

FSSAI notifies FBOs regarding rules to fortify 'processed food' sans fat, salt & sugar

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The Food Safety and Standards Authority of India (FSSAI) has notified rules for the fortified processed food including cereal products, bakery wares, and fruit juices. These rules are prescribed under the Food Safety and Standards (Fortification of Foods) First Amendment Regulations, 2020. FSSAI, has however excluded the foods that are high on fat, salt and sugar from the ambit of these regulations.

According to these regulations, "Fortified Processed Foods" means processed foods (i.e., foods that have been altered from its natural state by industrial processing methods) that have undergone the process of fortification as per the provisions of these regulations. The same may have fortified staples as raw materials and/or fortified with permitted micronutrients and additives as specified under the Food Safety and Standards (Food Product Standards and Food Additives) Regulation, 2011."

The regulation explains that 'Fortified Processed Foods' may be prepared from fortified food articles that may be cereals and/or milk and shall provide 15-30 per cent of the Indian adult RDA of micronutrient based on an average calorie intake of 600 kcal from processed foods (approximately 1/3rd of daily energy requirement for an adult).

However, High Fat Sugar Salt (HFSS) Foods shall be excluded from the Fortified Processed Foods category. The definition of HFSS foods shall have the same meaning as specified under the Food Safety and Standards (Labelling and Display) Regulations, 2020.

And any manufacturer who fortifies any processed food shall ensure that the level of micronutrients in such fortified processed food shall fall within the range specified by the food regulator.

Further, the regulation specifies that multi-grain Atta may also be fortified with vitamins and minerals at the same levels specified for 'Fortified Atta', provided that the multigrain Atta contains more than 50 per cent as wheat flour in it.

Under 'Schedule-III' of these regulations the FSSAI has prescribed standards for fortified processed food that lays limits for fortified cereal products, bakery wares, fruit juices.

Cereal products include Breakfast cereals, Pasta and Noodles, when fortified, shall contain added iron, folic acid and Vitamin B12 along with Vitamin B1, B2, B3 and B6.

Bakery wares include bread, biscuits, rusks and buns, and when fortified, shall contain added iron, folic acid and Vitamin B12 at the level prescribed under these regulations. Additionally the bakery wares can also be fortified with zinc, Vitamin B1, B2, B3 and B6, according to the prescribed limits.

And fruit juices, can be fortified with Vitamin C (mg): (Ascorbic acid) as 6-12 per 100ml, says the regulation.