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India Publishes Clarification on Food Fortification Regulations

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FAIRS Subject Report

Exporter Guide

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Report Highlights:

The Government of India's Food Safety and Standards Authority of India (FSSAI) published a list of frequently asked questions (FAQs) related to the 2018 Fortification of Foods Regulations.

General Information:

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In order to ease the understanding of Fortification of Foods Regulations published in the Official Gazette of India on August 2, 2018, FSSAI published a list of FAQs further clarifying the regulation. Among other details, the FAQs cover information on the fortified food logo and declarations required on packages of fortified food products.

The full text of the FSSAI published document is pasted below and is also available on FSSAI's website at: https://www.fssai.gov.in/dam/jcr:b1e21140-3cd0-4e13-b57f-75440e98996e/FAQs_Food_Fortification_Regulation_31_10_2018.pdf

FAQs on Gazette notification of Food Safety and Standards (Fortification of Foods) Regulations, 2018

Food Safety and Standards (Fortification of Foods) Regulations, 2018 has been gazette notified on 2nd August 2018. Keeping in view the various representations received seeking clarity on the gazette notification; for the purpose of ease of understanding the said regulation following are the FAQs:

Q.1. What is the date of compliance of these regulations?

Food Business Operator (FBO) shall comply with all the provisions of these regulations by 1st January, 2019.

Q.2. Is Fortification made mandatory for all FBOs or is it still voluntary in India?

Fortification of staples mentioned under Food Safety and Standards (Fortification of Foods) Regulations, 2018 is not mandatory. However, if any Food Business Operators wants to fortify these commodities and use +F logo, then they shall fortify their products as per the standards specified under Food Safety and Standards (Fortification of Foods) Regulations, 2018. Further, the iodization of salt is mandatory as per the provisions of Food Safety and Standards (Prohibition and Restriction on sales) Regulations, 2018. However, wherever, the standards of any food product under 'Food Safety and Standards Regulations' prescribe for addition of particular vitamins/minerals as a mandatory requirement of that particular standard, the same shall be complied, but in such cases +F logo shall not be used.

Q.3. Whether addition of nutrients (vitamins/minerals) other than the list provided under Food Safety and Standards (Fortification of Foods) Regulations, 2018 is permitted?

The Food Business Operator (FBO) can add nutrients other than the list provided under Food Safety and Standards (Fortification of Foods) Regulation, 2018, under the category 'Proprietary food' in quantities not exceeding one RDA of the respective micronutrients. However, in that case, FBOs cannot use +F logo and term their product as 'Fortified'.

Q.4. Whether after the enforcement of fortification regulations, addition of Vitamin A to Vanaspati is required or not? If yes, can these products be claimed as 'Fortified with Vitamin A'?

Vanaspati shall conform to the standards specified under section 2.2.6 (1) of Food Safety and Standards (Food Product Standards and Food Additives) Regulations, 2011. However, these products cannot be claimed as 'Fortified' or use +F logo for its promotion.

Q.5. Is it mandatory to write the tag line of Fortification –“Sampoorna Poshan Swasth Jeevan” under the logo?

No. Every package of fortified food shall carry the words “fortified with (Name of the fortificant)” and the logo, specified in Schedule-II of the Food Safety and

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Standards (Fortification of Foods) Regulation 2018, on its label. Use of tag line "Sampoorna Poshan Swast Jeevan" under the logo is optional.

Q.6. What should be the unit for Vitamin - A & Vitamin-D in Nutritional Panel? Is it mandatory to write the units in "µg" after 1st January, 2019 or "IU"/"mcg" can be written as before?

As per the sub-regulation 2.2.2 (3) (iv) of Food Safety and Standards (Packaging and Labelling) Regulations, 2011, wherever, numerical information on vitamins and minerals is declared, it shall be expressed in metric units. Further, for ease of convenience, the units may be mentioned as specified in the Food Safety and Standards (Fortification of Foods) Regulations, 2018.

Q.7. Under which category vitamins and minerals premixes used for food fortification can apply for license? Whether +F logo can be used on the package of such premixes?

Premixes of Vitamins and minerals for use in fortification of foods are not for direct consumption and are to be added to the final formulation. Hence, the same can be licensed under the category 99.5: Nutrients and their preparations and +F logo cannot be used on the package of such premixes.

Q.8. Whether claims can be made on the packages of fortified food articles?

Food Safety and Standards Authority of India has issued direction dated 22.12.2017 (Annexure-1) specifying the claims that can be mentioned when a food article is fortified as per the provision made under Food Safety and Standards (Fortification of Foods) Regulations, 2018. No other claims can be made on the packages of fortified food articles.

Q.9. Whether overages are allowed under this regulation?

The Food Safety and Standards (Fortification of Foods) Regulations, 2018 specifies the levels of nutrients in a range and thus, overages are not required. The food product samples should meet the requirements specified in the aforesaid regulations, whenever tested during the whole shelf life.

Q.10. What is the significance of +F logo?

+F logo describes that the particular food is fortified with micronutrients as per the levels specified by Food Safety and Standard Authority of India in the Food Safety and Standards (Fortification of Foods) Regulations, 2018.

Q.11. Whether the staples mentioned in this regulation need to comply other essential parameters specified under Food Safety and Standards (Food Product Standards and Food Additives) Regulations, 2011?

Yes. Staples such as Salt, Oil, Milk, Rice, Atta and Maida shall conform to the standards specified under Food Safety and Standards (Food Product Standards and Food

Additives) Regulations, 2011, in addition to the provisions specified under Food Safety and Standards (Fortification of Foods) Regulations, 2018.

Q.12. Whether +F logo can be used on the packages of iodized salt (when fortified with iodine)?

As per the direction dated 24th August 2018, iodized salt (when fortified with iodine) has been exempted from the mandatory requirement of use of +F logo on fortified foods under Food Safety and Standards (Fortification of Foods) Regulations, 2018.

Q.13. How to obtain +F logo?

In order to obtain +F logo, an FBO must endorse the fortified staples via the Food Licensing and Registration System (FLRS) system of FSSAI. A direction on the same has been issued by FSSAI on 21.08.2018 ([Annexure-2](#)). Post the endorsement the open file of the +F logo will be available to the FBO for incorporating on the label of fortified products.

Q.14. Is there any additional declaration to be made on packages of fortified food products?

Commodities which are fortified with iron as per the Food Safety and Standards (Fortification of Foods) Regulations, 2018 shall carry an additional declaration on the pack namely "*People with Thalassemia may take under medical supervision*".
