

**F. No.1-94/FSSAI/SP(Claims and Advertisement)/2017**  
**Food Safety and Standards Authority of India**  
(A statutory Authority under the Ministry of Health and Family Welfare, Govt. of India)  
**FDA Bhawan, Kotla Road, New Delhi-110002**

The 26<sup>th</sup> October, 2021

**Subject: Direction under Section 16 (5) of Food Safety and Standards Act, 2006 regarding enforcement of the Food Safety and Standards (Advertising and Claims) Regulations, 2018.**

Reference is drawn to the direction of even number dated 28th June, 2019 regarding the operationalisation of Food Safety and Standards (Advertising and Claims) Amendment Regulations and the further direction vide dated 7<sup>th</sup> September, 2021 making the earlier direction (dated 28<sup>th</sup> June, 2019) infructuous.

2. In this context, representations have been received from stakeholders asserting that nullifying the direction dated 28<sup>th</sup> June, 2019 may raise issues in the enforcement activity since food business operators have already started following the operationalised amendment regulations.

3. It has also been observed that the said direction providing a transitory period for mandatory compliance with provisions of the principal/amendment regulations has probably led to confusion with claims on product labels/advertisement made by FBOs not being regulated in accordance with the provisions of these regulations.

4. Therefore, in view of the above and the fact that the draft amendment regulations are still in the process of notification and further finalization which is likely to take some time, and also taking into consideration consumer interest and fair practices in food business operations, it has been decided to:

- i) Enforce the Food Safety and Standards (Advertising and Claims) Regulations, 2018 with immediate effect.
- ii) Re-operationalise the Food Safety and Standards (Advertising and Claims) Amendment Regulations, 2021. Food business operators shall comply with these amendment regulations by 1<sup>st</sup> July, 2022.

5. This direction supersedes the previous directions vide F. No.1-94/FSSAI/SP(Claims and Advertisement)/2017 dated 28<sup>th</sup> June, 2019 and 7<sup>th</sup> June, 2021.

6. This issues with the approval of the Competent Authority in exercise of the power conferred under Section 18 (2) (d) read with Section 16 (5) of the Food Safety and Standards Act, 2006.

  
(Inoshi Sharma)

Executive Director (Regulatory Compliance)

To

1. All Food Safety Commissioner.
2. All Authorised Officer, FSSAI.
3. All Central Designated Offices of FSSAI.

Copy for information to:

1. PPS to Chairperson, FSSAI,
2. PS to CEO, FSSAI,
3. All Directors, FSSAI



**Notice for operationalisation of Food Safety and Standards (Advertising and Claims)  
Amendment Regulations, 2021.**

The Food Safety and Standards Authority of India hereby make the following regulation operational with immediate effect. Food business operator shall comply with all the provisions of these regulations with effect from 1<sup>st</sup> July, 2022.

1. These regulations may be called the Food Safety and Standards (Advertising and Claims) Amendment Regulations, 2021.

2. In the Food Safety and Standards (Advertising and Claims) Regulations, 2018 (herein after refer as said regulations), -

(A) in regulations 4,

(a) for sub-regulation (5), the following shall be substituted, namely:-

“(5) Reduction of disease risk claims shall specify the number of servings of the food per day for the claimed benefit.”;

(b) for sub-regulation (7), the following shall be substituted, namely:-

“(7) Where the meaning of a trade mark, brand name or fancy name containing adjectives such as “natural”, “fresh”, “pure”, “original”, “traditional”, “authentic”, “genuine”, “real”, appearing in the labelling, presentation or advertising of a food is such that it is likely to mislead consumer as to the nature of the food, in such cases a disclaimer in not less than 1.5mm size in case of pack size under 100sq. cm and not less than 3mm size in case of pack size above 100 sq. cm shall be mentioned below such names on the label stating that -

“\*This is only a brand name or trade mark and does not represent its true nature”.”;

(B) in regulations 5,

(a) for sub-regulation (3), the following shall be substituted, namely:-

“(3) When a nutrient content or any synonymous claim is made for the nutrients indicated in schedule-I, it shall be made in accordance with the conditions specified in Schedule I, provided flexibility in the wording of a nutrition claim is as per Schedule II, or the use of any other word if they are in accordance with conditions specified in Schedule I and the meaning of the claim is not altered.”;

(b) in sub-regulation (4), for clause (a) and (b), the following shall be substituted, namely:-

“(a) at least thirty per cent. in the energy value or nutrient content except micronutrient  
.”;

(b) at least ten per cent. of recommended dietary allowances per 100 g or 100ml, for claims about micronutrients other than sodium.”;

(c) for sub-regulation (6), the following shall be substituted, namely:-

“(6) The equivalence claims in form of phrases such as “contains the same amount of [nutrient] as a [food]” and “as much [nutrient] as a [food]” may be used on the label or in the labeling of foods, provided that the amount of the nutrient in the reference food is



enough to qualify that food as a "source" of that nutrient, and the labeled food, on per 100g or 100ml, is an equivalent, source of that nutrient or where the food nutrient is at the same level as the naturally occurring reference food nutrient, the same shall be indicated on the label and through Nutritional information(e.g., "as much fiber as an apple," and "contains the same amount of vitamin C as ..... glass of orange juice.")";

(C) in regulations 6,

(a) for sub-regulation (2), the following shall be substituted, namely:-

"(2) Non-addition of Sodium salts.- Claims regarding the non-addition of sodium salts to a food, including "no added salt", may be made if the following conditions are met, namely:-

(a) The food contains no added sodium salts, including but not limited to sodium chloride, sodium tripolyphosphate;

(b) The food contains no ingredients that contain added sodium salts including but not limited to sauces, pickles, pepperoni, soya sauce, salted fish, fish sauce; and

(c) The food contains no ingredients that contain sodium salts that are used to substitute for added salt, including but not limited to seaweed.";

(b) for sub-regulation (3), the following shall be substituted, namely:-

"(3) Non-Addition of additives.- Claims regarding the non-addition of additives including functional classes of additives as specified in Food Safety and Standards (Food Product Standards and Food Additives) Regulations, 2011 to a food, may be made according to the following conditions, unless otherwise provided in any other Regulations:

(a) has not been added to the food or removed from food at the time of manufacture;

(b) is not contained in any ingredient of the food except where it is naturally present;

(c) is one which is allowed to be added in particular products as specified in Food Safety and Standards (Food Product Standards and Food Additives) Regulations, 2011; and

(d) has not been substituted by another additive giving the food equivalent characteristics.";

(D) in regulation 14,

(a) for sub-regulation (3), at the end of the sentence, for the words "issue of the letter" the following words shall be substituted, namely:-

"date of receipt of letter seeking clarification.";

(b) in sub-regulation (5), at the end of the sentence, for the words "after issuance of letter" the following words shall be substituted, namely:-

"from the date of receipt of notice of the suggested improvement of the claim from the Food Authority.";

(E) For "SCHEDULE - I" the following shall be substituted, namely:-

**SCHEDULE - I**

[See regulation 5 (3) and (4) and regulation 7 (1)(b)]

**Nutrient Content Claim**

A claim that a food containing the nutrient mentioned in column (2) is likely to have the Content as mentioned in column (3) or has the same meaning for the consumer may be made subject to the conditions as mentioned in column (4) below:

| (1)    | (2)                     | (3)   | (4)  |
|--------|-------------------------|-------|--|
| Sl. No | Nutrient/<br>component* | Claim | Conditions   |
| 1.     | Energy/Calorie          | Low   | Not more than<br><b>40 kcal</b> per 100 g for solids<br><b>20 kcal</b> per 100 ml for liquids.   |
|        |                         | Free  | Not more than<br><b>4 kcal</b> per 100 ml for liquids.   |
| 2.     | Fat                     | Low   | Not more than<br><b>3 g</b> of fat per 100 g for solids or<br><b>1.5 g</b> of fat per 100ml for liquids.   |
|        |                         | Free  | Not more than<br><b>0.5 g</b> of fat per 100 g for solids or 100 ml for liquids.   |
| 3.     | Cholesterol             | Low   | Not more than<br><b>20 mg</b> cholesterol per 100 g for solids and <b>1.5 g</b> saturated fat per 100 g for solids or<br><b>10 mg</b> per 100 ml for liquids and <b>0.75 g</b> of saturated fat per 100 ml for liquids<br>and in either case must provide not more than <b>10%</b> of energy from saturated fat. |
|        |                         | Free  | Not more than<br><b>5 mg</b> cholesterol per 100g for solids or 100 ml for liquids.<br>Additionally the food shall contain no more than<br><b>1.5 g</b> saturated fat per 100 g for solids or  |



| (1)    | (2)                     | (3)          | (4)   |
|--------|-------------------------|--------------|---|
| Sl. No | Nutrient/<br>component* | Claim        | Conditions  |
|        |                         |              | <b>0.75 g</b> of saturated fat per 100 ml for liquids<br>and in either case must provide not more than <b>10%</b> of energy from saturated fat.   |
| 4.     | Saturated fat           | Low          | Not more than<br><b>1.5g</b> per 100 g for solids or<br><b>0.75 g</b> per 100 ml for liquids<br>and in either case must provide not more than <b>10%</b> of energy from saturated fat.  |
|        |                         | Free         | Saturated fatty acids do not exceed<br><b>0.1 g</b> per 100 g or 100 ml of food.  |
| 5.     | Unsaturated fat         | High         | <b>At least 70% of the fatty acids</b> present in the product are derive from unsaturated fat under the condition that <b>unsaturated fat provides more than 20% of energy</b> of the product   |
| 6.     | Trans fat               | Free         | The food contains <b>less than 0.2g</b> trans fat per 100 g or 100ml of food<br><br>Provided that for edible oils/fats: 1 g per 100 g/ml of edible oils/fats  |
| 7.     | MUFA                    | High in MUFA | Shall only be made where at least<br><b>45% of the total fatty acids</b> present in the product are derived from mono unsaturated fat and under the condition that <b>monounsaturated fat provides more than 20% of energy</b> of the product |
| 8.     | PUFA                    | High in PUFA | Shall only be made where at least<br><b>45% of the total fatty acids</b> present in the product are derived from poly unsaturated fat and under the condition that <b>polyunsaturated fat provides more than 20% of energy</b> of the product |
| 9.     | Omega 3 fatty acids     | Source       | The product contains:<br><b>at least 0.3g alpha-linolenic acid</b> per 100 g <b>and/or</b> per 100kcal, or  |

| (1)    | (2)                             | (3)         | (4)  |
|--------|---------------------------------|-------------|--|
| Sl. No | Nutrient/<br>component*         | Claim       | Conditions   |
|        |                                 |             | at least 40 mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100g and/or per 100kcal  |
|        |                                 | High        | The product contains:<br>at least 0.6 g alpha-linolenic acid per 100g and/or per 100kcal, or<br>at least 80mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100g and/or per 100kcal |
| 10.    | Sugars                          | Low         | The product contains not more than<br>5 g of sugars per 100 g for solids or<br>2.5 g of sugars per 100 ml for liquids.   |
|        |                                 | Free        | The product contains not more than<br>0.5 g of sugars per 100 g for solids or 100 ml for liquids.  |
| 11.    | Protein                         | Source      | 10% of RDA per 100 g for solids<br>5% of RDA per 100 ml for liquids<br>or 5% of RDA per 100 kcal   |
|        |                                 | Rich / High | 20% of RDA per 100 g for solids<br>10% of RDA per 100 ml for liquids<br>or 10% of RDA per 100 kcal   |
| 12.    | Vitamin(s)<br>and/or Mineral(s) | Source      | The food provides at least<br>15% of RDA of the vitamin/mineral per 100g for solids<br>or<br>7.5% of RDA of the vitamin/mineral per 100 ml for liquids   |
|        |                                 | High        | The food provides at least<br>30% of RDA per 100 g for solids or<br>15% of RDA per 100 ml for liquids  |
| 13.    | Sodium                          | Low         | Product contains not more than   |



| (1)    | (2)                        | (3)          | (4)   |
|--------|----------------------------|--------------|---|
| Sl. No | Nutrient/<br>component*    | Claim        | Conditions  |
|        |                            |              | <b>0.12 g</b> of sodium per 100 g for solids or 100 ml for liquids.   |
|        |                            | Very low     | Product contains not more than<br><b>0.04 g</b> of sodium per 100 g for solids or 100 ml for liquids.   |
|        |                            | Sodium free  | Product contains not more than<br><b>0.005g</b> of sodium per 100 g for solids or 100 ml for liquids.   |
| 14.    | Dietary fibre              | Source       | Product contains at least<br><b>3 g</b> of fibre per 100 g or<br><b>1.5 g</b> of fibre per 100 ml or<br><b>1.5 g</b> of fibre per 100kcal                                 |
|        |                            | High Or Rich | The product contains at least<br><b>6 g</b> of fibre per 100 g or<br><b>3 g</b> of fibre per 100 ml or<br><b>3 g</b> of fibre per 100 kcal                                |
| 15.    | Probiotics                 | Source       | Product contains $\geq 10^8$ CFU in the recommended serving size per day  |
| 16.    | Glycemic index (GI)**      | Low GI       | <b>GI value below 55</b><br><br>A food's GI indicates the rate at which the carbohydrate in the food is broken down into glucose and absorbed from the gut into the blood |
| 17.    | Docosahexaenoic acid (DHA) | Source       | Product contains at least 40 mg of DHA per 100 g and per 100 kcal.  |
| 18.    | Lactose                    | Free         | Lactose content in the product shall not exceed 0.1 per cent.   |
| 19.    | Gluten                     | Free         | Gluten content in the product shall not exceed 20 mg/kg.  |

\*A food which, by its nature, free from the nutrient/component shall not qualify for claiming free of that nutrient/component.

**\*\*GI** is defined as the relation of the incremental area under the blood-glucose response curve (Incremental Area Under Curve, IAUC) of a tested meal containing 50 g of digestible carbohydrates and the average incremental area under blood-glucose response curve of a reference food. Acceptable Reference foods are 1) anhydrous glucose powder (50 g), 2) Dextrose (glucose monohydrate, 55 g), 3) commercial solution used for oral glucose tolerance test containing glucose (50g) and 4) white bread or other specific carbohydrate food of consistent composition and GI.”

**Note 1:** Nutrient content claims for food products falling under health supplement categories shall be governed by Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016.

**Note2:** 1 kcal = 4.2 kJ

|  |
|--|
| $\% \text{ energy from the nutrient} = \frac{\text{Grams of nutrient per 100g of product} \times \text{Conversion factor for nutrient}}{\text{Total Energy per 100g of product}} \times 100$ |
|--|

(F) For “SCHEDULE –II” the following shall be substituted, namely:-

**SCHEDULE – II**

[See regulation 5(3)]

**Synonyms which may be used for claims defined in these regulations**

| Free                                 | Low  | Reduced                              | High       | Increased        | Source             |
|--------------------------------------|--|--------------------------------------|------------|------------------|--------------------|
| Zero, No, Without, Negligible Source | Little, few (for calories), contains a small amount of, low source of, Lite, Light | Lower, Lesser, fewer (for calories), | More, Rich | Higher, Enhanced | Provides, Contains |

(G) For “SCHEDULE –III” the following shall be substituted, namely:-

**SCHEDULE – III**

[See regulation 7 (3)]

**Reduction of disease risk claims**

| SI. No. | Nutrient/Food-Health Relationship | Conditions for claim | Claim Statement |
|---------|-----------------------------------|----------------------|-----------------|
|         |                                   |                      |                 |



|   |  |  |  |
|---|--|--|--|
| 1 | <b>Calcium or Calcium and Vitamin D and osteoporosis</b>       | <ul style="list-style-type: none"> <li>○ the food is a source or high in calcium or in calcium and vitamin D and</li> <li>○ a statement that the beneficial effect is obtained with a daily recommended intake (RDA)</li> </ul>  | Adequate Calcium (or Calcium and Vitamin D) intake throughout life, through a balanced diet are essential for bone health and to reduce the risk of osteoporosis |
| 2 | <b>Sodium and Hypertension</b>                                 | <p>A food which</p> <ul style="list-style-type: none"> <li>○ is low in sodium (0.12g sodium/100g or 100ml)</li> <li>○ a statement that the beneficial effect is obtained with a low sodium diet.</li> </ul>  | Diets low in sodium may help in reducing the risk of high blood pressure.  |
| 3 | <b>Dietary saturated fat and blood cholesterol</b>             | <ul style="list-style-type: none"> <li>○ low saturated fat</li> <li>○ a statement that the beneficial effect is obtained with a diet low in fat, saturated fat and physical activity</li> </ul>  | Diets low in saturated fat contributes to reduction of blood cholesterol levels.   |
| 4 | <b>Potassium and risk of high blood pressure</b>               | <p>the food is a good source of potassium and is</p> <ul style="list-style-type: none"> <li>○ low in sodium</li> <li>○ low in total fat and saturated fat.</li> </ul>  | Diets containing good sources of potassium and low in sodium, fat and saturated fat may help reduce the risk of high blood pressure.                             |
| 5 | <b>Alpha - linolenic acid(ALA) and blood cholesterol level</b> | <ul style="list-style-type: none"> <li>○ the food contains at least 1g of omega-3 fatty acids per 100g or 100ml or 100kcal.</li> <li>○ statement that the beneficial effect is obtained with daily intake of 2g of ALA</li> </ul>  | Alpha - linolenic acid (ALA) contributes to the maintenance of normal blood cholesterol levels.  |
| 6 | <b>Soluble Dietary Fibre and blood cholesterol</b>             | <ul style="list-style-type: none"> <li>○ soluble dietary fibre from food sources including but not limited to oats, barley, millets or mixtures thereof</li> <li>○ contains at least 1g per serving</li> <li>○ statement that the beneficial effect is obtained with daily intake of 3g of soluble dietary fibre.</li> </ul> | Soluble dietary fibre taken as part of a diet contributes to reduction of blood cholesterol levels.  |

|   |  |   |  |
|---|--|---|--|
| 7 | <b>Phytosterol or stanol<br/>and and blood cholesterol</b> | food with phytosterol or stanol <ul style="list-style-type: none"> <li>○ contains at least 1g plant sterols or stanols per serving and</li> <li>○ a statement that the beneficial effect is obtained with a daily intake of up to 3g per day.</li> </ul>      | Foods containing plant sterols or stanols (as applicable) containing at least 1g of plant sterols or stanols eaten twice a day with meals for a daily intake of up to 3g contributes to reduction of blood cholesterol levels. |
| 8 | <b>Beta-glucans(oats, barley)<br/>and blood glucose</b>    | <ul style="list-style-type: none"> <li>○ the food is oats and/or barley,</li> <li>○ contains at least 4g beta-glucans for each 30g of available carbohydrates in the quantified portion</li> <li>○ statement that it is taken as part of the meal.</li> </ul> | Beta- glucans from oats or barley when taken as part of a meal may help in reduction of rise in blood glucose after that meal.   |

(H) in SCHEDULE - IV, in table, in column (3) occurring against the S. No. 4, relating to 'Folate and Folic Acid', for the words "Folate & Folic acid is important for foetal development and blood formation." the words "Folate and Folic Acid is important for blood formation" shall be substituted.

(I) in SCHEDULE - V,

(a) in the table, at serial number 2, against the entry "Fresh" in column 2, in clause (a), the words "If such processing also leads to extension in the shelf-life of the product the term "fresh" shall not be used." shall be omitted.;

(b) in the table, at serial number 3, against the entry "Pure" in column 2, clause (c), shall be omitted.;