

Dr Sanjog Surve, Independent Consultant.

Dr. Sanjog, presented on "**Behind the Label - Glimpse of Food Processing in India,**" addressed the common perceptions of processed foods, stating that consumer opinion often acts as the true label. He emphasized the importance of food labeling regulations for transparency and consumer understanding. The core purpose of food processing, he explained, is to improve food safety, enhance nutritional value, and optimize taste and texture. Dr. Sanjog drew parallels between industrial food processing and home cooking, highlighting the similarities in basic methods but noting the advantages of industrial processes in terms of scale, precision, nutrient retention, efficiency, and waste reduction. He categorized processing into physical (pressure, temperature) and biological (fermentation, enzymes) methods. The use of food additives, regulated by FSSAI, was discussed in terms of their role in safety, taste, and nutrition. Dr. Sanjog presented food processing as a significant sector contributing to employment, food security, and the economy. He acknowledged concerns about NCDs related to excessive intake of sugar, salt, and fat, but argued that "excess food," regardless of its origin, is the real issue. He concluded by advocating for a science-driven approach, urging the food industry to innovate with healthier alternatives and collaborate towards a "Farm to Fork to Fitness" model for a developed India.

