

F. No. 1-94/FSSAI/SP (Claims and Advertisement)/2017-Pt  
**Food Safety and Standards Authority of India**  
(A Statutory Authority established under the Food Safety & Standards Act, 2006)  
(Standards Division)  
**FDA Bhawan, Kotla Road, New Delhi-110002**

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Dated, the 22 July, 2019


**Subject:** Use of "Trans Fat Free" Claim-reg.

Industrial trans-fats are toxic compounds that are the cause of cardiovascular and other related diseases. They are formed during hydrogenation of vegetable oils and other processes such as heating of oil at high temperature. Industrial trans fats are largely present in partially hydrogenated fats such as margarine and bakery shortenings (used in preparation of bakery products) and in vanaspati (used in preparation of sweets and deep-fried foods). India is committed to elimination of industrial trans-fats in fats/oils and in foods containing fats/oils in a phased manner. The trans fat content in fats and oils has already been limited to 5%, and the notification to further reduce it to 3% by 2021 and to 2% by 2022 is under process. The regulation is also being extended to food products having fats/oils.

2. Further, Food Safety and Standards (Advertising and Claims) Regulations, 2018 have been notified on 19<sup>th</sup> November 2018, which specify that trans-fat free claim can be made on the foods which contain 0.2 gm trans fat per 100gm /100ml.

3. Food establishments like bakeries, sweet shops and other food outlets are encouraged to use healthier fat/oil options, thereby reducing the trans fat content in the foods. The food establishments which uses trans-fat free fats/oil and do not have industrial trans-fat more than 0.2 g per 100 g of the food, in compliance with the regulation on Claims and Advertisements, 2018 can display "**Trans Fat Free**" logo in their outlets and on their food products. The logo with the specifications is annexed herewith.

4. The use of the "**Trans Fat Free**" logo is voluntary. It will be the responsibility of the Food Business Operators to comply with the requirements as specified in the Food Safety and Standards (Advertising and Claims) Regulations, 2018, in cases wherein a claim to this effect is made.

  
(Dr. Shobhit Jain)

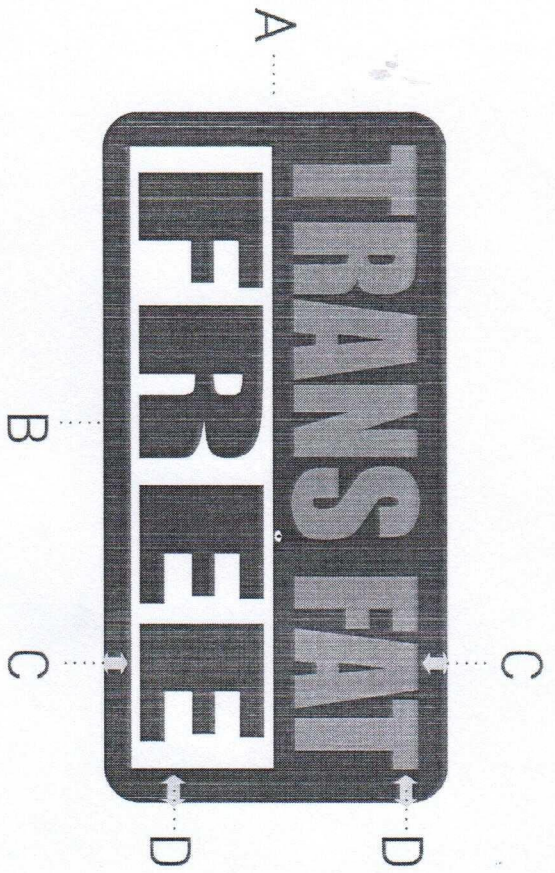
Executive Director (Compliance Strategy)

**Copy to:**

- (i) Commissioner of Food Safety of all States/UTs
- (ii) All Food Business Operators
- (iii) IT Division-for uploading on [www.fssai.gov.in](http://www.fssai.gov.in)



# An Indicative dimension for Trans fat free Logo



■ C:0 M:100 Y:100 K:0

■ C:10 M:0 Y:0 K:100

Fonts  
**Impact**

A	B	C	D
50	100	4	5
100	200	8	10

Dimensions in (mm)

Any size of logo in the proportion of the dimensions given in above table may be used