

Regulating Content of Trans-Fat in Oils and Fats

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The limit of trans-fats to be not more than 5% is prescribed under Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011 for vanaspati, bakery shortenings, bakery and industrial margarine and interesterified vegetable fats/oils.

A draft notification to limit trans-fat to be not more than 2% by weight of the total oils/fats present in the processed food products in which edible oils and fats are used as an ingredient on and from 1st January, 2022 was issued on 28.08.2019.

Standards prescribed under various regulations of FSSAI are enforced through the State/UT Governments. Regular surveillance, monitoring, inspection and random sampling of food products, are undertaken by the officials of Food Safety Departments of the respective States/ UTs to check that they comply with the standards laid down under Food Safety and Standards Act, 2006, and the rules and regulations made thereunder. In cases where the food samples are found to be non-conforming, recourse is taken to penal provisions under Chapter IX of the Food Safety and Standards Act, 2006.

The Minister of State (Health and Family Welfare), ShAshwini Kumar Choubey stated this in a written reply in the Rajya Sabha here today.