

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

**LOK SABHA  
UNSTARRED QUESTION NO. 2873  
TO BE ANSWERED ON 12<sup>TH</sup> MARCH, 2021**

**CARDIOVASCULAR DISEASES DUE TO TRANS FAT**

**2873. SHRI DUSHYANT SINGH:**

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

- (a) the number of deaths reported due to cardiovascular diseases caused by consumption of food laced with industrial trans fat;
- (b) whether India can eliminate the trans-fat content in edible products completely by 2023 as prescribed by the World Health Organisation, if so, the details thereof;
- (c) the current commercial food products with FSSAI approval that contain Trans-Fatty Acids (TFA) level of more than three percent;
- (d) the methodology of inspection adopted by FSSAI to ensure that the above mentioned commercial food products are in compliance with the latest notification regarding TFA;
- (e) whether the cap on TFA is proposed to be extended to all types of food other than fat and oils in future; and
- (f) if so, the details thereof and if not, the reasons therefor?

**ANSWER**

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(SHRI ASHWINI KUMAR CHOUBEY)**

(a) : As informed by Indian Council of Medical Research (ICMR), as per WHO Report launched during 2020 Global Week of Non Communicable Diseases from 7 to 13 September, consumption of industrially produced trans fats are estimated to cause around 500,000 deaths per year due to coronary artery disease.

In India, there are of the 1.5 million deaths due to Coronary heart disease, 5% (71,000) are due to Trans Fats.

(b) : As informed by Food Safety and Standards Authority of India (FSSAI), the limit of trans fatty acids in Oils and Fats has been reduced from 5% by weight to not more than 3% from 1<sup>st</sup> January, 2021 and by not more than 2% from 1st January 2022.

The limit of 2% by mass of total oil/fats present in the food products in which edible oils and fats are used as ingredient has been notified to be effective from 1st January 2022. The changes introduced are in line with recommendations of World Health Organisation.

(c) : Details of commercial food products available in market with TFA more than 3% is not maintained centrally.

(d) : The implementation and enforcement of Food Safety and Standards Act, 2006 primarily rests with the State/UT Governments. Regular surveillance, monitoring, inspection and random sampling of food products, are undertaken by the officials of Food Safety Departments of the respective States/ UTs to check that the food products comply with the standards laid down under Food Safety and Standards Act, 2006, and the rules and regulations made there under. In cases where the food samples are found to be non-conforming, recourse is taken to penal provisions under Chapter IX of the Food Safety and Standards Act, 2006.

(e) & (f) : The limit of 2% by mass of total oil/fats present in all the food products in which edible oils and fats are used as ingredient has already been notified to be effective from 1<sup>st</sup> January 2022.