

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

**RAJYA SABHA  
UNSTARRED QUESTION NO.1368  
TO BE ANSWERED ON 01<sup>ST</sup> AUGUST, 2023**

**CONTROVERSY OVER COCONUT OIL**

**1368 SMT. VANDANA CHAVAN:**

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

- (a) whether a recent study at the Harvard University claims that coconut oil is bad for health, if so, the details thereof;
- (b) whether Government would considers to study the said claim, if so, the manner in which Government would proceed regarding the same and if not, the reasons therefor; and
- (c) whether some other organisations too have claimed that coconut oil elevates bad cholesterol, the details thereof ?

**ANSWER**

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

(a) to (c) Food Safety and Standards Authority of India (FSSAI) has informed that no such study is available with them. FSSAI has laid down the quality and safety standards of Coconut oil after proper safety assessment under the Food Safety and Standards (Food Products Standards and Food Additives) Regulation, 2011 and Food Safety and Standards (Contaminants, Toxins and Residues) Regulation, 2011.

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