

NEWS TODAY

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Chennai: On World Consumer Rights Day, Consumers Association of India (CAI) plans to conduct street plays and puppet shows in the villages of Pulikkudivanam and Thiruvadisoolam, near Chengalpet, today and also in Chenneri and Hanumanthapuram on 16 March.



“The event which is based on the theme, ‘Giving poor consumers a greater voice in India’, will take place with the motto of raising awareness of village consumers. Rural areas which lack knowledge of consumer rights must be kept informed and we thought acting by directly getting onto the ground will work better,” says CAI chairperson Nirmala Desikan.

The organisation which is also a member of Consumer International – Federation of Consumer Organisations, also points out some simplified rules of FSSAI that should be noted by consumers for better understanding of issues.

LIMIT GLUTEN

Gluten is the rubbery mass that is left when wheat flour is washed with water to remove starch, non-starchy polysaccharides and water soluble constituents. It comprises 80-85 per cent protein and 5 per cent lipids. Most of the remainder is starch and non-starch carbohydrates. Gluten is obtained from flour by kneading the wheat flour with water, agglomerating the elastic gluten into dough which is elastic and then washing out the starch.

It may cause health problems for persons with gluten-related disorders, such as celiac disease, dermatitis herpetiformis and other forms of non-celiac gluten sensitivity. They also cause small intestinal damage for persons with celiac disease and dermatitis

herpetiformis, leading to mal-absorption, malnutrition and associated health conditions, says a note from CAI.



FSSAI has prescribed a limit of not less than 6.0 per cent (on dry weight basis) for gluten content in the standard of atta or resultant atta and semolina and not less than 7.5 per cent (on dry weight basis) for gluten content in the standard of maida.

FRUIT CHEMICALS

Artificial ripening of fruits is permitted by ethylene gas at a concentration of up to 100 ppm (100?l/L) depending upon the crop, variety and maturity, under regulation 2.3.5 Food Safety and Standards (Prohibition and Restrictions on Sales) Regulation 2011.

KNOW THE DIFFERENCE

Cinnamon can be easily differentiated from the cassia. Cinnamon bark is sweet, smooth, delicate and light brown in colour. Several thin layers are curled and look like cigar, while cassia bark is thick, rough, uneven and dark brown in colour.

On rolling, it looks like a hollow tube. FSSAI has introduced the addition of parameter Coumarin content on dry basis – Not more than 0.3% by weight in the existing standard of Cinnamon and Cinnamon Powder under regulation 2.9.4 of Food Safety and Standards (Food Products and Food Additives) Regulations, 2011.

APPLE SHINING

Sub-regulations 2.3.6 of Food Safety and Standards (Prohibition and Restrictions on Sales) Regulations, 2011, does not permit using colours on fruits and vegetables. But fresh fruits and vegetables may be coated with bees wax (white and yellow) or carnauba wax and shellac wax at level not exceeding good manufacturing practices as per the same sub-regulation.