

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

UNSTARRED QUESTION NO:1302

ANSWERED ON:30.11.2012

IQ LEVEL AMONG CHILDREN

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

- (a) whether a recent research conducted on 4000 children aged between three to five years has revealed that Intelligence Quotient (IQ) level of those children who eat fast food is less in comparison to those who eat freshly food regularly;
- (b) if so the details thereof;
- (c) whether the Government has issued any guidelines to protect children and youth from junk foods and fast foods;
- (d) if so, the details thereof; and
- (e) the steps proposed to be taken by the Government to ban fast food?

Answer

MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRI ABU HASEM KHAN CHOUDHURY)

(a) & (b): As per the information received from Indian Council of Medical Research (ICMR), no such study has been conducted by the Council in India.

(c) to (e): Following measures have been taken:

i. As per Food Safety and Standards (Packaging and Labelling) Regulations, 2011, every pre-packaged 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 vegetables fat or bakery shortening is used is required to declare on the label that hydrogenated vegetable fat or bakery shortening used contain trans fat.

ii. Samples of food items, including those of leading food brands are regularly collected for testing by State/UT food authorities.

In order to prevent and control diet related non-communicable diseases, the Government of India has launched a 'National programme for prevention and control of cancer, diabetes, cardiovascular diseases and stroke in 100 districts on pilot basis. Under this programme, public is also educated to increase intake of healthy foods such as vegetables, fruits, complex carbohydrates, fiber rich foods and lower sugar, salt, and fats.