

Title: Efforts of FSSAI in food staples fortification



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HEXAGON NUTRITION
Nutritionally Yours.....

Nutra Regulations (FSSAI , India

1. Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016

2. Food Safety and Standards (Organic Food) Regulation, 2017

Under Nutra Regulations (OLD)
Food Safety and Standards (Health Supplements,
Nutraceuticals, Food for Special Dietary Use, Food for Special
Medical Purpose, Functional Food and Novel Food) Regulations,
2016

1. Health Supplements
2. Nutraceuticals
3. Food for Special Dietary Use
4. Food for Special Medical Purpose
5. Specialty Food Containing Plant or Botanicals
6. Foods containing Probiotics
7. Food Containing Prebiotics

Under Nutra Regulations (NEW)

Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2022 (29th March 2022)

- 1. Health Supplements (HS)**
- 2. Nutraceuticals (Nutra)**
- 3. Food for Special Dietary Use (FSDU)**
- 4. Food for Special Medical Purpose(FSMP)**
- 5. Prebiotic food and Probiotic food (Pre-Pro)**

SCHEDULES UNDER THE REGULATION

- **Schedule I- Vitamins and Minerals**
- Schedule II- Amino Acids and other nutrients
- **Schedule III-** Values for vitamins, minerals and trace elements allowed to be used in food for special dietary use and food for special medical purpose (other than those intended for use in infant formula)
- Schedule IV- Plant or botanical ingredients
- **Schedule VA-**List of food additives for health supplements, nutraceuticals and food with added probiotics and prebiotics
- **Schedule VB-** List of food additives for foods for special dietary use and food with added probiotics and prebiotics
- **Schedule VC-** List of food Additives for foods for special medical purpose (other than those products intended for foods for infants) and food with added probiotics and prebiotics
- **Schedule VD-** List of food additives for foods for special medical purpose (other than those intended for infant foods); formula for slimming purpose and weight reduction and food with added probiotics and prebiotics
- **Schedule VE-**List of food additives to be used (at GMP levels)
- **Schedule VF-**List of food additives to be used in formats such as tablets, capsules and syrups and **Gummies** .
- **Schedule VI- Ingredients as Nutraceuticals**
- Schedule VII- Probiotics
- Schedule VIII- Prebiotics

What is “Fortification” & Why is there a need for fortifying food staples?

- Fortification is a research-evidence and practitioner expertise based approach that helps in prevention, reduction and control of micronutrient deficiencies
- Why is there a need to fortify food staples ?
 - Enhance & increase nutritional quality & content of food staples
 - Restore micronutrient loss during processing
 - Preventing Malnutrition



Role of FSSAI in fortification of staple foods

- FSSAI – ensures safe and wholesome food for people on a large scale
- Standards for five fortified staples – wheat flour, rice, edible oil, milk and double fortified salt have been released



- Also standards for fortifying processed foods like pasta, noodles, breakfast cereals etc. have also been released



- +F logo for identification of fortified foods



Campaign by FSSAI for Fortification of staples

1) “Eat Right India” Movement

- Objective – food is good for both people and planet



Eat Right India

सही भोजन. बेहतर जीवन.



Campaign by FSSAI for Fortification of staples





- FFRC - common platform for fighting against malnutrition with expertise of government departments, food industries, academia, development agencies, consumer organization & citizens
- Provisions - technical & regulatory support, training & capacity building to various departments in food industry & labs
- Mass awareness activities through radio spots in regional languages and videos to urge citizens to eat fortified foods and its importance in eradicating malnutrition



Goal of FRCC

- Goal – address micronutrient deficiency issue and thereby build up healthy nation



- a) Scaling up fortification - making it available in open markets and through government programmes like MDM scheme (9.46 crore beneficiaries), PDS, ICDS (8.44 crore beneficiaries) – meets 30 -50 % RDA



- b) Working to increase the demand & supply of fortified foods at the earliest



Current status of FSSAI on Food Fortification

Industry	% Pull of fortification
Edible Oil	47%
Milk	21%

Labs notified by FSSAI	Number of Labs
State referral	11
Private	46



Current status of FSSAI on Food Fortification

- Trainings to 438 FSO's for encouraging local businesses to adopt & produce fortified foods
- Retail & E –commerce industries have also been notified to add fortified products on their platform for greater accessibility

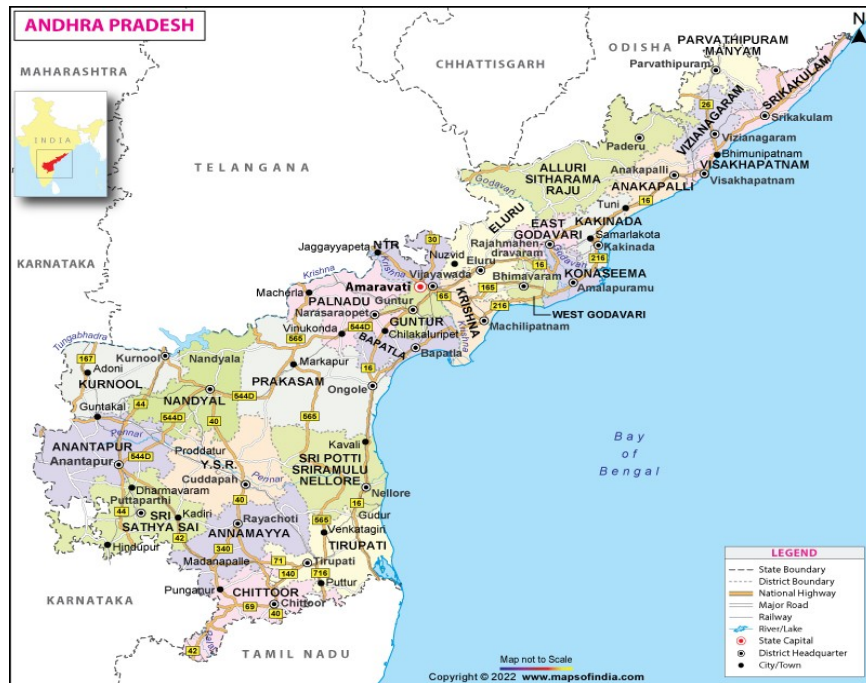
Type of method for scaling of fortification of food staples	Number of organisations	Number of brands
Open market	62	110



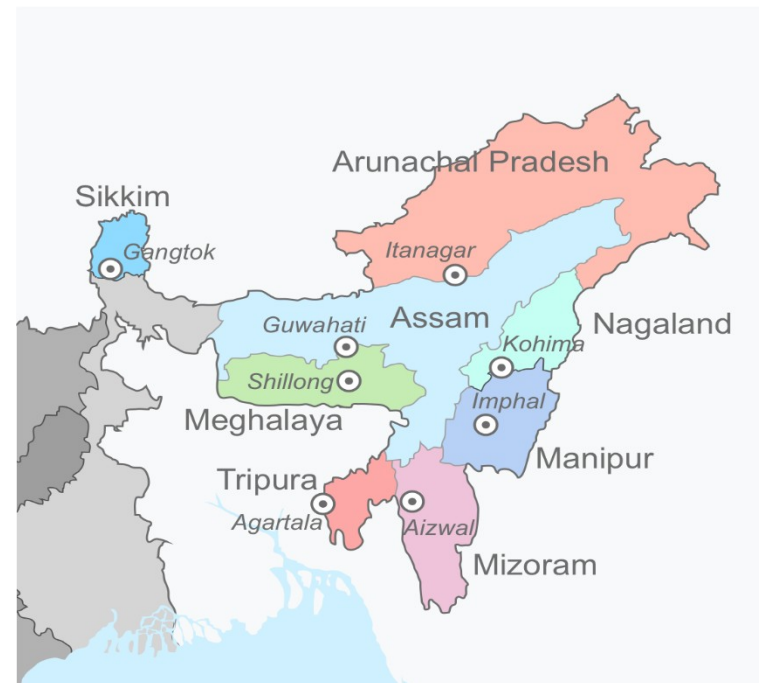
Current status of FSSAI on Food Fortification

- State Food Fortification Index (SFFI) – to assess performance of states with respect to fortification of staples

1st



21st



List of states engaged in manufacturing, demand & supply of fortified foods

A) Open Markets, ICDS, MDM:

- Edible oil – 19 manufactures & 46 brands PAN India, certain northern, central, north eastern states
- DFS – 16 manufactures



B) PDS:

- Fortified wheat flour – West Bengal, Andaman & Nicobar, Maharashtra (Gadchiroli), Odisha (Deogarh)
- Rural population – 75% covered
- Urban population – 50% covered

References

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- 3) [Fortified Food Jan Edition Outlook 11 02 2021.pdf](#)
- 4) [food-fortification-in-india-status-road-ahead-further-scale-up.pdf](#)



THANK YOU!

