

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH RESEARCH**

**RAJYA SABHA
UNSTARRED QUESTION NO. 614
TO BE ANSWERED ON 7TH FEBRUARY, 2023**

HFSS FOOD

614. SHRI DEREK O' BRIEN:

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

- (a) whether Government has commissioned a study to assess the health impact of High Fat Sugar and Sodium (HFSS) foods on different age groups of the Indian population;
- (b) if so, the details thereof, age-wise;
- (c) whether Government has data to suggest that Front-of-package nutritional disclosure will lead to people making healthier choices; and
- (d) whether Government plans to dissuade people from consuming HFSS foods by increasing taxes on them?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE
(DR. BHARATI PRAVIN PAWAR)**

(a) to (d): Regular consumption of ultra-processed High Fat Sugar and Sodium (HFSS) foods has adverse effects on the health of individuals. Review of scientific literature suggests a strong association between higher consumption of processed foods high in fat sugar and sodium with obesity markers such as greater Body Mass Index (BMI) and waist circumference and many non-communicable diseases (NCDs).

As per the Food Safety and Standards (Labelling and Display) Regulations, 2018, Food Safety and Standards Authority of India (FSSAI) has mandated declaration of Nutritional Information per 100g or 100ml or per single consumption pack of the product and per serve percentage (%) contribution to Recommended Dietary Allowance.

FSSAI has issued Food Safety and Standards (Safe food and balanced diets for school children) Regulations, 2020 to curb the HFSS food consumption among children. This regulation aims to encourage schools to adopt safe food and balanced diets amongst school children as per the guidelines issued by the National Institute of Nutrition. Further, foods which are referred to as food product high in saturated fat or trans-fat or added sugar or sodium (HFSS) cannot be sold to school children in school canteens/mess premises/hostel kitchens or in an area within fifty meters from the school gate in any direction.
