

CHOICES Community of Practice

March Coffee Chat Resource Round-up

This document compiles resources shared during the March 28, 2024 coffee chat: *State & Local Policies for Incorporating Added-Sugar Warning Labels on Restaurant Menus*. This coffee chat explored strategies to incorporate added-sugar warning labels into restaurant menus to reduce added sugar consumption. [Recording](#) | [Presentation Slides](#)

Guest Speaker:

- **DeAnna Nara, PhD, MSc, CNS, LDN, NU**, Senior Policy Associate at the Center for Science in the Public Interest

If you have any questions or are interested in learning more about an added sugars warning policy, feel free to contact DeAnna Nara, Senior Policy Associate at the Center for Science in the Public Interest at dnara@cspinet.org.

Resources shared

CSPI Resources

- **CSPI Nutrient Warnings Toolkit**
<https://www.cspinet.org/sites/default/files/2022-10/Nutrient%20Warnings%20Toolkit.pdf>
- **Fact Sheet: The Sweet Truth About Added Sugars – Why New York Needs Menu Warnings**
https://www.dropbox.com/scl/fi/suchgthmr1x8gizog6og/Fact-Sheet_NY-added-sugars-bill_2023.pdf?rkey=r7cm31e3zw5023tlimdfj5gm&dl=0
- **Fact Sheet: Nutrient Warnings – Summary of the Scientific Literature & Policy Recommendations**
https://www.dropbox.com/scl/fi/15qvuu3ekfewblucgt7uz/Nutrient_Warnings_Fact_Sheet_Final_12.20.21.pdf?rkey=aogllw1hjdk5xv8cv9p3ayqj&dl=0
- **Sweet Excess Largest Restaurant Chains Consistently Serve Up Drinks with More than a Day's Worth of Added Sugars – A Restaurant Menu Survey**
https://www.cspinet.org/sites/default/files/2022-03/Soda_Sizes_Fact_Sheet_FINAL.pdf
- **The Sweet Truth Act Bill**
<https://legistar.council.nyc.gov/LegislationDetail.aspx?ID=5839410&GUID=C669DFA8-AB8D-4DB1-B75B-D0F233C03CD0&Options=&Search=>
- **News articles about The Sweet Truth Act NYC**
<https://www.foodandwine.com/nyc-sweet-truth-act-8405439>
<https://www.cspinet.org/press-release/nyc-mayor-eric-adams-signs-sweet-truth-act>
- **Federal Petition Link: Citizen Petition Seeking FDA Rulemaking to Update the Required Nutrition Information at Chain Restaurants to Include Added Sugars for Standard Menu Items**
https://www.cspinet.org/sites/default/files/2022-02/Petition_Menu_Labeling_Added_Sugars.pdf
- **Docket: Requests that the FDA amend 21 C.F.R. § 101.11(ii) to include added sugars among the nutrients for which information is required to be available in written form on the premises of covered establishments and provided to the customer on request**
<https://www.regulations.gov/docket/FDA-2022-P-0110>
- **New York Sodium & Added Sugars Bills (Statewide)**
Added sugars warnings on chain restaurant menu items that have more than a day's worth of added sugars (>50g) or sodium (>2,300mg).
 - **New York State Menu Labelling Bills**
 - *The Sweet Truth Act NY State – S6408B*
<https://www.nysenate.gov/legislation/bills/2023/S6408/amendment/B>
 - *The Sweet Truth Act NY State – A6546A*
<https://www.nysenate.gov/legislation/bills/2023/A6546>
 - *Sodium Warning Bill – S4890A*
<https://www.nysenate.gov/legislation/bills/2023/S4890/amendment/A>
 - *Sodium Warning Bill – A6529*

- <https://www.nysenate.gov/legislation/bills/2023/A6529>

 - **CSPI: Legislation requiring added sugars label for chain menu items introduced in New York State for the first time**
<https://www.cspinet.org/press-release/legislation-requiring-added-sugars-label-chain-menu-items-introduced-new-york-state>
- Massachusetts Added Sugars Warnings Bill (Statewide)
Added sugars warnings on Chain Restaurant menu items that have more than a day's worth of added sugars (>50g).
 - *Massachusetts: An Act to Protect Youth from the Health Risks of Sugary Drinks – S1396*
<https://malegislature.gov/Bills/193/S1396/Cosponsor>
 - *Massachusetts: An Act to Protect Youth from the Health Risks of Sugary Drinks – H2210*
<https://malegislature.gov/Bills/193/H2210>

Related CHOICES Resources

Peer-Reviewed Publication: Cost-Effectiveness of Calorie Labeling at Large Fast-Food Chains Across the U.S. (Dupuis et al., *Am J Prev Med*, 2024)

Calorie labeling of standard menu items has been implemented at large restaurant chains across the United States since 2018. This study shows that calorie labeling at large fast-food chains is estimated to be a cost-saving intervention to improve long-term population health.

<https://choicesproject.org/publications/calorie-labeling-ajpm>

Fast-Food Restaurant Calorie Labeling (Strategy profile)

This profile describes the estimated benefits, activities, resources, and leadership needed to implement fast-food restaurant calorie labeling. This information can be useful for planning and prioritization purposes.

<https://choicesproject.org/publications/fast-food-labeling-profile>

Fast-Food Restaurant Calorie Labeling (Strategy report)

This report describes the projected national population reach, impact on health and health equity, implementation costs, and cost-effectiveness for fast-food restaurant calorie labeling. This information can help inform decision-making around promoting healthy weight.

<https://choicesproject.org/publications/fast-food-labeling-report>

CHOICES National Action Kit 2.0

Guide planning & prioritization to invest responsibly in policies & programs to improve child health using the CHOICES National Action Kit 2.0, a tool for exploring and comparing effective strategies to improve child health.

<https://choicesproject.org/actionkit2023/>

ABOUT THE CHOICES COMMUNITY OF PRACTICE

The CHOICES Community of Practice is an initiative of the CHOICES Project at the Harvard T.H. Chan School of Public Health. 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. **Sign up to access tools and resources, connect with members, and more!** Learn more about CHOICES:

<https://choicesproject.org>

⇒ Learn more about the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health <https://www.hsph.harvard.edu/prc>

⇒ Visit the CHOICES Community of Practice: <https://choicesproject.org/comm-of-practice>