

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

**RAJYA SABHA  
UNSTARRED QUESTION NO.901  
TO BE ANSWERED ON 11<sup>th</sup> FEBRUARY, 2025**

**ADDED SUGAR IN FOOD PRODUCTS**

**901. SHRI MILIND MURLI DEORA:**

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

(a) the details of steps taken by Government to curb the menace of added sugar in Indian food products especially baby food products; and

(b) whether Government is planning to have a labelling mechanism on food products, in which products have Nutri Code from A to D where A being the healthiest and D being the unhealthiest, if so, the details thereof?

**ANSWER**

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY  
WELFARE  
(SHRI PRATAPRAO JADHAV)**

(a): Food Safety and Standards Authority of India (FSSAI) is mandated to lay down science based standards for articles of food and to regulate their manufacture, storage, distribution, sale and import to ensure availability of safe and wholesome food for human consumption.

FSSAI has notified Food Safety and Standards (Foods for Infant Nutrition) Regulations, 2020. Subsection 3(6) of these regulations clearly specifies that ***“Lactose and glucose polymers shall be the preferred carbohydrates for food for infant nutrition. Sucrose and/or fructose shall not be added, unless needed as a carbohydrate source, and provided the sum of these does not exceed 20 per cent of total carbohydrate.”***

To ensure the availability of safe food products, FSSAI through State/UTs and its Regional Offices conducts regular surveillance, monitoring, inspection and random sampling of various food products including dairy products, spices and fortified rice, to check

compliance with the quality and safety parameters and other requirements as laid down under Food Safety and Standards (FSS) Act, 2006, and regulations made thereunder. In cases of non-compliance to the statutory requirements as above, penal action is initiated against the defaulting FBOs as per the provisions laid down under the FSS Act.

Further, in order to reduce salt, fat and sugar intake, FSSAI has embarked on a large scale effort of consumer awareness, through its flagship programme, " Aaj Se Thoda Kam".

(b): FSSAI in September, 2022 has notified the draft of Food Safety and Standards (Labelling & Display) Amendment Regulations which is available at [https://fssai.gov.in/upload/uploadfiles/files/Draft\\_Notification\\_HFSS\\_20\\_09\\_2022.pdf](https://fssai.gov.in/upload/uploadfiles/files/Draft_Notification_HFSS_20_09_2022.pdf). These amendment regulations propose a definition of foods with high content of fat, sugar and salt (HFSS Food) and also front-of- pack labelling of packaged foods (except for certain foods for which exemptions have been provided) with an Indian Nutrition Rating (INR).

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