

USDA Foreign Agricultural Service

# GAIN Report

Global Agricultural Information Network

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**Date:** 1/18/2018

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## India

**Post:** New Delhi

### **FSSAI Publishes List of Health Claims for Fortified Foods**

**Report Categories:**

Sanitary/Phytosanitary/Food Safety

Exporter Guide

FAIRS Subject Report

**Approved By:**

Mark Wallace

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**Report Highlights:**

On January 2, 2018, the Food Safety and Standards Authority of India published a scientifically validated list of health claims for fortified foods.

## **General Information:**

**DISCLAIMER:** The information contained in this report was retrieved from FSSAI's website <http://www.fssai.gov.in/>. The Office of Agricultural Affairs and/or the U.S. Government make no claim of accuracy or authenticity.

In order to maintain uniformity in claims for fortified foods, the Government of India's (GOI) Food Safety and Standards Authority of India (FSSAI) published a scientifically validated list of health claims for fortified foods and their micronutrients. FSSAI expects the health claims to comply with the provisions of Food Safety and Standards (Packaging and Labeling) Regulations, 2011.

Background: On October 16, 2016, FSSAI operationalized the Food Safety and Standards (Fortification of Foods) Regulations which covered standards for wheat flour, rice, edible oil, milk and salt that could be fortified with micronutrients such as Vitamin A, Vitamin D, Iron, Folic Acid, Vitamin B12, Zinc, Thiamine, Riboflavin, Niacin and Pyridoxine.

The full text of the FSSAI notification dated January 2, 2018 is pasted below and can also be accessed on FSSAI's website <http://www.fssai.gov.in/>

**File No. Standards/SP (Fortified & Enriched Foods)-02/FSSAI-2017 (Part File-1)**  
**Food Safety and Standards Authority of India**  
(A statutory Authority established under the Food Safety and Standards Act, 2006)  
**(Standards Division)**  
FDA Bhawan, Kotla Road, New Delhi - 110002

The 22<sup>nd</sup> December, 2017

**Subject: Directions under section 16 (5) of Food Safety and Standards Act, 2006 regarding 'Health Claims' permitted under Food Safety and Standards (Fortification of Foods) Regulations, 2016 - reg**

The Food Safety and Standards (Fortification of Foods) Regulations, 2016 have been made operational with effect from 16.10.2016. These regulations include the Standards for Wheat flour, Rice, Edible oil, Milk and Salt that may be fortified with Micronutrients like Vitamin A, Vitamin D, Iron, Folic Acid, Vitamin B12, Zinc, Thiamine, Riboflavin, Niacin and Pyridoxine.

2. In order to have uniformity in claims, the following scientifically substantiated health claims are suggested, which may be used in broader form for the above fortified foods against respective micronutrients fortified in accordance with the above said regulations:

<b>Nutrients</b>	<b>Claims</b>
Vitamin A	Helps against night blindness;
Vitamin D	Supports strong bones;
Vitamin B12	Important for maintaining normal functioning of nervous system and blood formation;
Folate & Folic acid	Important for foetal development and blood formation;
Iron	Fights Anemia;
Iodine	Required for normal growth, thyroid and brain function;
Zinc	Supports a healthy immune system;
Thiamine	Required for normal nerve and heart function;
Riboflavin	Necessary to release energy from food;
Niacin	Necessary to release energy from food;
Pyridoxine	Necessary to release energy from food.

3. Further, the claims shall also comply with the provisions of Food Safety and Standards Act, 2006 and regulations made thereunder specifically packaging and labelling requirements as laid down under the Food Safety and Standards (Packaging and Labelling) Regulations, 2011.

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

  
(Garima Singh)  
Director  
(Regulatory Compliance)

To

1. All Food Safety Commissioner's;
2. All Designated Officer's;
3. All Authorised Officer's;
4. CITO, FSSAI for uploading on website.

Copy for information to:

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