

Voluntary Report – Voluntary - Public Distribution

Date: April 04, 2022

Report Number: IN2022-0031

Report Name: India's FSSAI Issues Guidance Document on Trans Fats - Urges Food Business Operators to Use Trans Fat-Free Logo

Country: India

Post: New Delhi

Report Category: FAIRS Subject Report

Prepared By: Radha Mani, Agricultural Assistant and Mariano J. Beillard, Senior Regional Agricultural Attaché

Approved By: Mariano Beillard, Senior Regional Agricultural Attaché

Report Highlights:

On March 3, 2022, the Food Safety and Standards Authority of India (FSSAI) published a guidance document on the elimination of trans fats. The FSSAI document advises food manufacturers to test their products for trans-fats. If the product contains no more than 0.2 grams of trans fats per 100 grams of food, use of a trans fat-free logo is permissible on the food product's label and in retail outlets.

DISCLAIMER: The information contained in this report was retrieved from the Food Safety and Standards Authority of India's (FSSAI) website <http://www.fssai.gov.in>. The Foreign Agricultural Service (FAS) Office of Agricultural Affairs at the U.S. Embassy in New Delhi, USDA and/or the U.S. government make no claim of accuracy or authenticity. The Government of India has not officially endorsed this report. Import approval for any product is subject to local rules and regulations as interpreted by Indian officials at the time of product entry. [Note: Use Google Chrome to access the links that do not open in Internet Explorer. Indian host sites will geo-block site access on a rolling basis].

GENERAL INFORMATION

On March 3, 2022, the Food Safety and Standards Authority of India (FSSAI) published a guidance document on the elimination of trans fats. The purpose of the FSSAI publication is to create awareness among the various stakeholders about trans fat types, their sources, the impact on health, and required regulations.

India's FSSAI is advising food manufacturers to test their products for trans fats. If the product contains no more than 0.2 grams of trans fats per 100 grams of food, use of a trans fat-free logo is permissible on the food product's label and in retail outlets, in compliance with the Food Safety and Standards (Advertisement and Claims) Regulations (2018).



Source: Ministry of Health and Family.

The FSSAI guidance document covers the following topics:

- Introduction to trans fats
- Types and sources of trans fats in the human diet
- Processes during which trans fats are formed
- Why trans fats are bad for health
- Regulations and notifications related to trans fats
- How to eliminate trans fats from diets
- FSSAI resources

The full text of the FSSAI guidance document is accessible on the FSSAI website located at: https://fssai.gov.in/upload/uploadfiles/files/Guidance_Note_TransFat_03_03_2022.pdf

Attachments:

[Guidance_Note_TransFat_03_03_2022.pdf](https://fssai.gov.in/upload/uploadfiles/files/Guidance_Note_TransFat_03_03_2022.pdf)