

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

**RAJYA SABHA  
UNSTARRED QUESTION NO.1057  
TO BE ANSWERED ON 9<sup>TH</sup> DECEMBER, 2025**

**EXCESSIVE SUGAR AND SODIUM CONTENT IN COLD DRINKS**

**1057 # SHRI BABUBHAI JESANGBHAI DESAI:**

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

- (a) whether it is a fact that multinational companies manufacturing cold drinks and other carbonated beverages are not fully complying with the rules and standards set by the Food Safety and Standards Authority of India (FSSAI);
- (b) whether it is also a fact that these beverages contain sodium, sugar and artificial sweeteners in quantities exceeding the prescribed standards; and
- (c) whether Government has issued any guidelines or taken any concrete steps to monitor these products, ensure mandatory sampling, labeling and launch awareness campaigns regarding their adverse health effects?

**ANSWER**

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

(a) to (c): 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.

The implementation and enforcement of the Food Safety and Standards Act, 2006 is a shared responsibility between the Central and State Governments. While FSSAI is responsible for laying down science-based standards and ensuring overall coordination, the State Food Safety Authorities are primarily responsible for enforcement at the field level.

Food Safety and Standards (Food Products Standards and Food Additives) Regulation, 2011 specifies standards for Carbonated Water to be followed by all FBOs including multinational companies engaged in the manufacture of cold drinks and other carbonated beverages. These regulations also prescribe the maximum permissible limits for artificial sweeteners. Total 2,829

inspections were conducted in FY 2024-25 on carbonated beverages including cold drinks. Details of Enforcement Samples and Surveillance Samples analysed and non-conforming samples in FY 2024-25 for Non-Alcoholic (Carbonated) Beverages is at **Annexure-1**.

As per the Food Safety and Standards (Labelling and Display) Regulations, 2020, nutritional information inter alia, sugar and sodium content per 100 g, 100 ml, or per single consumption pack, along with the per-serve percentage contribution to the Recommended Dietary Allowance (RDA) is required to be declared on the product label. Additionally, every package of food containing approved artificial sweeteners must carry the mandatory declarations and cautionary warnings as prescribed under the regulations.

FSSAI and its Regional Offices through States/UTs food safety authorities conduct regular surveillance, monitoring, inspection and random sampling of food products including cold drinks and other carbonated beverages to check compliance of said standards as per the provisions of Food Safety and Standards Act 2006, Rules and Regulations made thereunder.

FSSAI has implemented following initiatives to raise awareness about food safety among consumers, the food industry, and citizens:-

- FSSAI is also carrying out a nation-wide campaign 'Eat Right India' movement with the tag line **“Sahi Bhojan, Behtar Jeevan”** to focus on preventive and promotive healthcare through social and behavioural change.
- FSSAI has undertaken awareness campaign '**Aaj se Thoda Kam**' to encourage consumers to gradually reduce their intake of fat, salt, and sugar through dietary modifications.
- A series of short videos in English, Hindi, and different regional languages, accompanied by flyers, banners, and audio clips have been developed as resources to provide useful guidance on gradually reducing the consumption of High Fat, Sugar, and Salt (HFSS) foods.
- **"Har Label Kuch Kehta Hai"** campaign is being carried out to empower citizens with label literacy for healthier eating and informed choices.
- Through engaging contents, infographics and videos, the social media posts educate consumers on key elements like nutritional information (calories, fats, sugars, protein, serving size), ingredient lists, allergen warnings, and date markings.
- Such materials are displayed and Awareness activities are conducted in different exhibitions, melas, events.

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**Annexure 1****Details of Enforcement samples analysed and non-conforming samples in FY 2024-25 for Non-Alcoholic (Carbonated) Beverages-**

<b>Type of Samples</b>	<b>No. of Samples Analyzed</b>	<b>No. of Samples found Non-Conforming during the year</b>	<b>Non-Conforming Samples</b>		
			<b>Unsafe</b>	<b>Sub Standard</b>	<b>Labelling defects/Misbranded/ Misleading Claims/ others</b>
Enforcement Samples	1253	81	14	23	44
Surveillance Samples	5118	119	19	67	33