

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

**RAJYA SABHA  
UNSTARRED QUESTION NO.935  
TO BE ANSWERED ON 30<sup>TH</sup> JULY, 2024**

**CONSUMPTION OF JUNK FOOD / ALCOHOL**

**935. SHRI C. VE. SHANMUGAM:**

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

- (a) whether Government has made any study regarding the ill-effects of consumption of junk food / alcohol, etc.;
- (b) if so, the details thereof;
- (c) whether Government has made any regulation to prevent consumption of junk food /alcohol by youth of this country;
- (d) whether Government proposes to organize any workshop / seminar to sensitize people about the bad effects of such junk foods / alcohol, etc.; and
- (e) if so, the details thereof?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY  
WELFARE  
(SMT. ANUPRIYA PATEL)**

(a) to (c): Food Safety and Standards Authority of India (FSSAI) has notified the Food Safety and Standards (Safe food and balanced diets for children in school) Regulations, 2020. These regulations place a restriction on sale of food products high in saturated fat or transfat or added sugar or sodium to school children in school canteens/mess premises/hostel kitchens or within 50 meters of the school campus and also a restriction on advertisement of such products in these areas. Further, it also specifies when marketing foods to children in school premises or campus, the Food Business Operators shall use sponsorship of sporting, school, and other events for children only with food which is not high in saturated fat or trans-fat or added sugar or sodium.

FSSAI has also notified Food Safety and Standards (Alcoholic Beverages) Regulations, 2018 and has mandated 'Specific Labelling Requirements for Alcoholic Beverages', Statutory warning on the label as mentioned below has to be mandatorily printed on the label of the alcohol products being sold:

“CONSUMPTION OF ALCOHOL IS INJURIOUS TO HEALTH. BE SAFE - DON'T

DRINK AND DRIVE.”

(d) and (e): FSSAI conducts awareness camps on regular basis across the country on adoption of healthy eating habits amongst citizens through its “Eat Right India” initiative. So far 531 number of “Eat Right India” camps have been conducted. As part of the initiative, awareness is generated about side effects due to consumption of foods high in fat, salt and sugar through its nationwide media campaign called ‘Aaj se Thoda Kam’ and a series of short videos (with dubbing in 12 regional languages).

FSSAI has also launched social media campaign “Recipe Ravivaar” to promote healthier food options. Further, online competitive challenges are also organized by FSSAI for spreading awareness among the citizens of the country to reduce consumption of fat, salt and Sugar. Also, Network of Professionals in Food and Nutrition (NETPROFAN) has also been carrying out intensive campaigns for awareness on healthy eating habits.

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