

**GOVERNMENT OF INDIA
MINISTRY OF CIVIL AVIATION
LOK SABHA
UNSTARRED QUESTION NO. : 2372
(To be answered on the 13th March 2025)**

SODIUM CONTENT IN MEALS IN FLIGHTS

2372. SHRI VIJAYAKUMAR ALIAS VIJAY VASANTH

Will the Minister of CIVIL AVIATION

नागर विमानन मंत्री

be pleased to state:-

- (a) whether the Government proposes to introduce any public health campaigns/initiatives to raise awareness about the dangers of excessive sodium intake, particularly in respect to meals served in flights and in public dining establishments and if so, the details thereof;**
- (b) the steps taken by the Government to regulate/reduce the sodium content in food served on airplanes, given the health risks associated with excessive sodium consumption;**
- (c) whether the Government has any plans to implement national guidelines/regulations to monitor and control sodium levels in food served in public spaces including restaurants, airports and airlines and if so, the details thereof;**
- (d) the measures being considered to encourage food manufacturers and service providers including airlines to offer low sodium/healthier meal options to consumers; and**
- (e) whether the Government proposes to collaborate with airlines and food providers to reduce sodium content in airline meals and other public food offerings and if so, the details thereof?**

ANSWER

Minister of State in the Ministry of CIVIL AVIATION

नागर विमानन मंत्रालय में राज्य मंत्री

(Shri Murlidhar Mohol)

(a) : There is no such proposal in the Ministry.

(b) to (d): FSSAI has inform that they take up awareness measures to address the adverse effects of consuming foods high in fat, salt, and sugar.

A campaign called 'Aaj se Thoda Kam' encourages consumers to

gradually reduce their intake of fat, salt, and sugar through dietary modifications.

Till now, more than 400 Eat Right Melas / Eat Right Millets Melas have been conducted throughout the country regarding awareness of healthier food options.

Under Eat Right India initiatives, 2209 Eat Right Campuses, 2095 Eat Right School, 194 Eat Right Street Food Hub and 213 Eat Right Stations have been certified to ensure healthy, hygiene and safe food practices.

Further, various online challenges, like - "Healthy Recipe Contest: Ghar Ki Rasoi- Tasty Bhi, Healthy Bhi," Tadke Bina Zaika (without the use of visible fat), Indigenous Food Challenge National Low Salt Cooking Challenge have also been conducted in order to spread awareness among the citizens of the country to reduce consumption of fat, salt and sugar.

FSSAI has also mandated the mention of nutritional information on the labels including salt, sugar, Sodium and fat in bold letters and relatively increased font size on labels of packaged food items.

(e): There is no such proposal in the Ministry.
