

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

**LOK SABHA  
UNSTARRED QUESTION NO 706  
TO BE ANSWERED ON 29th NOVEMBER, 2024**

**USE OF MONOSODIUM GLUTAMATE IN FOOD PRODUCTS**

**706. SHRI CAPTAIN BRIJESH CHOWTA:**

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

- (a) whether the Government is aware of the increased use of monosodium glutamate (commonly known as Ajinomoto) in processed and restaurant food products across the country, and the potential health risks associated with its excessive consumption and if so, the details thereof;
- (b) whether any studies or research have been conducted by the Government or its agencies to assess the health impacts of monosodium glutamate consumption, particularly among children and adolescents in the country and if so, the details thereof;
- (c) the current regulations in place to monitor and control the usage of monosodium glutamate in the food industry; and
- (d) the steps taken/proposed to be taken by the Government to ensure safe consumption levels of such additives, including awareness campaigns or stricter labeling requirements in such products in the country?

**ANSWER**

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

(a) to (d): Monosodium glutamate is a permitted additive as per Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011 to be used at Good Manufacturing Practices (GMP) level (limited to the lowest possible level necessary to accomplish its desired effect) in food products. Also, the permissible usage limits of monosodium glutamate in food products have been laid down in the above regulation.

As per the toxicological monograph prepared by the Joint Food and Agriculture

Organization (FAO)/World Health Organization (WHO) Expert Committee on Food Additives (JECFA), the total dietary intake of glutamates (including monosodium glutamate) at permitted usage levels do not pose any health hazard.

Further, as per Food Safety and Standards (Labelling and Display) Regulations, 2020, each additive used in a food product shall be declared on the product label. Also to create awareness among the consumers for making informed choice while selecting food products, clause 4(4) of the Schedule II of the said regulation mandates that every package of food containing monosodium glutamate and advertisement relating thereto shall carry the following warning and declaration, in a rectangular box, namely: -

- This package of (name of the food) ..... contains added MONOSODIUM GLUTAMATE
- NOT RECOMMENDED FOR INFANTS BELOW-12 MONTHS AND PREGNANT WOMEN.

\*\*\*\*\*