

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

**LOK SABHA
UNSTARRED QUESTION NO. 2579
TO BE ANSWERED ON 17TH MARCH, 2017**

JUNK FOODS

**2579. SHRI B.N. CHANDRAPPA:
SHRI D.K. SURESH:**

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

- (a) whether it is a fact that junk foods and processed foods have increased the likelihood of childhood obesity, heart disease and diabetes in the country;
- (b) if so, the details thereof;
- (c) whether the Government is taking measures to conduct impartial studies to give proper guidance to people to consume healthy food; and
- (d) if so, the details thereof?

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

(a) to (d): Junk Food is a term used for food containing high levels of calories from sugar or fat with little fiber, protein, vitamins or minerals. These foods lead to a rapid increase in blood sugar levels (high glycemic index) which forces the body to produce high levels of insulin to counter the rising blood sugar.

As reported by Indian Council of Medical Research (ICMR), development of obesity is multi-factorial and eating of junk and processed food is one of them. Childhood obesity is a risk factor of developing heart diseases and diabetes in later life.

The Food Safety and Standards Authority of India (FSSAI) constituted an Expert Group on Salt, Sugar and Fat. The Expert Group prepared a draft report on consumption of these items and its health impacts among Indian population and recommendations on healthy dietary intake of these items. While preparing the above report, Expert Group has considered WHO guidelines on 'Sugar Intake for Adults and Children regarding the adverse impact of high sugar in foods.

ICMR, National Institute of Nutrition (NIN) and other institutions carry out research and studies related to food and healthy diet. Apart from this, the consumers are made aware of food safety through consumer awareness programmes launched jointly by the Department of Consumer Affairs and the Food Safety and Standards Authority of India (FSSAI) which also includes advertisements in different media, campaigns, educational booklets, information on FSSAI website and Mass awareness campaigns.

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