

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

**LOK SABHA
UNSTARRED QUESTION NO.2476
TO BE ANSWERED ON 13TH FEBRUARY, 2026**

PUBLIC HEALTH AND NUTRITION EXPERTS

2476. SHRI G KUMAR NAIK:

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

(a) whether the Government has taken note of recent recommendations from public health and nutrition experts, including the National Think Tank on Nutrition (Nutrition Advocacy in Public Interest), urging the classification of High Fat, Sugar and Salt (HFFS) and Ultra-Processed Foods (UPFs) as 'sin goods' or demerit goods in view of their documented adverse health impacts and if so, the details thereof; and

(b) whether the Government is considering a comprehensive National Strategy to curb UPF consumption, including stronger front-of-pack labelling, restrictions on marketing to children, reformulation guidelines and public-awareness campaigns and if so, the details thereof along with the timeline fixed for implementation?

ANSWER

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

(a) & (b): Food Safety and Standards Authority of India (FSSAI) is mandated to lay down science based standards for articles of food and to regulate their manufacture, storage, distribution, sale and import to ensure availability of safe and wholesome food for human consumption. The implementation and enforcement of the Food Safety and Standards Act, 2006 is a shared responsibility between the Central and State Governments.

FSSAI has notified the Food Safety and Standards (Labelling and Display) Regulations, 2020 which lay down comprehensive provisions relating to the labelling of pre-packaged foods. It mandates comprehensive labelling requirements to ensure consumers are well-informed about the food products they purchase. These requirements include the name of the food displayed on the front of the pack, a detailed list of ingredients per 100g, 100ml, or per single serving, along with the Recommended Dietary Allowance (RDA) and a detailed nutritional information for energy, total fat, saturated fat, trans fat, cholesterol, added sugar, and sodium etc.

FSSAI has also notified the Food Safety and Standards (Safe Food and Balanced Diets for Children in School) Regulations, 2020 outlining the responsibilities of school authorities to ensure the availability of safe and nutritious food on school premises while also promoting balanced diets in and around school campuses.

FSSAI has under taken awareness campaign “**#HarLabelKuchKehtaHai**” under the ‘Eat Right India’ movement to empower citizens with label literacy for informed choices. It aims to educate consumers on key elements like nutritional information (calories, fats, sugars, protein, serving size), ingredient lists, allergen warnings, and date markings.

Further, Indian Council of Medical Research (ICMR) has informed that according to the ICMR- National Institute of Nutrition (NIN)’s Dietary Guidelines for Indians (<https://www.nin.res.in/dietaryguidelines/index.html>), consumption of Foods High in Fats, Sugars and Salt (HFSS) foods should be minimized.
