FSSAI proposes ban on added sugars in infant foods

The Food Safety and Standards Authority of India (FSSAI) released a draft proposal to eliminate added sugars in infant foods in line with WHO recommendations.

FSSAI draft regulations aimed at eliminating sucrose and fructose allowances in foods meant for infants aged 0-6 months to ensure nutritional safety.

KEY EXAM POINTS

- The **Food Safety and Standards Regulations 2020** currently permit manufacturers to add sucrose and fructose up to **20%** of total carbohydrates for infants aged 0-6 months.
- **FSSAI** released a new draft proposal to eliminate this allowance for added sugars in infant formulations.
- The proposed regulatory change aligns with the **World Health Organization** guidelines recommending exclusive breastfeeding for the first six months.
- WHO guidelines recommend avoiding added sugars in complementary foods until a child reaches **24 months** of age.

DID YOU KNOW..!?

The **Food Safety and Standards Authority of India (FSSAI)** is a statutory body established under the Food Safety and Standards Act, **2006**.

FSSAI operates under the administrative control of the **Ministry of Health and Family Welfare**, Government of India.

Article 47 of the Indian Constitution directs the State to raise the level of nutrition and the standard of living and to improve public health.

The headquarters of the Food Safety and Standards Authority of India is located in **New Delhi**.

REVISION FLASHCARD

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Syllabus Relevance: Highly relevant for TNPSC Unit 1 (Health and Hygiene) and Unit 2 (National Policy Decisions & Public Welfare).

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