

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

UNSTARRED QUESTION NO:6963

ANSWERED ON:18.05.2012

SUGAR SALT TRANS FATTY ACIDS IN FOOD PRODUCTS

Botcha Lakshmi Smt. Jhansi; Gandhi Shri Feroze Varun; Jindal Shri Naveen

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

- (a) the details of the provisions made to regulate quantity of sugar, salt and trans fatty acids in food and beverage items;
- (b) whether the Government has set any limits/restrictions on the presence of above ingredients in food and beverage items;
- (c) if so, the details thereof;
- (d) if not, the reasons therefor alongwith the corrective measures taken/proposed by the Government in this regard; and
- (e) the steps taken by the Government to study and spread awareness about the harmful health affects of various ingredients including artificial sweeteners which contain aspartame?

Answer

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

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

(e): The safe limit of artificial sweetener including aspartame is prescribed in Food Safety and Standards (Food Product Standards and Food Additives), Regulations, 2011. For prescribing these limits, all the issues including safety have been considered.

In addition, whenever artificial sweeteners are used in food, it has to be indicated on the label that it `contains artificial sweetener and not recommended for children`.