

GOVERNMENT OF INDIA  
MINISTRY OF CONSUMER AFFAIRS, FOOD AND PUBLIC DISTRIBUTION  
DEPARTMENT OF CONSUMER AFFAIRS

**RAJYA SABHA**  
**UNSTARRED QUESTION No. 205**  
**TO BE ANSWERED ON 22.07.2025**

**MEASURES TO ENSURE NUTRITIONAL BALANCE IN PROCESSED FOODS**

205. SMT. JEBI MATHER HISHAM

Will the Minister of CONSUMER AFFAIRS, FOOD AND PUBLIC DISTRIBUTION be pleased to state:

- (a) whether Government has taken note of the recent study on nutritional profiles and claims of convenience food products and snacks in the country, the actions being taken to address any discrepancies;
- (b) the actions taken to regulate nutritional balance in processed food products to protect public health as these products provide over 70 per cent of energy from Carbohydrates and upto 47 per cent from fat;
- (c) why only certain breakfast cereals and beverages comply with FSSAI's labelling regulations, while others fail to disclose essential information like "per serving"; and
- (d) the measures being implemented to prevent misleading claims in food labelling?

**ANSWER**

THE MINISTER OF STATE, CONSUMER AFFAIRS, FOOD AND PUBLIC DISTRIBUTION  
(SHRI B. L. VERMA)

(a) to (b) : The monitoring and regulating nutritional claims made on convenience and packaged food products is done by Food Safety and Standards Authority of India (FSSAI). Sub-regulation 5(3)(b) of the Food Safety and Standards (Labelling and Display) Regulations, 2020 mandates to provide the nutritional information on the label wherein the content of total sugars and added sugars shall be provided on the label.

In addition, FSSAI has notified the draft notification on 17th February 2025 mentioning that “the information regarding per serve percentage (%) contribution to Recommended Dietary Allowance (RDA) be given in bold letters with relatively increased font size for added sugar, saturated fat and sodium content.”

Additionally, an Advertisement Monitoring Committee (AMC) has been established under FSSAI to scrutinize advertisements and product labels, including those circulated on e-commerce and social media platforms. Where discrepancies or misleading claims are identified, enforcement actions such as issuance of improvement notices and penalties are taken under Sections 52 and 53 of the Food Safety and Standards Act, 2006.

FSSAI regulates the nutritional composition of food products under the Food Safety and Standards Act, 2006. While specific thresholds for carbohydrate and fat content in general processed foods are not currently prescribed, certain standards exist for targeted categories such as infant foods. For example, under the Foods for Infant Nutrition Regulations, 2020, the addition of sucrose or fructose is restricted to not more than 20% of total carbohydrates.

To promote healthy eating practices, especially among children, FSSAI has notified the Safe Food and Balanced Diets for Children in School Regulations, 2020, which provide guidance on balanced nutrition, regulate food availability in school campuses, and promote safe food habits.

FSSAI through the State/UT Food Safety Departments and its Regional Offices, carry out regular surveillance, monitoring, inspections, label scrutiny and product verification and random sampling of food products to ensure compliance with the standards established under the FSS Act, 2006 and the Rules and Regulations made thereunder.

In cases where food samples fail to meet the required standards and FBOs are found in contravention of the provisions of the FSS Act, 2006, regulatory actions are taken against the defaulting FBOs as rules, viz., issuance of improvement notice and punitive measures (judicial) are taken under sections 52 & 53 of FSS Act 2006 for Misbranded Food & Misleading advertisement w.r.t Nutritional information, respectively. Penalty for misbranded food may extend to three lakh rupees and the penalty for misleading advertisements may extend to ten lakh rupees.

(c) & (d) : FSSAI has informed that Food Safety and Standards (Labelling and Display) Regulations, 2020 specifies that Nutritional Information per 100g or 100ml or per single consumption pack of the product and per serve percentage (%) contribution to Recommended Dietary Allowance calculated on the basis of 2000kcal energy, 67 g total fat, 22 g saturated fat, 2 g trans fat, 50 g added sugar and 2000 mg of sodium (5 g salt) requirement for average adult per day, shall be given on the label of pre- packaged foods.

Any non-compliance of these regulations by the Food Business Operators is punishable under of Food Safety and Standards Act, 2006.

Section 24 of the FSS Act imposes restrictions on unfair trade practices, including the prohibition of misleading advertisements and claims.

FSSAI has notified the Food Safety and Standards (Advertising and Claims) Regulation, 2018, to address issues related to misleading claims, labelling and advertisements. These regulations have underlaid clear specifications for making claims on food businesses. This regulation ensures that food-related advertisements and claims are accurate, non-deceptive, and align with food safety standards. It is the responsibility of the food business to adhere with these requirements.

Any contravention of these regulations may lead to appropriate actions in accordance with the provisions of the Food Safety and Standards Act, 2006, and its subsequent regulations made thereafter.

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