



भारतीय खाद्य सुरक्षा और मानक प्राधिकरण
Food Safety and Standards Authority of India



सत्यमेव जयते

स्वास्थ्य और परिवार
कल्याण मंत्रालय
Ministry of Health and
Family Welfare
GOVERNMENT OF INDIA



JANUARY 2025 MEDIA COMPENDIUM



FSSAI's "Har Label Kuch Kahta Hai": A Step Towards Enhanced Food Safety Awareness

By Sneha Biswas Updated: Jan 31, 2025

The "Har Label Kuch Kehta Hai" campaign of the FSSAI enhances food safety consciousness and healthy eating all around India, encouraging the consumer's not only to read the labels but to understand them as well. In an effort to empower consumers to make informed decisions about their diets, this program focuses on nutritional information, ingredients, and allergies.



As part of its continuous efforts to raise consumer awareness and promote food safety, the Food Safety and Standards Authority of India (FSSAI) started the "Har Label Kuch Kehta Hai" (Every Label Speaks) campaign. The objective of this national campaign is to launch the consumer and help consumers understand whatever they eat has details written on the label.

FSSAI is to support rational decision making by improving the public's understanding of food labels for the average consumer to ask for formulation and implementing health-related measures all over India. If more information and understanding are available, the public can then read these labels correctly, meaning they

will improve their health and the likelihood of suffering from foodborne illness will reduce. This program assists in making individual choices regarding foods to take and is relevant to safety and consumer information internationally.

Objectives Of The Campaign

The goal of the ["Har Label Kuch Kehta Hai"](#) campaign is to simplify the complicated information found on food labels into simply understandable sections. The main objectives of the campaign include increasing consumer awareness with regards to the nutrients' information, understanding the different food symbols used and their meanings, and enhancing their knowledge about the mandatory information to be mentioned on containers.

[Consumers](#) are able to make healthier food choices thanks to this full strategy, which helps them understand what they're eating. Furthermore, by insisting on higher accuracy of the information about foods in packaging and labelling, the effort is to make producers more accountable for the information they put out on their products.

Key Components Of The Campaign

The program divides reading food labels into a number of important categories:

- Identifying manufacturing and expiration dates
- Understanding ingredient listings
- How to read nutrition information panels
- Identifying symbols of food quality (such as the FSSAI logo and vegetarian/non-vegetarian markings)
- Understanding allergy claims
- Looking into information on pricing and net weight

These elements are described using a variety of educational materials, including videos, infographics, and interactive seminars, which enable a wide range of Indian audiences to understand the topic.

Educational Tools And Resources

To support this effort, FSSAI has created a number of teaching materials:

- Social media platforms' digital content
- Print resources in several languages.
- Programs for food business training
- Workshops on consumer awareness
- Mobile apps for convenient access
- Interactive educational games

- Announcements for public service

These materials are made to accommodate various learning preferences and accessibility requirements, guaranteeing that the campaign reaches as many people as possible.

Consumer Rights And Empowerment

The campaign basically focuses on rights that consumers may have to do with the quality and safety of foods. It informs individuals about:

- Informational rights regarding food products
- How to complain about labels that are misleading
- Being aware of quality standards
- Recognising genuine goods
- Reporting issues with food safety

Customers are better able to make decisions and hold producers responsible for their goods because of this empowerment of knowledge.

Role Of FSSAI

Regulatory Framework

In India, the FSSAI is essential in establishing guidelines for food labelling and regulating food safety. In this way, the body ensures that manufacturers who provide wrong and misleading information on their product labels are held to account. Standard and regulatory audits with commitments may impose sanctions or penalties for non-compliance on manufacturers. *"Har Label Kuch Kahta Hai"* is an extension of the FSSAI's objective to encourage food label transparency in order to increase customer confidence and trust.



Collaborative Efforts

The food sector as well as non-governmental organisations, government bodies, and health care professionals are vital stakeholders for the success of the initiative *"Har Label Kuch Kahta Hai."* Manufacturers are urged by the FSSAI to accept clear labelling procedures and actively participate in consumer education campaigns. The FSSAI believes that they can effectively promote and maintain high standards of transparency and commitment when it comes to product information by partnering up with food businesses.

Many organisations are participating in undertaking consciousness raising projects aimed at ensuring that individuals get adequate information regarding food safety at their disposal, thus developing a combined effort in order to ensure that people appreciate the important role of carefully choosing their foods.

The FSSAI is clearly being proactive in India with its *"Har Label Kuch Kahta Hai"* campaign. Through this message, customers may help themselves to control the kind of foods they want to eat and, in the process, develop a society that is sensitive to healthy foods.

अमर उजाला

Una News: 91 खाद्य नमूनों की जांच में 20 मानकों के अनुरूप खरे नहीं उतरे

Fri, 31 Jan 2025 05:28 PM IST



खाद्य सुरक्षा विभाग की वार्षिक रिपोर्ट में खुलासा

2,080 किलोग्राम खोया, 237 किलोग्राम पनीर और 12 किलोग्राम देसी घी जब्त

संवाद न्यूज एजेंसी

ऊना। खाद्य सुरक्षा मानकों के उल्लंघन पर खाद्य सुरक्षा अधिकारियों ने इस वित्तीय वर्ष में कड़ी कार्रवाई अमल में लाई है। खाद्य सुरक्षा अधिकारियों की ओर से 91 नमूनों की जांच की गई। इनमें से 20 मानकों के अनुरूप नहीं पाए गए। इनमें 2 असुरक्षित, 5 गलत ब्रांडिंग वाले, 10 निम्न गुणवत्ता वाले और 2 दोनों श्रेणियों में शामिल थे। खाद्य सुरक्षा नियमों के उल्लंघन पर 80,000 रुपये का जुर्माना लगाया गया। इस बात का खुलासा विभाग की वार्षिक रिपोर्ट में हुआ। वहीं, दिवाली पर्व के दौरान खाद्य सुरक्षा अभियान के तहत 2,080 किलोग्राम खोया, 237 किलोग्राम पनीर और 12 किलोग्राम देसी घी जब्त किया गया। खाद्य सुरक्षा एवं मानक प्राधिकरण की ओर से उपलब्ध कराई गई मोबाइल फूड टेस्टिंग लैब के माध्यम से अप्रैल से दिसंबर 2024

तक 100 नमूनों की जांच की गई। इनमें सभी नमूने खाद्य सुरक्षा मानकों पर खरे उतरे। यह सुविधा दूध, तेल, जूस और पानी की मिलावट जांचने के लिए निशुल्क उपलब्ध कराई जा रही है। इसके अलावा लोगों को स्वस्थ और संतुलित आहार के प्रति जागरूक करने के लिए पहली दिसंबर 2024 को ऊना के रामलीला मैदान में ईट राइट मेला आयोजित किया गया, जिसमें उपमुख्यमंत्री मुकेश अग्निहोत्री ने मुख्य अतिथि के रूप में शिरकत की। इस मेले में प्राकृतिक और जैविक खाद्य उत्पादों के साथ पारंपरिक व्यंजनों को बढ़ावा देने पर विशेष ध्यान दिया गया।

खाद्य सुरक्षा और स्वच्छता को बढ़ावा देने की पहल फूड फोर्टिफिकेशन को लेकर सरकार की ओर से दूध, खाद्य तेल, आटा, चावल और नमक को विटामिन और खनिजों से समृद्ध करने की पहल की गई है ताकि लोगों को पोषणयुक्त आहार मिले। ऊना जिले में 3,518 लीटर उपयोग में लाए जा चुके पुराने खाद्य तेल का संग्रहण कर बायो डीजल उत्पादन के लिए भेजा गया। खाद्य व्यवसाय संचालकों के लिए खाद्य सुरक्षा पर्यवेक्षकों का अनिवार्य प्रशिक्षण सुनिश्चित किया जा रहा है।

जन जागरूकता पर विशेष जोर उपायुक्त जतिन लाल ने अधिकारियों को खाद्य सैंपल बढ़ाने के निर्देश दिए और मानकों के उल्लंघन पर कड़ी कार्रवाई करने को कहा। खाद्य विक्रेताओं और आम जनता को सुरक्षित व स्वच्छ खाद्य पदार्थों के प्रति जागरूक करने पर विशेष जोर देने के निर्देश दिए।



हिन्दुस्तान

खाद्य सुरक्षा और मानकों पर दिया प्रशिक्षण

भारतीय खाद्य संरक्षा एवं मानक प्राधिकरण ने रेलवे स्टेशन पर खान-पान कार्य में लगे फूड हैंडलर्स और सुपरवाइजर्स को फास्टैक प्रशिक्षण दिया। इस कार्यक्रम में उप आयुक्त गणेश कंडवाल और अन्य अधिकारी मौजूद थे।...

भारतीय खाद्य संरक्षा एवं मानक प्राधिकरण की ओर से संचालित 'ईट राइट स्टेशन प्रमाणीकरण कार्यक्रम के तहत गुरुवार को रेलवे स्टेशन पर खान-पान कार्य में लगे फूड हैंडलर्स और फूड सुपरवाइजर को खाद्य सुरक्षा एवं मानक पर फास्टैक प्रशिक्षण दिया गया। इस मौके पर उप आयुक्त गणेश कंडवाल, रेलवे स्टेशन अधीक्षक रविंद्र कुमार, वाणिज्य निरीक्षक एसके अग्रवाल, स्वास्थ्य निरीक्षक दौलत सिंह रिठौरिया, एसएन जोशी आदि मौजूद रहे।

Food safety officials conduct inspections across Thoothukudi district

Published - January 31, 2025 07:27 pm IST - THOOTHUKUDI

Food safety officials conducted inspections across Thoothukudi district over the last four days and registered cases against those shops operating without license and using prohibited materials banned by the food safety department.

The food safety department said that the team had inspected 534 tea shops and eateries across the district in several places including Thoothukudi city, Pudukottai, Kayalpattinam, Tiruchendur, Sathankulam, Udangudi, Alwarthirunagari, Kayathar, Kazhugumalai and Eppodhumvendran.

During the search a total of 142 cases were registered against the shops under various violations. Cases were registered against 65 shops for using newspapers and printed papers for food packaging, while 16 shops were using banned plastic materials. Another five shops were found using both plastic and newspapers and 56 shops were operating without food safety license or registration certificates.

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Since public notice had already been issued regarding the direction, 136 shops will face penalties through the district food safety department, while the cases against the remaining six shops will be forwarded to District Revenue Officer's court for legal action.

Additionally the officials also seized banned tobacco and nicotine based products at the shops in Kayalpattinam, Alwarthirunagari, and Arumuganeri, leading to immediate closure of the shops. The shops can operate again only after a good conduct report and paying a penalty of ₹25,000 to the district food safety department.

S. Mariappan, Designated Food Safety Officer, said that most violations were found in rural areas, as urban areas are under regular surveillance and frequent inspections. He emphasised that similar frequent inspections will be extended to rural areas to prevent such violations in the future.

The consumers can report food safety violations by calling 9444042322 or registering a complaint on the website <https://foodsafety.tn.gov.in>



Food safety officials and members of FBOs in Kohima

The Food Safety Administration, Kohima Zone, Health & Family Welfare department conducted Food Safety Training and Certification (FoSTaC) for Food Business Operators (FBO) on January 29 and 30, 2025.

The training was held at Para Medical Training Institute (PMTI) conference hall with two batches on each day. The Food Safety & Standard Authority of India (FSSAI) empanelled training partner was M/S Aroma Shiksha Evam Seva Samithi from Korba, Chattisgarh and the trainer was Anup Kumar Tewari.

This was informed in a press release issued by Kezhangulie Yimchunger, Designated Officer (Food Safety) Food Safety Administration, Kohima Zone O/o Chief Medical Officer, Kohima.

Food Safety officers find hygiene violations at bakeries in Vijayawada

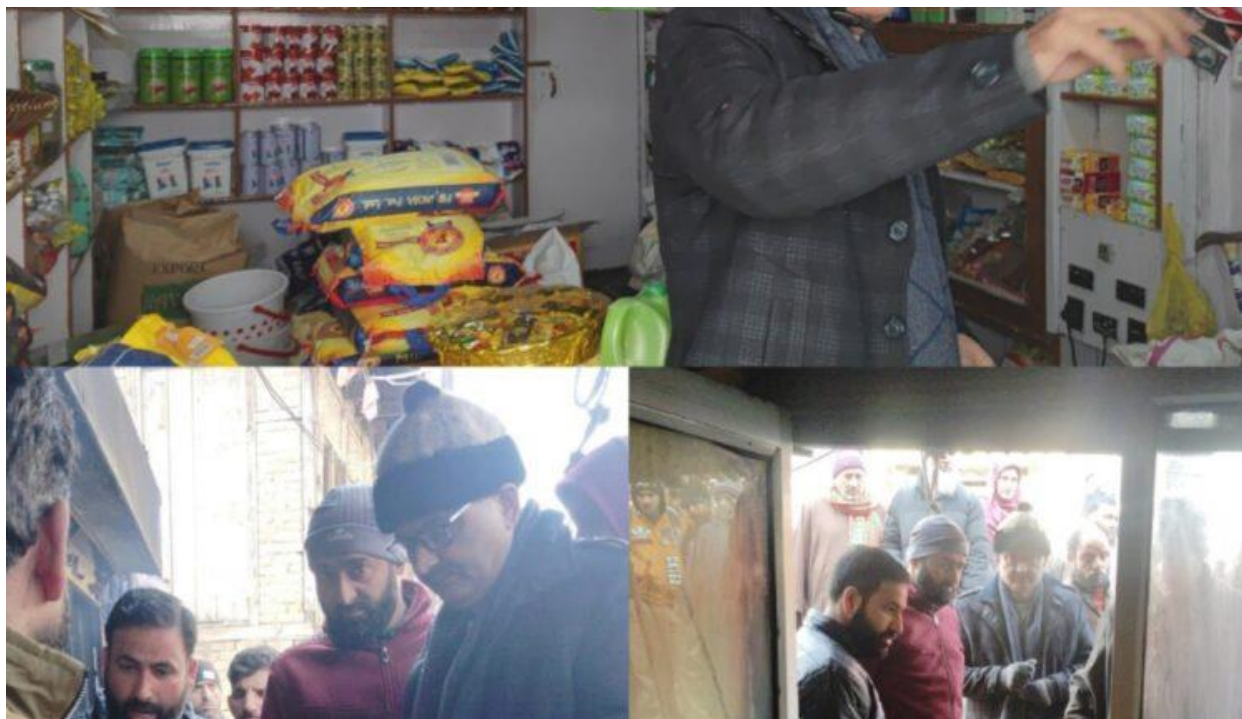
January 11, 2025 09:05 pm IST – VIJAYAWADA



The Food Safety officers found unhygienic kitchens and storerooms at six bakeries in Vijayawada during inspections on Saturday.

As per instructions from the Food Safety Commissioner Vakati Karuna and NTR District Collector G. Lakshmisha, three teams of Food Safety officers inspected four bakeries and two sweet shops in Vijayawada on Saturday (January 11) and found many hygiene violations.

Butcher Shop Sealed in Khrew Pampore Over Rat Infestation; Food Safety Violations Found Authorities Conduct Hygiene Drive, Penalize Violators for Unsafe Practices, Releases Fine



PAMPORE, January 11: Authorities have taken swift action after a viral video surfaced showing a rat infestation at a butcher shop in the Khrew area of Pampore Tehsil, South Kashmir's Pulwama district.

Acting on the matter, the Assistant Commissioner Intelligence-cum-Legal Cell Kashmir, who also holds additional charge as Assistant Commissioner Food Safety Pulwama Hilal Ahmad Mir, along with the concerned Food Safety Officer Sadiya Javaid, inspected the shop and discovered it in extremely unhygienic conditions. The shop was immediately sealed, and further investigations have been initiated.

They also conducted a special inspection drive against the food business operators, including butchers, bakers, and restaurants, were inspected in the Khrew town. Violations of sanitary and hygienic standards under the Food Safety and Standards (FSS) Act were found at six establishments. A fine of Rs 6,000 was imposed on the violators, officials told Kashmir Convener. Authorities emphasized the importance of maintaining hygiene and warned of strict action against those flouting food safety norms.

Earlier, a video viral on social media shows rats eating meat at a butcher shop in the Khrew area of Pampore.

Assistant Commissioner Intelligence-cum-Legal Cell Kashmir, Hilal Ahmad Mir, while talking to Kashmir Convener, stated that a complaint was received regarding a butcher shop in Khrew, Pampore, where meat

was being stored in unsanitary conditions, allowing the presence of rats (rodents). “As soon as we received the complaint, the department immediately swung into action and visited the site. We have sealed the meat shop as proper sanitation was not maintained, and there was evidence of rats in the premises,” he said.

We also conducted a drive against other shops in the area, including chicken sellers, bakers, and restaurants. We found violations of the Food Safety Act and took action against those responsible. A fine of six thousand rupees was collected from the violators, and complaints against some will be presented in court for further legal action.

I appeal to the general public that just as we received this complaint, if similar complaints continue to come to us, we will take immediate action against the violators. This is a continuous process, but I urge the people to contact us whenever they notice any issues related to food items. Your cooperation is essential in ensuring food safety and hygiene.

He further told Kashmir Convener that all food items should be stored at the proper temperature, ensuring that the environment is free from rodents and flies. Food items must be kept in a safe and hygienic environment. Every business operator is required to have a license or registration. Licenses are issued to those with a turnover exceeding Rs 12 lakh, while those with a turnover below Rs 12 lakh are provided with registration.

He mentioned that during field inspections, it was observed that some operators lack the necessary food licenses or registrations. Such operators are being warned, and if they fail to comply, legal action will be taken against them. Additionally, if proper sanitation is not maintained, strict action will be taken against the shopkeepers involved.

He emphasized that the department does not merely impose fines but also provides awareness to business operators. Furthermore, appreciation certificates are awarded to those who comply with the Food Safety Act and maintain high standards of hygiene and safety.

DECCAN Chronicle

Food safety officials carry out special raids on food establishments in the city



Food safety officers carried out special raids on several food business establishments and collected samples for analysis in NTR district here on Saturday. By Arrangement

Vijayawada: Food safety officers carried out special raids on several food business establishments and collected samples for analysis in NTR district here on Saturday. Teams of food safety officials lifted samples of Motichoor laddu, Horlicks Kalakanda, Motichoor laddu in loose quantity, cake in loose quantity, Mayuri Brand Jaggery, dried cherry plums, and milk Mysore pak and served notices on them for violation of the rules and regulations of the Food Safety and Standards Act, 2006. Joint food controller N. Purnachandra Rao said, "We have carried out special raids on several food establishments and found the usage of substandard raw materials for the preparation of sweets and cakes in violation of norms, while some obtained licences and are conducting their businesses. We will initiate action against them as per norms."

Ease of doing business: FSSAI says any changes in labelling regulations will be enforced from July 1 every year

Updated - January 15, 2025 at 08:40 PM. | New Delhi

FSSAI says decision taken to address various challenges faced by Food Business Operators (FBOs) and providing them with a predictable and efficient framework for compliance with food labelling regulations



In a bid to promote ease of doing business, the Food Safety and Standards Authority of India (FSSAI) on Wednesday said that it has decided to enforce any changes or amendments in labelling regulations from July 1 every year. It said this will provide food business operators a predictable regulatory environment and also ensure greater transparency for consumers. The labelling regulations are enforced through Food Safety Standards (Labelling and Display) Regulations 2020.

“The date of enforcement has been decided as 1st July every year, subject to minimum of 180 days from the date of notification for the amendments related to FSS (Labelling and Display) Regulations and also for any change in labelling specified in other FSS Regulations,” an official statement added.

Various challenges

The Food Authority said this decision is being taken to address various challenges faced by the Food Business Operators (FBOs) and providing them with a predictable and efficient framework for compliance with food labelling regulations. “For consumers, the initiative ensures greater transparency in food labelling, enabling informed decision-making and boosting confidence in the safety and quality of food products,” it added.

FBOs usually face certain challenges when amendments are brought in labelling regulations . This includes making operational changes to adhere to the amended regulations which entail certain associated costs. Also, the use of pre-printed packaging materials has posed a significant obstacle in ensuring compliance with these amendments, FSSAI noted.

The Food Authority said this move will allow FBOs to utilise pre-printed packaging materials over a longer duration, reducing waste and fostering operational efficiency. “Additionally, this approach supports environmental sustainability by minimising the carbon footprint associated with frequent packaging changes. This consumer-centric measure strengthens trust in the food industry and aligns with FSSAI’s commitment to safeguarding public health,” the statement added.

लेबलिंग और डिस्प्ले विनियमों में किसी भी संशोधन के लिए एफएसएसएआई ने तय की है एक जुलाई की तारीख

15 Jan 2025 18:08:31



नई दिल्ली, 15 जनवरी (हि.स.)। भारतीय खाद्य संरक्षा एवं मानक प्राधिकरण (एफएसएसएआई) ने खाद्य सुरक्षा और मानक (लेबलिंग और प्रदर्शन) विनियम, 2020 के तहत निर्दिष्ट लेबलिंग संशोधनों को लागू करने के लिए हर साल 1 जुलाई की तारीख तय कर दी है। इस निर्णय से व्यवसाय करने में आसानी को बढ़ावा मिलेगा और उपभोक्ताओं को सूचित विकल्प चुनने में भी मदद होगी।

एफएसएसएआई ने बुधवार को एक आधिकारिक बयान में बताया कि एफएसएस (लेबलिंग और डिस्प्ले) विनियमों से संबंधित संशोधनों और अन्य एफएसएस विनियमों में निर्दिष्ट लेबलिंग में किसी भी बदलाव के लिए अधिसूचना की तारीख से न्यूनतम 180 दिनों के अधीन, प्रवर्तन की तारीख हर साल 1 जुलाई तय की गई है।

यह खाद्य व्यवसाय संचालकों (एफबीओ) के सामने आने वाली चुनौतियों का समाधान करने और उन्हें खाद्य लेबलिंग नियमों के अनुपालन के लिए एक पूर्वानुमानित और कुशल ढांचा प्रदान करने की दिशा में एक महत्वपूर्ण कदम है।

एफएसएसएआई के अनुसार उपभोक्ताओं के लिए यह पहल खाद्य लेबलिंग में अधिक पारदर्शिता सुनिश्चित करती है, सूचित निर्णय लेने में सक्षम बनाती है और खाद्य उत्पादों की सुरक्षा और गुणवत्ता में विश्वास बढ़ाती है।

एफबीओ के सामने आने वाली चुनौतियां मुख्य रूप से नियमों के कार्यान्वयन, आवश्यक परिचालन परिवर्तन और संबंधित लागतों से संबंधित हैं। इसके अतिरिक्त, पूर्व-मुद्रित पैकेजिंग सामग्री के उपयोग ने इन संशोधनों के अनुपालन को सुनिश्चित करने में एक महत्वपूर्ण बाधा उत्पन्न की है। इन मुद्दों को पहचानते हुए एफएसएसएआई का यह नया उपाय कैलेंडर वर्ष की शुरुआत के साथ लेबलिंग संशोधनों के प्रवर्तन को संरेखित करके एक व्यावहारिक समाधान प्रदान करता है।

साथ ही, यह कदम एफबीओ को लंबी अवधि तक पूर्व-मुद्रित पैकेजिंग सामग्री का उपयोग करने, अपशिष्ट को कम करने और परिचालन दक्षता को बढ़ावा देने की अनुमति देता है। इसके अतिरिक्त, यह दृष्टिकोण लगातार पैकेजिंग परिवर्तनों से जुड़े कार्बन पदचिह्न को कम करके पर्यावरणीय स्थिरता का समर्थन करता है।

यह उपभोक्ता-केंद्रित उपाय खाद्य उद्योग में विश्वास को मजबूत करता है और सार्वजनिक स्वास्थ्य की सुरक्षा के लिए एफएसएसएआई की प्रतिबद्धता के अनुरूप है।

हिन्दुस्थान समाचार / विजयालक्ष्मी

Digha hotels get notice for stale food

Suman Mondal | TNN

Digha: A food safety department's inspection of hotel kitchens in Digha on Tuesday revealed that despite their swanky appearance, many of the establishments stored "deteriorated food in unsanitary condition". The officials issued legal notices to some of the establish-

**'UNSANITARY
CONDITION'**

ments, and threatened all with fine and severe legal action for repeat violation.

An official said the inspection was carried out following complaints about substandard food in Digha's hotels and restaurants. District food safety officials in-

spected 25-odd prominent hotels. Kitchens at several places were found with poor hygiene standards and 13 were found storing stale and spoilt food. The inspection team, apart from slapping legal notices on around seven establishments, directed all to improve their hygiene standards and ensure wholesome food services in a week.

Biswajit Manna, a district food safety official, said, "We have started regular raids. Many do not have adequate approval for serving cooked food. Some places store substandard food. Legal notices have been issued to six to seven hotels. They have been told to get appropriate licence and stop storing stale food within a week.

'Reduce sugar, pesticides and microplastics in food items'

The Hindu Bureau
HYDERABAD

Food Safety and Standards Authority of India (FSSAI) CEO G. Kamala Vardhana Rao on Friday underscored the need for a collaborative approach to reduce presence of pesticides, absorption of microplastics and use of sugar in food products.

He was participating in a programme titled 'Strengthening the food safety, quality and regulatory ecosystem: towards enhancing the state food safety index', organised by the Confederation of Indian Industry (CII) in association with the FSSAI and the State government.

Mr. Kamala Vardhana Rao said it is important to monitor the presence of pesticides in food products and suggested that every State constitute inter-ministerial committees to address the issue.

The FSSAI CEO favoured setting up "model food streets" to ensure supply of high-quality and safe food, the CII said in a release.

Separately, the Press Information Bureau said, in a release on the meeting, that Mr. Kamala Vardhana Rao urged food business operators to adopt a rational approach on sugar content in food items. Added sugar and artificial sweeteners in processed foods were cited as a source of health concerns, including obesity, he said.

Eateries must use sugar sparingly: FSSAI chief

DC CORRESPONDENT
HYDERABAD, JAN. 17

G. Kamala Vardhana Rao, CEO of Food Safety and Standards Authority of India (FSSAI), on Friday urged entrepreneurs in food businesses to adopt a rational approach towards adding sugar and artificial sweeteners in processed foods.

Over 400 individuals representing food business operators (FBOs), manufacturers and regulatory authorities attended the programme here. Emphasising that added sugars led to obesity, Rao said FBOs should observe caution, particularly in baby foods, items for preg-

nant women and the elderly.

"Stringent regulatory action will be initiated against non-compliant manufacturers," he said. He cautioned that only food-grade plastic should be used for packing prepared food as microplastics leach onto food items and make them unfit for consumption. The issue of pesticides in various agricultural commodities like tea, coffee and spices is also an area of concern.

Rao later visited the street food hub on Necklace Road and inspected a mobile food testing laboratory. He instructed the authorities to regularly monitor street food hubs.



2 रुपये में कॉफी नहीं कैंसर घर ला रहे हैं आप! कहीं आपके कप में तो नहीं है ये जहर

बाजार में खाने की चीजों में अक्सर मिलावट की जाती है. मिलावट चीजों का सेवन करने से सेहत को काफी नुकसान होता है. 2 रुपये में मिलने वाली कॉफी में भी मिलावट की जाती है. आइए जानते हैं असली और नकली कॉफी की पहचान कैसे करें.

Written By Shilpa | Last Updated: Jan 30, 2025, 07:59 PM IST



मार्केट में मिलावटी चीजों का मिलना आम बात है. आटा, चावल, दाल, दूध, तेल, फल और सब्जियां समेत लगभग खाने की अधिकतर चीजों में खतरनाक केमिकल की मिलावट की जाती है. मिलावटी चीजों का सेवन करने से कैंसर जैसी खतरनाक बीमारी हो सकती है. 2 रुपये में मिलने वाली कॉफी में भी मिलावट की जाती है. कॉफी पाउडर में मिट्टी, ईट का चूरा और मिट्टी का बारीक पाउडर मिलाकर बाजार में बेचा जा रहा है.

कॉफी में मिट्टी की मिलावट

काँफी में मिट्टी की मिलावट की जाती है. अधिक कमाई के लिए काँफी में मिट्टी मिलाई जाती है. कम कीमत वाली काँफी को अक्सर लोग बिना जांचे खरीद लेते हैं वहीं सस्ते ब्रांड की काँफी में भी मिलावट की संभावना अधिक होती है. काँफी पाउडर में बारीक मिट्टी या धूल मिलाकर उसका वजन बढ़ाया जाता है. वहीं कुछ लोग काँफी में स्टार्च और डेक्सट्रिन की मिलावट करते हैं.

मिलावटी काँफी की पहचान कैसे करें

एक गिलास पानी लें, इसके बाद गिलास में आधा चम्मच काँफी पाउडर डालें. 5 से 6 मिनट तक इंतजार करें. असली काँफी पानी की सतह पर तैरती है. वहीं मिलावटी काँफी नीचे बैठ जाएगी.

मिलावटी काँफी पीने के नुकसान

मिलावटी काँफी पीने से कब्ज, गैस और अपच की समस्या हो सकती है. मिट्टी और धूल में मौजूद बैक्टीरिया और फंगस डायरिया और पेट संबंधी समस्या को बढ़ा सकते हैं. नकली काँफी पीने से नर्वस सिस्टम को भी नुकसान होता है.

लिवर को नुकसान

लंबे समय तक मिलावटी काँफी पीने से लिवर और आंतों को नुकसान हो सकता है. मिलावटी काँफी पीने से हड्डियां कमजोर हो सकती हैं. वहीं जोड़ों में दर्द की समस्या भी हो सकती है. लंबे समय तक मिलावटी काँफी पीने से कैंसर जैसी खतरनाक बीमारी भी हो सकती है.

Disclaimer: प्रिय पाठक, हमारी यह खबर पढ़ने के लिए शुक्रिया. यह खबर आपको केवल जागरूक करने के मकसद से लिखी गई है. हमने इसको लिखने में घरेलू नुस्खों और सामान्य जानकारियों की मदद ली है. यह किसी भी तरह से चिकित्सा राय का विकल्प नहीं है. आप कहीं भी कुछ भी अपनी सेहत से जुड़ा पढ़ें तो उसे अपनाने से पहले डॉक्टर की सलाह जरूर लें.

नई दुनिया

Food Safety: खाने की चीजों में मिलावट, तो घर बैठे इस तरह कर सकते हैं शिकायत

खाद्य पदार्थों में मिलावट की समस्या आम है, लेकिन अब इसकी शिकायत करना आसान हो गया है। आप घर बैठे ही वॉट्सएप, फूड कनेक्ट एप, और वेबसाइट के माध्यम से शिकायत कर सकते हैं। इसके अलावा, आप खाद्य पदार्थों की जांच भी स्वयं कर सकते हैं।

By Prashant Pandey

Edited By: [Prashant Pandey](#)

Publish Date: Mon, 27 Jan 2025 10:48:15 AM (IST)



खाद्य पदार्थ की मिलावट की आशंका है तो वॉट्सएप पर 9406764084 पर शिकायत कर सकते हैं।

HighLights

1. पैकेज्ड फूड खरीदते समय उसकी एक्सपायरी डेट जरूर देखना चाहिए।
2. FSSAI ने यूट्यूब पर बताए हैं मिलावट की जांच के आसार तरीके।

3. मिलावट की आशंका पर फूड कनेक्ट एप और वेबसाइट पर करें शिकायत।
4. **नईदुनिया प्रतिनिधि, इंदौर।** घर पर आने वाले खाद्य पदार्थों को लेकर कई लोगों के मन में अक्सर यह सवाल होता है कि कहीं इसमें मिलावट तो नहीं है, लेकिन मिलावट की आशंका पर लोगों को अपने अधिकार पहचानने की आवश्यकता है।
5. यदि किसी भी खाद्य पदार्थ में मिलावट की आशंका है तो इसकी जांच हम स्वयं घर पर भी कर सकते हैं। मुख्य खाद्य सुरक्षा अधिकारी मनीष स्वामी ने बताया कि इसकी जांच के लिए यूट्यूब पर डीएआईटी एफएसएसएआई द्वारा अलग-अलग खाद्य पदार्थों के वीडियो अपलोड किए हुए हैं, जिसके माध्यम से आसानी से पता कर सकते हैं।

6. वॉट्सएप पर करें शिकायत

7. वहीं किसी भी खाद्य पदार्थ की मिलावट की आशंका है तो वॉट्सएप पर 9406764084 पर शिकायत कर सकते हैं। इसके अलावा यदि आप अपना नाम और मोबाइल नंबर भी नहीं बताना चाहते हैं तो वेबसाइट पर शिकायत कर सकते हैं।
8. बिना आपकी पहचान उजागर किए, आपकी शिकायत पर कार्रवाई की जाती है। वहीं फूड कनेक्ट एप पर भी शिकायत की जा सकती है। जैसे हम मिठाई खरीदने से पहले उसे खाकर और सूंघकर देखते हैं। खराबी लगने पर शिकायत कर सकते हैं, उस पर विभाग द्वारा कार्रवाई की जाएगी।



शहर में संचालित हो रही एक फूड वैन

यदि आप स्वयं किसी खाद्य पदार्थ की जांच करवाना चाहते हैं, तो इसके लिए खाद्य विभाग की एक फूड वेन संचालित हो रही है। यह वैन अलग-अलग दिन क्षेत्रों के हिसाब से जाती है। इस वैन की सुविधा का लाभ लेकर भी आप जांच करवा सकते हैं।

एक्सपायरी डेट जरूर देखना चाहिए

नाममात्र शुल्क पर इससे जांच होती है। उपभोक्ता संरक्षण अधिनियम के अंतर्गत खुले पैकेट में यदि मिलावट सामने आती है, तो आप शिकायत कर सकते हैं। कई लोग शिकायत नहीं करते हैं। हमेशा पैकेज्ड फूड खरीदते समय उसकी एक्सपायरी डेट जरूर देखना चाहिए।



हिन्दुस्तान

दूध में फैट ज्यादा, मसालों में रंग की मिलावट

Meerut News - एफएसडीए लैब की जांच में दूध में फैट कम और मसालों में रंग की मिलावट पाई गई है। पिछले तीन महीने में 19 नमूनों की जांच की गई, जिसमें मिठाई, नमकीन, दूध, मसाले और बेकरी आइटम शामिल थे। विभाग ने दुकानदारों...

Wed, 29 Jan 2025 03:53 AM

दूध में फैट कम और मसालों में रंग की मिलावट का एफएसडीए लैब की जांच रिपोर्ट में हुआ है। पिछले तीन महीने की जो जांच रिपोर्ट विभाग को 19 नमूने की जांच रिपोर्ट में मिलावट पाई गई है। विभाग की माने तो नमूनों की जांच और कार्रवाई के बाद भी मिलावट का धंधा जोरों पर है। मिलावट को रोकने के लिए विभाग ने दुकानदारों को नोटिस जारी कर चेतावनी दी है। अक्टूबर, नवम्बर में 150 खाद्य चीजों के विभाग ने नमूने जांच के लिए लैब भेजे थे। इन नमूनों में मिठाई, नमकीन, दूध, मसाले, पनीर समेत अन्य बेकरी में बेचे जा रहे खाद्य आइटम शामिल हैं। जांच रिपोर्ट में चार नमूने दूध के ऐसे पाए गए हैं जिसमें फैट की मात्रा ही कम है। इसके अलावा हल्दी, लाल मिर्च, धनिया के छह नमूने में कृत्रिम रंग पाया गया है। बेकरी के आइटम पेटीज, सैंडविच के एक-एक नमूने की जांच में इनको बनाने में जिस क्रीम और ऑयल का प्रयोग किया गया वह सही नहीं पाया गया है। चमचम मिठाई और रंगीली मिठाई के चार जांचों में केमिकल वाला कलर पाया गया है। खोया, पनीर के तीन नमूने में मिलावट की पुष्टि हुई है। शहर के जिन प्रतिष्ठानों से यह नमूने जांच के लिए गए थे। इनको मुख्य खाद्य सुरक्षा अधिकारी कुलदीप ने नोटिस जारी कर अपना पक्ष रखने को कहा है। केमिकल रंग, घटिया ऑयल और क्रीम सेहत के लिए हानिकारक है। इनके रेगुलर इस्तेमाल से शरीर में कई गंभीर बीमारियां हो सकती है।

FSSAI rolls out comprehensive measures for food safety at Maha Kumbh 2025

FSSAI, in collaboration with the Food Safety and Drug Administration, Government of Uttar Pradesh, has deployed 10 Mobile Food Testing Labs, along with food analysts to cater to the different sectors of the Maha Kumbh area. These mobile food testing labs have been conducting on-the-spot testing of food items for adulteration and spoilage.

By **Storyboard18** | Jan 21, 2025 5:52 PM



Hotels, dhabas, and small food stalls within the fair premises are also undergoing regular inspections to verify food quality. The team at the ground has been directed to address food safety complaints promptly and to ensure immediate action through stringent checks on cooking methods, including the quality of raw materials used.

Food Safety and Standards Authority of India (FSSAI) has rolled out robust measures at a massive scale to ensure the availability of safe and hygienic food for millions of devotees, at the Maha Kumbh 2025 underway in Prayagraj.

FSSAI, in collaboration with the Food Safety and Drug Administration, Government of Uttar Pradesh, has deployed 10 Mobile Food Testing Labs, along with food analysts to cater to the different sectors of the Maha Kumbh area. These mobile food testing labs have been conducting on-the-spot testing of food items for adulteration and spoilage, and are creating awareness among Food Business Operators (FBOs), street food vendors, and the public at large, ensuring a safe food environment at the Mela, stated the company in a statement.

The fair is divided into five zones and 25 sectors, with Food Safety Officers (FSOs) deployed in each sector to regularly monitor hygiene and safety standards. To strengthen surveillance, a total of 56 Food Safety Officers (FSOs) have been deployed across the area, including five Chief Food Safety Officers (CFSOs). While two FSOs have been deployed in each sector, each zone is being supervised by one CFSO, ensuring comprehensive coverage and effective enforcement of food safety standards. Food safety operations at the fair are centrally managed from a dedicated office at Sankat Mochan Marg in Sector 24 of the city.

Hotels, dhabas, and small food stalls within the fair premises are also undergoing regular inspections to verify food quality. The team at the ground has been directed to address food safety complaints promptly and to ensure immediate action through stringent checks on cooking methods, including the quality of raw materials used.

Samples of rice, sugar, wheat flour, and other essential food items destined for the Maha Kumbh Mela area are being regularly collected for testing. Both distribution and storage points have been identified for the collection of these test samples, which are being tested at the Regional Public Health Laboratory in Varanasi.

In addition to monitoring and enforcement, FSSAI has set up an interactive pavilion to engage with devotees and vendors. These stalls shall host Nukkad Natak performances highlighting the significance of safe food practices and live quizzes on food safety and nutrition. FSSAI officials at the stall are also creating awareness about significant issues like adulteration, licensing, training, and others. Through these campaigns, FSSAI aims to educate the public effectively about the importance of safe and hygienic food, further added the company in a statement.

'Food safety on wheels': Uttar Pradesh government deploys mobile labs to check food quality at Maha Kumbh

The Uttar Pradesh government estimates a footfall of 40 to 45 crore pilgrims and visitors over the next six weeks, until February 26.

Last Updated: 15 January 2025, 19:45 IST



People prepare food for devotees arriving to attend the Maha Kumbh Mela in Prayagraj. Credit: Reuters Photo

Mahakumbh Nagar: The Uttar Pradesh government on Wednesday announced the deployment of mobile laboratories to carry out food inspections at eateries in the Maha Kumbh Mela area here, aiming to monitor hygiene and safety standards.

Assistant Food Commissioner (Grade 2) Sushil Kumar Singh emphasized the use of 'Food Safety on Wheels' to prevent the distribution of spoiled or adulterated food to the pilgrims.

"These mobile laboratories conduct on-the-spot testing of food and beverages. Regular quality checks are conducted at hotels, dhabas, and small stalls, with food safety complaints promptly addressed to ensure swift action," Singh added.

Business Standard

Maha Kumbh 2025: FSSAI deploys mobile food testing labs to ensure safe food

In collaboration with the Food Safety and Drug Administration of Uttar Pradesh, FSSAI has stationed 10 Mobile Food Testing Labs and food analysts across the Maha Kumbh area



Md Zakariya Khan New Delhi

2 min read Last Updated: Jan 20 2025

The Food Safety and Standards Authority of India (FSSAI) has launched large-scale efforts to ensure safe and hygienic food for millions of devotees at the Maha Kumbh 2025 in Prayagraj. FSSAI deployed food safety officers, Mobile Food Testing Labs (Food Safety on Wheels), and organised awareness campaigns, according to an official announcement from the Ministry of Health and Family Welfare.

Mobile food testing labs at Kumbh mela

In collaboration with the Food Safety and Drug Administration of Uttar Pradesh, FSSAI has stationed 10 Mobile Food Testing Labs and food analysts across the Maha Kumbh area. These la

bs are conducting on-the-spot tests for adulteration and spoilage while educating food vendors and the public about safe food practices.

According to the official release, the Mela is divided into five zones and 25 sectors, with 56 Food Safety Officers (FSOs) assigned to monitor hygiene standards. Each sector has two FSOs, while Chief Food Safety Officers (CFSOs) oversee the zones. Operations are coordinated from a central office at Sankat Mochan Marg in Sector 24.

“Maha Kumbh is a once-in-a-lifetime spiritual event that unites millions of devotees in an extraordinary celebration of faith and tradition. In alignment with the Food Safety and Standards Authority of India’s (FSSAI) mission to ensure safe and hygienic food during this grand religious gathering, Compass Group India is honored to contribute to the event with our strategically located SmartQ Rasoi Food Court. We are committed to upholding the highest food safety standards by implementing stringent quality control measures,” Vikas Chawla, MD, Compass Group India, said.

Regular inspection to ensure food quality

Multiple teams are regularly inspecting the hotels, dhabas, and food stalls to ensure food quality. The teams are also responding to food safety complaints and are checking the cooking methods and raw materials used. Essential food items like rice, sugar, and wheat flour are also being tested at the Regional Public Health Laboratory in Varanasi.

To engage the public, FSSAI has set up an interactive pavilion with street plays (nukkad natak s), live food safety quizzes, and awareness sessions on issues like food adulteration and licensing. These initiatives aim to educate both devotees and vendors on the importance of safe and hygienic food practices. Through these measures, FSSAI is aiming to ensure a safer food experience for all visitors during Maha Kumbh 2025.

FSSAI says robust mechanisms are in place to ensure food safety at Mahakumbh

Updated - January 19, 2025 at 08:53 PM | New Delhi

The Food Safety and Standards Authority of India (FSSAI) on Sunday said that robust measures at a massive scale are being enforced to ensure the availability of safe and hygienic food for millions of devotees, at the Maha Kumbh 2025.



The food authority said that Food Safety Officers as well as Mobile Food Testing Labs (Food Safety on Wheels) have been deployed at the festival which is being held at Prayagraj.

“FSSAI, in collaboration with the Food Safety and Drug Administration, Government of Uttar Pradesh, has deployed 10 Mobile Food Testing Labs, along with food analysts to cater to the different sectors of the Maha Kumbh area. These mobile food testing labs have been conducting on-the-spot testing of food items for adulteration and spoilage, and are creating awareness among Food Business Operators (FBOs), street food vendors, and the public at large, ensuring a safe food environment at the Mela,” the official statement added.

The fair is divided into five zones and 25 sectors, with Food Safety Officers (FSOs) deployed in each sector to regularly monitor hygiene and safety standards.

“To strengthen surveillance, a total of 56 Food Safety Officers (FSOs) have been deployed across the area, including five Chief Food Safety Officers (CFSOs). While two FSOs have been deployed in each sector, each zone is being supervised by one CFSO, ensuring comprehensive coverage and effective enforcement of food safety standards,” it added.

Food safety operations at the fair are also centrally managed from a dedicated office. Hotels, dhabas, and small food stalls within the fair premises are also undergoing regular inspections to verify food quality.

“Samples of rice, sugar, wheat flour, and other essential food items destined for the Maha Kumbh Mela area are being regularly collected for testing. Both distribution and storage points have been identified for the collection of these test samples, which are being tested at the Regional Public Health Laboratory in Varanasi,” the FSSAI added in its statement.

FSSAI said it has set also up an interactive pavilion to engage with devotees and vendors. It is also running various awareness campaigns on good safety, it added.



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Food Safety and Standards Authority of India



सत्यमेव जयते

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