

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

**LOK SABHA  
UNSTARRED QUESTION NO. 2261  
TO BE ANSWERED ON 12<sup>TH</sup> DECEMBER, 2025**

**ULTRA-PROCESSED FOOD REGULATION**

**2261. COM. SELVARAJ V:  
SHRI SUBBARAYAN K:**

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

- (a) whether the Government is aware that the Dietary Guidelines for Indians issued by the National Institute of Nutrition highlight the risks of diets high in Ultra-Processed Food (UPF), and that UPF sales in the country have risen nearly 40-fold from 2006 to 2019 and if so, the details thereof;
- (b) whether it is a fact that India still does not have a front-of-pack labelling (FOPL) regulation to help control UPF consumption, despite evidence from other countries that simple and visible warnings are effective and if so, the details thereof; and
- (c) whether the Government has taken note of this situation and if so, the details thereof along with the Government's reaction thereto?

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

(a): The Indian Council of Medical Research (ICMR) has informed that the Dietary Guidelines for Indians (2024) released by National Institute of Nutrition (ICMR-NIN) classify ultra-processed foods (UPFs) as foods to be minimized due to their high fat, sugar, and salt (HFSS) content; poor nutritional quality, and their relation with obesity, diabetes, hypertension, and other non-communicable diseases (NCDs). The guidelines further highlight that unhealthy dietary patterns, characterized by excessive intake of HFSS foods and UPFs, are important contributors to India's overall NCD and disease burden. However, while the guidelines clearly caution against the consumption of UPFs, they do not specifically mention the reported 40-fold increase in UPF sales between 2006 and 2019.

(b) and (c): Food Regulation Division of Department of Health and Family Welfare has informed that the Food Safety and Standards (Labelling and Display) Regulations, 2020 specifies the provisions for labelling of pre-packaged foods where some information/declarations are mandatory requirements to be provided on the front of the pack, such as: Name of the Food, Veg / Non-Veg Symbol, Multi-Source Edible Oil Declaration, Coffee–Chicory Mixture Statement, Gluten-Free Declaration, Irradiated Food Declaration. The above information provides the informed choice to the consumers.

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