

F.No.5/13/CERC/Salt/FSSAI/2015
Food Safety and Standards Authority of India
(Standards Division)
(A Statutory Authority established under the Food Safety and Standards Act, 2006)
FDA Bhawan, Kotla Road, New Delhi - 110002

Dated: 12th June, 2015

ORDER

Subject: Regulating Salt, Sugar & Fat in Indian Food Products-reg.

The adverse effects caused by Food, which is High in Fat, Sugar and Salt (HFSS), also commonly referred to as 'Junk Food', on the health of consumers has been a matter of serious concern. The Hon'ble High Court of Delhi has directed the FSSAI to issue directions or guidelines on the subject qua the school going children in WR (C) 8568/2010 titled as *Uday Foundation for Congenital Defects and Rare Blood Groups v/s Union of India and Ors.* While the said guidelines are being issued separately, it has been observed that the subject needs deeper examination qua all foods. It has, therefore, been decided to constitute an Expert group on Salt, Sugar & Fat in Food Products in India.

2. The composition of the Expert Group will be as under:

- (i) Dr. D. Prabhakaran, Director, Centre for Chronic Conditions & Injuries, Vice President, Public Health Foundation of India Plot No. 47, Sector 44, Gurgaon-122002 (Haryana).
- (ii) Dr. S. Sivasankaran, Professor of Cardiology, Sree Chitra Tirunal Institute for Medical Sciences & Technology Thiruvananthapuram- 695008 (Kerala).
- (iii) Dr. Vijay Gupta, Head, Department of Cardiothoracic & Vascular Surgeon (CTVS), Ram Manohar Lohia Hospital (RML), New Delhi-110001.
- (iv) Dr. Rajib Dasgupta, Chairperson, Centre of Social Medicine and Community Health School of Social Sciences, Jawaharlal Nehru University, New Delhi-110067
- (v) Dr. (Mrs.) Kalpagam Polasa, Scientist "G" & Director In charge (Retd.), National Institute of Nutrition (NIN), Indian Council of Medical Research (ICMR), Hyderabad-500007 (Andhra Pradesh)
- (vi) Dr. Umesh Kapil, Professor, Public Health Nutrition, Room No. 118; Human Nutrition Unit, old OT Block, All India Institute of Medical Sciences (AIIMS), New Delhi- 110029
- (vii) Ms. Rekha Sharma, Former Chief Dietician and Head, Department of Dietetics , All India Institute of Medical Sciences (AIIMS), New Delhi-110029
- (viii) Dr. Uma Mahadevan, Head, Department of Food and Nutrition, Dean Faculty of Family and Community Sciences The Maharaja Sayajirao University of Baroda Vadodara- 390002 (Gujarat)
- (ix) Dr. Shweta Khandelwal, Research Scientist and Assistant Professor, Public Health Foundation of India, 44/47, Institutional Area Gurgaon-122002 (Haryana)

- (x) Dr. Pulin Kumar Gupta, Associate Professor of Medicine, Postgraduate Institute of Medical Education and Research (PGIMER), Dr. Ram Manohar Lohia Hospital (RML), New Delhi-110001
- (xi) Dr. Vandana Jain, Department of Paediatrics, All India Institute of Medical Sciences New Delhi- 110029

3. The terms of reference of the group will be:

3.1 Advise FSSAI on:-

- (i) The health risk associated with high intake of Fat, Sugar and Salt;
- (ii) Current dietary intake of Fat, Sugar and Salt in Indian population;
- (iii) Current levels of Fat, Sugar and Salt in Indian food products in the market;
- (iv) Potential health risks to vulnerable groups from consumption of high levels of Fat, Sugar and Salt in Indian food products.

3.2 Provide recommendations to FSSAI on:-

- (i) Healthy dietary intake of Fat, Sugar and Salt
- (ii) Regulatory limits for Fat, Sugar and Salt in food for manufacturing, processing, import, and / or marketing;
- (iii) Labelling requirements for packaged food;
- (iv) Prescription of regulations for display of Fat, Sugar and Salt in food products sold / served in eating joints / catering facilities.

- 4. TA/DA for attending the meetings of the Expert Group will be borne by the Authority as per rules.
- 5. This issue with the approval of Chief Executive Officer, FSSAI.

Sd/-
(Dr. Sandhya Kabra)
Director (PA/QA)
Phone: 011-23237418

To,
All the concerned members

Copy to:

- 1. PPS to CP, FSSAI
- 2. PS to CEO, FSSAI
- 3. Director (Establishment/Import), FSSAI
- 4. Scientist (Standards), FSSAI
- 5. Director (Enforcement), FSSAI
- 6. Dr. J. Lewis, Consultant
- 7. Dr. S. C. Khurana, Consultant
- 8. Dr. A. K. Sharma, Consultant
- 9. IEC Division for publication on the website