

Warning labels on foods

We crave for junk food since they contain a great deal of sugar, saturated fat and salt, which taste flavoursome. The reason why people always desire more of this unhealthy food is the release of dopamine in the brain would be triggered during the process of consuming junk food. Hence, people are endlessly eating a lot more than they should be expected. It leads to a more severe situation of unhealthy eating. In light of this, some countries now legally require food manufacturers to put warning labels on foods that are high in sugar, saturated fat and salt, attempting to warn consumers and raise public awareness of healthy eating. It is hoped that gradually people's eating habits would be changed. However, I hold certain reservations towards its effectiveness.

To commence, the warning labels fail to deter consumers from purchasing the unhealthy food. The deterrent effect of putting warning labels is limited. Whether people consume the foods or not still depends on their own decision and willingness without any punishment. They would not face any legal consequences and penalty even they choose to buy the junk food which is deleterious to our health. The situation is on a voluntary basis that allows consumers to make the choice by themselves. The decisions are mainly driven by the price and the taste. Therefore, it is laborious to switch people's habits. In contrast, it would undoubtedly be more effective if we make it mandatory, for instance, enacting a law to limit the amount of sugar, saturated fat and salt in food. Not only are the food manufacturers required to bear the legal responsibility if they violate the law (using the amount that higher than the limitation), but also the consumers who have to face the penalty for purchasing the injurious food whose unhealthy ingredients exceed the law limitation. Consequently, it is more efficacious that the prohibition of buying unhealthy food is mandatory. In brief, placing food warning labels on foods that are high in sugar, saturated and salt is ineffective in changing people's habits.

Moreover, the food warning labels may not be able to be read plainly by all people, particularly in less developed countries (e.g. India, Chad). The educational level and literacy rate are low, which means plenty of people cannot read or understand the information accurately. The limitation of grasping the details may

lead to some misconceptions about the food substances. Thus, it influences their chosen option on food which may bring detrimental effects to their health. Hence, the effectiveness of changing people's eating habits is limited.

The abovementioned explanation shows that changing people's eating habits by putting food warning labels is ineffective and limited. It is believed that setting up law to deter food manufacturers from producing the high amount of sugar, saturated fat and salt is more effective in changing people's food habits. In addition, the prohibition of food manufacturers in producing required food is able to reduce the chance of the consumers facing the unhealthy food as well. The fewer the opportunities they are exposed to the unhealthy foods, the lower the chance they will to them. Therefore, it is effective to change the people's habits.

To conclude, it is known that the unhealthy food is detrimental to our health. Everyone should face the problem and should not overlook its severity although putting the food warning labels is ineffective to change people's eating habits, there are still several solutions to alleviate the unhealthy problems. For example, setting up laws to restrict the amount of used ingredients. Different parties should take the perpetually action to solve the roots of problems in order to change people's eating habits.