

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

**LOK SABHA  
UNSTARRED QUESTION NO. 3834  
TO BE ANSWERED ON 11<sup>th</sup> August, 2023**

**IMPACT OF TRANS FAT ON HEALTH**

**3834. SHRI THOMAS CHAZHIKADAN:**

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

- (a) whether the Government is aware of the industrially produced trans fat commonly found in the packaged foods, baked goods, cooking oils and spreads which is responsible for an increase in deaths from coronary heart disease each year around the world;
- (b) if so, the details thereof along with the outcome and the percentage of the Indian population at risk from the devastating health impacts of trans fats;
- (c) whether the Government has implemented the best practices/policies to eliminate trans fats in the country following specific criteria established by WHO to limit industrially produced trans fats in all settings; and;
- (d) if so, the details thereof along with the progress made so far in this regard?

**ANSWER**

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE  
(PROF. SATYA PAL SINGH BAGHEL)**

(a) and (b); As reported by ICMR, industrially produced trans fat are commonly found in the packaged foods, baked goods, cooking oil and spreads.

Several epidemiological studies have documented that high intake of trans fatty acids increases the risk of coronary heart disease. Approximately 540,000 deaths each year are estimated to be attributed to intake of industrially produced trans-fatty acids. High trans fat intake may increase the risk of death from any cause by 34%, coronary heart disease deaths by 28%. This is likely due to the effect on lipid levels: trans fat increases LDL (low-density lipoprotein) or bad cholesterol levels while lowering HDL (high-density lipoprotein) or good cholesterol levels.

According to the World Health Organization, 4.6% of coronary heart disease deaths in India may be related to trans fatty acid intake (> 0.5% of energy intake).

(c) and (d): Food Safety Standard Authority of India (FSSAI), has implemented best-practice policy as specified by WHO to gradually reduce the Trans fats consumption in India. In this regard, FSSAI has notified the Food Safety and Standards (Prohibition and Restrictions on Sales) Second Amendment Regulations, 2021 on 02.02.2020 and Food Safety and Standards (Food Products Standards and Food Additives) Tenth Amendment Regulations, 2020 on 29.12.2020 to reduce the maximum limit of industrial trans fatty acids to not more than 2% by weight in edible oils, fats and food products in which edible oils and fats are used as an ingredient. These amendments came into effect from 1<sup>st</sup> January 2022. The changes introduced are in line with recommendations of World Health Organisation.