

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:4619
ANSWERED ON:04.05.2012
JUNK FAST FOODS
Singh Shri Dhananjay

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the Government has taken note of a recent report of a public interest research Organisation which claims that leading food brands furnish no information/ misin formation about the presence of high levels of trans fats, salt and sugar in their packaged fast foods, which inevitably leads to ill health and diseases like obesity and diabetes in young people;
- (b) if so, the details thereof indicating the maximum permissible level of such contents like trans fats, salt and sugar in various food and beverage items in the country;
- (c) whether the Government has conducted any study/survey to ascertain the standards and quality of food items of these leading food brands;
- (d) if so, the details alongwith the findings thereof and if not, the reasons therefor; and
- (e) the follow up action taken/proposed against these erring food brands and ban the sale of junk and fast foods in the country?

Answer

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRI SUDIP BANDYOPADHYAY)

(a) & (b): The Centre for Science & Environment, New Delhi has conducted a very limited study consisting of 23 samples on "Nutritional analysis of junk foods". The results revealed high level of sugar, salt and fats ranging from 14.4 gm to 71.6 gm, 0.2 gm to 4.2 gm and 7.1 gm to 35.9 gm per 100 gm of sample respectively. Trans fat in various junk food of the study ranges between 1.1% to 8.1%.

As per Food Safety and Standards (Packaging and Labelling) Regulations, 2011, every pre-pack aged food is required to contain on the label, a list of ingredients in the descending order and nutrition information, calorie in Kcal, carbohydrate, protein and fat in gm/100 gm or ml/100 ml. Food in which hydrogenated vegetable fat or bakery shortening is used is required to declare on the label that hydrogenated vegetable fats or bakery shortening used contain trans fat.

(c): No.

(d): Samples of food items, including those of leading food brands are regularly collected for testing by State/UT food Authorities.

(e): This Ministry has requested the Chief Ministers and the Health Ministers of the all States/UTs and the Minister of Human Resources Development to consider issuing appropriate directions to the schools and colleges for withdrawing foods high in saturated fat and carbonated drinks from their canteens and promoting healthy food habits, and that children must be made aware of the benefits of consumption of fruits, vegetables and whole grains.