

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

**LOK SABHA
UNSTARRED QUESTION NO. 3361
TO BE ANSWERED ON 8TH AUGUST, 2025**

PACKAGED FOOD PRODUCTS

3361. SHRI M K RAGHAVAN:

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

- (a) whether there are any existing regulations under FSSAI or any other body regarding the standardisation of per-serving sizes in packaged food products and if so, the details thereof;
- (b) whether any measures taken/proposed to be taken by the Government to enforce such regulations strictly and if so, the details thereof;
- (c) whether the Government proposes to mandate clearer labelling on packaged food items regarding per serving nutritional values to avoid misleading information;
- (d) the steps taken/proposed to be taken by the Government to educate the general public about serving sizes and their importance in maintaining dietary health; and
- (e) whether the Government is considering a consumer awareness campaign on interpreting food labels, especially regarding serving sizes and daily nutrient limits and if so, the details thereof?

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

(a) to (c): The sub-regulation 5(3)(b) of Food Safety and Standards (Labelling and Display) Regulations, 2020 notified by Food Safety and Standards Authority of India (FSSAI) specified that the nutritional information per 100g or 100ml or per single consumption pack of the product and per serve percentage (%) contribution to Recommended Dietary Allowance calculated on the basis of 2000kcal energy, 67 g total fat, 22g saturated fat, 2g trans fat, 50g added sugar and 2000 mg of sodium (5g salt) requirement for average adult per day, shall be given on the label. *“serving or serve size” means an amount of food customarily consumed per eating occasion or as defined on the label which is expressed in metric unit. Additionally, it may also be given in common household measures like tea spoon, table spoon, cup that is*

appropriate to the food.

Further, Food Business Operators (FBOs) need to comply with all the applicable Food Safety and Standard Regulations. FSSAI through the State/UT Food Safety Departments and its Regional Offices, carries out regular surveillance, monitoring, inspections and random sampling of food products to ensure compliance with the standards established under the Food Safety and Standards (FSS) Act 2006, Rules and Regulations made thereunder. In cases where Food Business Operators are found in contravention, penal actions are taken against the defaulting FBOs as per FSS Act, 2006.

(d) & (e): FSSAI has taken the following steps to educate general public:

- Social media awareness campaign, "HarLabelKuchKehtaHai" is being carried out to empower citizens with label literacy for healthier eating and informed choices.
- Through engaging contents, infographics and videos, the social media posts educate consumers on key elements like nutritional information (calories, fats, sugars, protein, serving size), ingredient lists, allergen warnings, and date markings.
- Label awareness activities (through Display Board, Nukkad Natak, etc) are also conducted in various Exhibitions (Like - IITF, AAHAR) and Fairs (Like - Food Festival, Eat Right Mela, etc).
