Disclosures

- FDA menu labeling rule (2014) requires restaurants to maintain nutrition information, including total sugars, carbs, sodium, and saturated fat, available on request in restaurants.
- These rules were promulgated two years before the Nutrition Facts panel was amended in 2016 to require an added sugars disclosure.
- As a result, restaurants are only required to publish total sugars, not added sugars.
- A few restaurants are voluntarily labeling for added sugars, but most do not disclose this information.

Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
1	1	1	1
0	1	1	1
0	1	0	1
0	51	48	3
0	37	34	2
0	28	26	2

Petition to Update Menu Labeling

- January 2022 CSPI petitioned the FDA to update menu labeling to require a declaration for added sugars.
- Petition was signed by CSPI, Consumer Reports, and Dr. Jason Block
- Update benefits:
 - New information into the public domain
 - Supports public health research
 - Support policies aimed at added sugars reduction (e.g. Sweet Truth Act)



77 g total sugar

aloha pineapple®

?? g added sugars

Pineapple Surf®



86 g total sugar

41 g added sugars

The Growth of National & Federal Campaigns

The New York City Sweet Truth Act has started to advance a national network of state, local, and federal advocacy campaigns:

State & Local:

- ***New York Sodium & Added Sugars Bills (Statewide)***
 - Added sugars warnings on Chain Restaurant menu items that have more than a days worth of added sugars (>50g) or sodium (>2,300mg)
- ***Sodium Warning Policy in Cleveland, Ohio***
 - Sodium warnings on **All** restaurant menu items that have more than ½ days worth of sodium (>1,150mg)
- ***Massachusetts Added Sugars Warnings Bill (Statewide)***
 - Added sugars warnings on Chain Restaurant menu items that have more than a days worth of added sugars (>50g)

Federal:

- Petition for Added Sugars Disclosure at Restaurants
- Petition for Voluntary, across-the-food-supply initiative to reduce added sugars in those food categories contributing the most to the food supply

Thank you!

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Questions?

THANK

YOU

Join our next coffee chat on
Tuesday, April 30 at 1:00pm ET



CONTACT US

For more information contact
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Register to join at
choicesproject.org/comm-of-practice