

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

**RAJYA SABHA
STARRED QUESTION NO. 32
TO BE ANSWERED ON THE 3rd FEBRUARY, 2026**

ADVERSE EFFECTS OF EXCESSIVE SALT CONSUMPTION

32 SHRI MUKUL BALKRISHNA WASNIK:

Will the **MINISTER OF HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether excessive salt consumption has emerged as a critical health crisis in India, primarily driving a 'silent pandemic' of Hypertension and Cardiovascular diseases;
- (b) if so, the details thereof and steps taken by Government to promote awareness about the ill-effects of excessive salt consumption;
- (c) whether it is a fact that consumption of Low Sodium Salt Substitutes (LSS) can go a long way in combating this 'silent pandemic'; and
- (d) if so, the action taken by Government to ensure accessibility and affordability of LSSs?

**ANSWER
THE MINISTER OF HEALTH AND FAMILY WELFARE
(SHRI JAGAT PRAKASH NADDA)**

- (a) to (d) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO RAJYA SABHA
STARRED QUESTION NO. 32* FOR 3rd FEBRUARY, 2026**

(a) to (d) As per **Indian Council of Medical Research** (ICMR), excessive salt consumption is a contributor to the growing burden of hypertension and cardiovascular diseases.

The Government of India, through the **Food Safety and Standards Authority of India (FSSAI)**, is implementing the **Eat Right India** movement to promote healthy eating practices and awareness about the harmful effects of excessive salt consumption. Under this movement, key activities include:

- Mass media and social media campaigns such as “**Aaj Se Thoda Kam**” to encourage gradual reduction in salt, sugar and fat intake in daily diet.
- Development and dissemination of the **Eat Right Toolkit** for frontline health workers to counsel communities on limiting high fat, sugar and salt (HFSS) foods.

Based on a review of the available evidence on effects and safety, and consideration of additional contextual factors, WHO in 2025 recommended:

- To reduce blood pressure and the risk of cardiovascular diseases, it is recommended to reduce sodium intake to less than 2 gm/day (strong recommendation).
- In this context, using less regular table salt is an important part of an overall sodium reduction strategy. If choosing to use table salt, WHO suggests replacing regular table salt with lower-sodium substitutes that contain potassium (conditional recommendation). This recommendation is intended for adults (not pregnant women or children) in general populations, excluding individuals with kidney impairments or with other circumstances or conditions that might compromise potassium excretion.
