

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

UNSTARRED QUESTION NO:3367

ANSWERED ON:31.08.2012

SALT AND SUGAR CONTENTS IN FAST FOOD

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

- (a) whether attention of the Government has been drawn to certain reports which suggest that junk food which is high on salt and sugar content is fuelling hypertension and obesity among the Indians;
- (b) if so, the details thereof along with the reaction of the Government thereto;
- (c) the average per day consumption of salt and sugar by an adult in the country along with the recommendations of the World Health Organisation (WHO) in this regard;
- (d) whether the Government proposes to put in place effective policies to reduce consumption of salt and sugar and take up the issue with the food industry so as to regulate the use of salt and sugar in the fast food in the country; and
- (e) if so, the details thereof and if not, the reasons therefor?

Answer

THE MINISTER OF HEALTH AND FAMILY WELFARE (SHRI GHULAM NABIAZAD)

(a) & (b): The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended. Global increase in overweight and obesity are attributable to a number of factors including:

a global shift in diet towards increased intake of energy-dense foods that are high in fat and sugars but low in vitamins, minerals and other micronutrients; and

a trend towards decreased physical activity due to the increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization.

To combat the rising trend of Non-Communicable Diseases (NCDs), Government of India has launched the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) in 100 selected districts in 21 States during the 11th Five Year Plan.

(c): Health being a State subject, requisite data is not maintained centrally. However, as per the National Nutritional Monitoring Bureau Report, the rural and tribal population were consuming salt 6-7g/day/adult person, where as the consumption of sugar was 15g/day/adult.

As per the World Health Organisation (WHO) guidelines regarding healthy diet and physical activities, one has to restrict salt intake to 5g/day. As per the National Institute of Nutrition of ICMR, Hyderabad's dietary guidelines for Indians (2011) the salt intake should be limited to 6g/day and sugar intake should not exceed 30g/day.

(d) & (e): The Government of India has initiated a National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Disease and Stroke at an estimated outlay of Rs.1230.90 crore for the 11th Five Year Plan. The programme, inter alia, emphasise on healthy life style. The key messages that are conveyed to the public under the programme are:-

Increased intake of healthy foods (more vegetables, fruits, complex carbohydrates and low salt, sugar, fats)

Increased physical activity through sports, exercise, etc.

Avoidance of tobacco and alcohol

Stress management

Warning signs of cancer etc.

The nutrition labelling has been made mandatory on pre-packaged foods as part of food regulations dealt by the Food Safety and

