



**‘The science and art of healthy oils’- Ms Mani Misra, Deputy Manager  
(Scientific regulatory affairs and nutrition) at Mother Dairy Fruit and  
Vegetable Pvt Ltd**

The importance of selecting healthy oils was shared. It is important to understand the properties of oils, as fats are essential for physiological and metabolic functions in the body. She also discussed the use of cold-pressed and refined oils, such as Kachchighani mustard oil, used in pickles and other products. She highlighted the importance of understanding the type of oil used and the amount of oil used, as well as the phytosterols and antioxidants present in these oils. Fortification, which has been operationalized by the Government of India, is crucial for combating micronutrient malnutrition and preventing hidden hunger. She suggested various oils for purposes like baking, salad dressing, and frying. Ms Mani also mentioned campaigns like 'Aaj se thoda kam' and 'Zara sa badlav' that raise awareness about reducing oil consumption. She also stressed the importance of using a combination of oils when cooking dishes and avoiding reheating. The new labelling and display regulations have simplified the process of choosing the right oil for daily consumption, hence she encouraged individuals to read labels when selecting oil.