

## **GETS FOOD FACTS RIGHT**

### **Wheat flour and other Wheat Products**

#### **1). What is Wheat Atta?**

As per the sub – regulation 2.4.1.1 of FSS (Food Products Standards and Food Additives) Regulations, Atta or resultant atta means the coarse product obtained by milling or grinding clean wheat free from rodent hair and excreta.

#### **2). What is wheat protein?**

Wheat flour contains 2 classes of proteins – 1) **Glutenin** which is responsible for elasticity and 2) **Gliadin** which is responsible for raising of the dough. In the presence of water, these two proteins bond together. This creates an elastic network of protein called gluten. As such, gluten occurs naturally in atta.

#### **3). What is wheat 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 is comprised of 80-85% protein, 5% 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.

#### **4). Is gluten good or bad for health?**

Gluten is a protein found in some grains, such as wheat, rye and barley. Gluten may act as a prebiotic, feeding the “good” bacteria in our bodies.

However, Gluten may cause health problems for persons with gluten-related disorders, such as celiac disease, dermatitis herpetiformis and other forms of non-celiac gluten sensitivity. Gluten causes small intestinal damage for persons with celiac disease and dermatitis herpetiformis, leading to mal-absorption, malnutrition, and associated health conditions.

#### **5). Is gluten present in any other food stuff?**

Gluten naturally occurs in many other cereal grains such as barley and rye.

#### **6). What is the minimum limit of gluten in Atta, Maida and Semolina?**

FSSAI has prescribed 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’.

## **Oils and Fats-**

### **1). Whether any standards exist to determine the quality of used cooking oil beyond which the oil is not safe for further use after repeated frying?**

As per Clause (4) of sub-paragraph 7 relating to Fried Foods of paragraph VI, Part-V, Schedule 4 of Food Safety and Standards (Licensing and Registration of Food Businesses) Regulations, 2011, Vegetable oil having developed Total Polar Compound more than 25% shall not be used.

### **2). Are there any standards for Trans Fats in Various Edible Oils and Fats?**

The Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011 prescribe the limit of trans fats to be not more than 5% by weight in Interesterified Vegetable Fats, Vanaspati, Bakery and Industrial Margarine and Bakery Shortening.

### **3). There is confusion about the presence of various Veg Oils in Blended Edible Vegetable Oil. What are the provisions in the regulations?**

The clause 24 of sub-regulation 2.2.1 of Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011 prescribe the standards of Blended Edible Vegetable Oil wherein it is mentioned that the blended edible vegetable oil is an admixture of any two edible vegetable oils where the proportion by weight of any edible vegetable oil used in the admixture is not less than 20 per cent.

### **4). What a customer should see on the label of the container?**

A consumer should always look at the composition of blended oil i.e., name of oils used, nature (raw or refined) and quantity of oils on the label of blended oil.

## **Fruits & Vegetables-**

### **1). Is calcium carbide is permitted for artificially ripening of fruits?**

Calcium carbide is not permitted for artificial ripening of fruits. Under regulation 2.3.5 Food Safety and Standards (Prohibition and Restrictions on Sale) Regulation 2011, related to use of carbide gas in ripening of fruits has been prohibited and have following provision: "No person shall sell or offer or expose for sale or have in his premises for the purpose of sale under any description, fruits which have been artificially ripened by use of acetylene gas, commonly known as carbide gas".

### **2). Whether chemicals are used for ripening fruits in the country?**

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

### **3). Whether colouring of fruits and vegetables are permitted?**

Use of colours on fruits and vegetables are not permitted under the provisions prescribed in sub regulations 2.3.6 of Food Safety and Standards (Prohibition and Restrictions on Sales) Regulations, 2011.

### **4). Whether coating of fresh fruits mainly apples with wax is permitted to give shine and enhance its shelf life?**

Fresh fruits and vegetables may be coated with bees wax (white and yellow) or carnauba wax or shellac wax at level not exceeding Good Manufacturing Practices as per the sub-regulation 2.3.6 of Food Safety & Standards (Prohibition and Restrictions on Sales) Regulations, 2011.

## **Spices-**

### **1). Cinnamon and Cassia**

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 look like 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 & Standards (Food Products and Food Additives) Regulations, 2011.

## **Organic Food Products-**

### **1). Organic Foods**

Organic food has become a very popular and familiar word these days. With the growing concerns about food safety and nutrition, the demand for organic food is increasing. They are grown agriculturally without the use of chemical fertilizers and pesticides considering potential environmental and social impacts. All organic products are protected from prohibited substances and methods from the field to the point of final sale, whether it is a raw agricultural commodity or a multi-ingredient, processed product.

FSSAI has Gazette notified the Food Safety and Standards (Organic Foods) Regulations, 2017 on 29.12.2017 recognizing already established two systems of certification:-

- i. National Programme for Organic Production (NPOP).
- ii. Participatory Guarantee System (PGS-India).

## **2). Which legislation governing Organic Food in India?**

Food Safety and Standards Authority of India (FSSAI) govern the regulation of packaging, storage, distribution, sale and import etc. of Organic Food.

## **3). Who has to be certified under this legislation?**

The Organic Food Business Operator who are involved in the processing, distribution, transport, storage, retail and imports of all organic products needs to be certified.

## **4). Who is exempted from the need of verification of compliance?**

Direct sales by small original producer or producer organisation to the end consumer are exempted from the need of verification of compliance.

## **5). Who is in charge of certifying organic products?**

The Accredited Certification Bodies in case of NPOP and Regional Councils in case of PGS-India will certify the Organic Food Products.

## **6). What are the residual limits of Insecticides in Organic Foods?**

The organic food shall also comply Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011 except for residues of insecticides for which the maximum limits shall be 5% of the maximum limits prescribed or Level of Quantification (LoQ) whichever is higher.

## **7). What about imported organic products?**

Under bilateral or multilateral agreements based on the equivalence of standards as per National Programme for Organic Production it is not required to be re-certified on import to India. All organic food consignments are to be accompanied by a Transaction Certificate issued by an Accredited Certification Body.

## **8). When will these regulations come into force?**

The Food Safety and Standards (Organic Foods) Regulations, 2017 will come into force from 1<sup>st</sup> July 2018.

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