

## Dr Vardhan launches FSSAI's Trans-fat Free logo; Boost for Eat Right

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The Trans-fat Free logo of the Food Safety and Standards Authority of India (FSSAI) was unveiled at the Eighth International Chefs' Conference (ICC VIII) in New Delhi recently by Dr Harsh Vardhan, minister of health and family welfare. It marked an important milestone in the movement against trans-fats and also provided a momentum to accelerate the apex regulator's **Eat Right India** movement.

At the event, he stated, The 'Eat Right India' movement of FSSAI takes inspiration from the vision of Prime Minister Narendra Modi of giving to the people of this country a New India by 2022 that includes health, social security and nutrition."

"Modi has also acknowledged the Eat Right Movement of FSSAI in his Mann ki Baat address. He further stated that health does not merely mean absence of disease and infirmity, but its definition also includes the presence of physical, mental, emotional and spiritual wellness, and food plays a vital role in all these components," the minister added.

Dr Vardhan said that the primacy given to nutrition and healthy eating practices by the Government forms the pivot of the Poshan Maah, which was observed in September, where many ministries and stakeholders joined hands to enhance awareness about issues surrounding **nutrition**.

"Trans-fats are the worst type of fats with known health risks. India is committed to eliminating it from the food supply, and is progressing towards its objective of trans fat elimination by 2022; a year ahead of the global target by WHO (World Health Organization)," **he** added.

"As a part of our collective vision, FSSAI is committed to reducing the industrially produced trans fatty acids to less than two per cent by the year 2022 in a phased manner and is geared up to get freedom from trans fats with the motto, India@75; Freedom from Trans Fats," **the** **minister** **stated**.

"It is encouraging to see chefs from across the country coming forward to support the regulator in this cause and working towards a healthier India," he added.

Dr Vardhan appreciated the bakeries for voluntarily adopting healthier cooking practices to eliminate **trans** **fats**.

He added that it was a national and social responsibility for all of us, and especially for the chefs as they carry an additional responsibility of ensuring that the food served was not just safe and tasty, but also healthy.

The minister congratulated FSSAI for its efforts in mobilising various stakeholders to work cohesively and take the Eat Right India movement forward.

At the event, he released a slogan, Chefs 4 Trans Fat Free, under which over 1,000 chefs from different parts of the country took a pledge to use trans-fat free oils in their recipes and work towards their elimination from the diets of the Indian populace at large.

Dr Vardhan also released a trans-fat free brochure, trans-fat free manifesto for chefs, and distributed pins to five chefs as an acknowledgement for them adopting trans-fat free recipes.

He also felicitated 10 bakeries who are using trans-fat free oils in their products and those that committed to use trans-fat free oils in the future.

The minister also launched the Green Purple initiative logo. The initiative aims to qualify the chefs on food safety legal requirements and sustainable cooking methods, in order to promote trans-fat free cooking.

It will be a six-month programme that includes key areas of trans-fat free cooking, using less sodium, and hygienic, seasonal, eco-friendly, less energy consuming cooking methods. The chefs shall, thereafter, ensure global standards of food safety and sustainable environment practices.

Industrial trans-fats are made by adding hydrogen to liquid vegetable oils to make them more solid, and to increase the shelf life of foods. Trans-fats are largely present in partially hydrogenated vegetable fats/oils, vanaspati, margarine and bakery shortenings, and can be found in baked and fried foods.

The food establishments which use trans-fat free oil and do not have industrial trans-fat more than 0.2g/100g of food, in compliance with the Food Safety and Standards (Advertising and Claims) Regulations, 2018 can display the Trans-fat free logo at their outlets and on their food products. The use of the said logo is voluntary.

Thanking the food industry for their proactive support in taking forward the Eat Right India movement, Pawan Kumar Agarwal, chief executive officer, FSSAI, said, "FSSAI is committed to reducing the industrially-produced trans-fatty acids to less than two per cent by the year 2022 in a phased manner. I am hopeful that the chef community will work with us in achieving this goal."

During the event, sessions were also held on FSSAI's Hygiene Rating and Right Place to Eat Scheme, which is an online, transparent scoring and rating system that aims to empower consumers with informed food choices while eating out.

Chefs were encouraged to adopt this scheme across the country to showcase that they are the Right Place to Eat.

Another session focussed on the need for reducing sodium/salt content from Indian diets. Chefs were encouraged to prepare recipes with less salt, as it reduces the risk of heart attacks and strokes, even among those who do not have high blood pressure.

Also present at the event were members of the food sector fraternity, including the scientific community, industry and industry associations, medical and nutrition experts, as well as renowned chefs from across the globe, highlighting the need to eliminate trans-fats from the food supply.