

F. No. STD/SP-18/MISC/2022
Food Safety and Standards Authority of India
(A statutory Authority under the Ministry of Health and Family Welfare, Govt. of
India)
FDA Bhawan, Kotla Road, New Delhi-110002

The 11th July, 2023

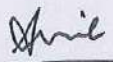
Subject: Direction under Section 16(5) of *Food Safety and Standards Act, 2006* regarding extension of time-period for the compliance of Recommended Dietary Allowance (RDA) 2020

Reference is drawn to the directions dated 16th July, 2021 and 02nd August, 2021 issued *vide* F No. Stds/SP-05/Orders/FSSAI regarding Recommended Dietary Allowance (RDA), wherein it was decided that the RDA 2020 shall come into force from 1st July 2023 for compliance.

2. Representations have been received from industry associations seeking extension for the implementation of Recommended Dietary Allowance (RDA 2020), owing to challenges faced in reformulation of products and inventory of old packaging materials lying with FBOs.

3. After due consideration, it has been decided to further extend the date of coming into force of Recommended Dietary Allowance 2020 (RDA 2020) for compliance for a period of six months from 01st July 2023.

4. This issues with the approval of the Competent Authority in exercise of the power vested under Sections 16(5) of *Food safety and Standards Act, 2006*.


(Dr. Amit Sharma)
Director
Regulation Division
FSSAI, HQ
New Delhi

Encls:

- i. Direction dated 16th July, 2021
- ii. Direction dated 02nd August, 2021

To:

1. All Food Safety Commissioners
2. All Central Designated Officers, FSSAI
3. All Authorized Officers, FSSAI
4. CITO (for uploading on FSSAI website)

Copy for information to:

1. PPS to Chairperson, FSSAI
2. PPS to CEO, FSSAI
3. All Directors, FSSAI

F. No. Stds/SP-05/Orders/FSSAI
Food Safety and Standards Authority of India
(A Statutory Authority established under the Food Safety & Standards Act, 2006)
(Science & Standards Division)
FDA Bhawan, Kotla Road, New Delhi-110 002

Dated, the 16th July, 2021

Subject: Direction under Section 16 (5) of Food Safety and Standards Act, 2006 regarding Recommended Dietary Allowances (RDA).

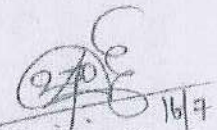
Reference is drawn to the order dated 07.01.2020 issued vide F. No. Stds/Nutra (DCGI)/FSSAI-2017 regarding Recommended Dietary Allowance (RDA) wherein the RDA values for vitamins, minerals and amino acids are specified (*hereinafter referred to as RDA 2010*).

2. Whereas, the ICMR has revised the nutrient requirements for Indians and has published new RDAs in 2020 and the Food Authority has decided to adopt the same. A collated document (*hereinafter referred to as RDA 2020*) in respect of the new RDA values for vitamins, minerals and amino acids is enclosed as **Annexure I and II** for reference and compliance.

3. The RDA 2020 shall come into force from **1st July, 2023** for compliance. Till such time, Food Businesses may comply with **RDA 2010** or **RDA 2020**. However, from **1st July, 2023**, onwards only RDA 2020 as per para 2 above shall be in force and compliable by Food Businesses.

4. Further, it is also clarified that the report submitted by ICMR regarding 'Tolerable Upper Limits (TUL) of vitamins/minerals' which has been made available to the public on the FSSAI website on 05.09.2018 is 'ONLY FOR INFORMATION' and NOT for use by the Food Businesses.

5. This order supersedes the order dated 07.01.2020 and is issued with the approval of Competent Authority in exercise of the power vested with Food Authority under Section 16(5) of Food Safety and Standards Act, 2006.


(Bhaskar N)
Advisor (Science & Standards)
FSSAI, New Delhi.

Encls:

- i. Annexure IA: ICMR RDA 2020 values for nutrients except amino acids
- ii. Annexure IB: Collated information on RDA for nutrients not listed under Annexure IA
- iii. Annexure II: ICMR RDA 2020 values for amino acids

To

1. All Food Safety Commissioners
2. All Authorized Officers, FSSAI
3. All Designated Officers, FSSAI

Copy to

1. PPS to Chairperson, FSSAI, New Delhi.
2. Sr. PS to CEO, FSSAI, New Delhi.
3. CITO, FSSAI for necessary action and uploading on FSSAI website.

SUMMARY OF RDA FOR INDIANS - 2020

Age Group	Category of work	Body Wt. (kg)	Protein (g/d)	CHO (g/d)	Caloriam (mg/d)	Magnesium (mg/d)	Iron (mg/d)	Zinc (mg/d)	Iodine (µg/day)	Thiamine (mg/d)	Ribo Flavin (mg/d)	Niacin (mg/d)	Vit B6 (mg/d)	Folate (µg/d)	Vit B12 (µg/d)	Vit C (mg/d)	Vit A (µg/d)	Vit D (IU/d)
Men	Sedentary	65	54.0	130	1000	385	19	17	150	1.4	2.0	14	1.9	300	2.5	80	1000	600
	Moderate																	
	Heavy																	
	Sedentary	55	45.7	130	1000	323	29	13.2	150	1.4	1.9	11	1.9	220	2.5	65	840	600
	Moderate																	
	Heavy																	
Women	Pregnant woman	55 + 10	+9.5 (2 nd trimester) +22.0 (3 rd trimester)	175	1000	385	40	14.5	250	2.0	2.7	+2.5	2.3	570	+0.25	115	900	600
	Lactation 0-6m 7-12m		+16.9 +13.2	200 200	1200	325	25	14	280	2.1	3.0	+5	+0.26 +0.17	330 350	+1.0	+50	950	600
Infants	0-6 m*	5.8	8.1	55	300	30	-	-	100	0.2	0.4	2	0.1	25	1.2	20	350	400
	6-12m	8.5	10.5	95	300	75	3	2.5	130	0.4	0.6	5	0.6	85	1.2	27	350	400
Children	1-3y	11.7	11.3	130	500	135	8	3.0	90	0.7	0.9	7	0.9	110	1.2	27	380	600
	4-6y	18.3	15.9	130	550	155	11	4.5	120	0.9	1.3	9	1.2	125	1.2	32	510	600
Boys	7-9y	25.3	23.3	130	650	215	15	5.9	120	1.1	1.6	11	1.5	170	2.5	45	630	600
	10-12y	34.9	31.8	130	850	270	16	8.5	150	1.5	2.1	15	2.0	220	2.5	54	770	600
Girls	10-12y	36.4	32.8	130	850	255	28	8.5	150	1.4	1.9	14	1.9	225	2.5	52	780	600
	13-15y	50.5	44.9	130	1000	355	22	14.3	150	1.9	2.7	19	2.6	385	2.5	72	930	600
Boys	13-15y	49.6	43.2	130	1000	325	30	12.8	150	1.6	2.2	16	2.2	245	2.5	66	890	600
	16-18y	64.4	55.4	130	1050	405	26	17.6	150	2.2	3.1	22	3.0	340	2.5	82	1000	600
Girls	16-18y	55.7	46.2	130	1050	335	32	14.2	150	1.7	2.3	17	2.3	270	2.5	68	880	600

* AI

[Ref. Recommended dietary allowances and estimated average requirements, nutrient requirements for Indians - 2020]

9/8/2020

SUMMARY OF RECOMMENDED INTAKES FOR
OTHER MINERALS AND TRACE ELEMENTS

SNo.	Minerals/Trace Element	Recommended intake
1	Phosphorous	1100 mg/day
2	Sodium	2000 mg/day
3	Potassium	3500 mg/day
4	Copper	2 mg/day
5	Manganese	4 mg/day
6	Chromium	50 µg/day
7	Selenium	40 µg/day

[Ref: Recommended dietary allowances and estimated average requirements, nutrient requirements for Indians - 2020]

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Collated information on RDA for nutrients not listed under Annexure IA

S. No.	Vitamin	RDA per day
1.	Vitamin E*	7.5-10 mg α -tocopherol
2.	Vitamin K* (K1, K2)	55 μ g
3.	Biotin**	30 μ g
4.	Pantothenic acid**	5 mg

S. No.	Mineral	RDA per day
1.	Chloride#(AI)	<ul style="list-style-type: none"> • Children 1 to 3 y: 1500 mg • Children 4 to 8 y: 1900 mg • Men & Women (9 y and above): 1800 to 2300 mg • Pregnant & Lactating women: 2300 mg
2.	Molybdenum**	45 μ g

[ICMR (Recommended dietary allowances and estimated average requirements: nutrient requirements for Indians - 2020); **Codex (CAC/GI. 2-1985- Guidelines on nutrition labelling (applied only for individuals older than 36 months)); #Food and Nutrition Board, Institute of Medicine, National Academies; AI: Adequate Intake]

Note 1: In case age wise RDAs are available, then RDA values for men and women (sedentary work) may be considered as standard reference or else the single value will be applicable across all age groups.

Note 2: The FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 shall not be applicable to the infants up to the age of 24 months. Hence, RDAs mentioned in this document for the age group 0 to 24 months will not be applicable for the said regulations.

Note 3: Conversion units (referred from report of Expert Committee of ICMR which specifies TUL of micronutrient for Indian population)

- Vitamin A: 1 μ g = 3.33 IU
- Vitamin D: 1 μ g = 40 IU
- Vitamin E: 1mg = 1.5 IU d-alpha-tocopherol, or 1.1 IU dl-alpha-tocopherol
- Folic acid: 1 μ g = 1.7 DFE (Dietary Folate Equivalent)

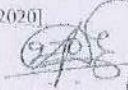

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Annexure II

RDA values for amino acids for age group more than 24 months (2 years)

S. No.	Amino acids	RDA (mg/kg body wt./day)
(i)	Histidine	10
(ii)	Isoleucine	20
(iii)	Leucine	39
(iv)	Lysine	30
(v)	Methionine	10
(vi)	Cysteine	4
(vii)	Methionine + Cysteine	15
(viii)	Threonine	15
(ix)	Phenylalanine + Tyrosine	25
(x)	Tryptophan	4
(xi)	Valine	26

[Ref: Recommended dietary allowances and estimated average requirements: nutrient requirements for Indians - 2020]


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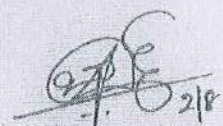
F. No. Stds/SP-05/Orders/FSSAI
Food Safety and Standards Authority of India
(A Statutory Authority established under the Food Safety & Standards Act, 2006)
(Science & Standards Division)
FDA Bhawan, Kofla Road, New Delhi-110 002

Dated, the 2nd August, 2021

Subject: Direction under Section 16 (5) of Food Safety and Standards Act, 2006 regarding Recommended Dietary Allowances (RDA).

In partial modification of the direction of even number dated 16th July, 2021 on subject cited above, the Annexure I of the said direction is revised based on revision of RDA 2020 by ICMR-NIN. The revised Annexure I is enclosed for reference and compliance.

This issues with the approval of Competent Authority in exercise of the power vested with Food Authority under Section 16(5) of Food Safety and Standards Act, 2006.



(Bhaskar N)

Advisor (Science & Standards)
FSSAI, New Delhi.

Encls:

- i. Annexure IA: ICMR RDA 2020 values for nutrients expect amino acids
- ii. Annexure IB: Collated information on RDA for nutrients not listed under Annexure IA

To

1. All Food Safety Commissioners
2. All Authorized Officers, FSSAI
3. All Designated Officers, FSSAI

Copy to

1. PPS to Chairperson, FSSAI, New Delhi.
2. Sr. PS to CEO, FSSAI, New Delhi.
3. CITO, FSSAI for necessary action and uploading on FSSAI website.

SUMMARY OF RDA FOR INDIANS - ICMR-NIN, 2020

Age Group	Category of work	Body Wt (kg)	Protein (g/d)	Dietary Fiber* (g/d)	Cal etum (mg/d)	Magnesium (mg/d)	Iron (mg/d)	Zinc (mg/d)	Iodine (µg/day)	Thiamine (mg/d)	Ribo flavin (mg/d)	Niacin (mg/d)	Vit B6 (mg/d)	Folate (µg/d)	Vit B12 (µg/d)	Vit C (mg/d)	Vit A (µg/d)	Vit D (IU/d)	
Men	Sedentary	65	54.0	30	1600	440	19	17	140	1.4	2.0	14	1.9	300	2.2	80	1000	600	
	Moderate			1.8						2.5	18	2.4							
	Heavy			2.3						3.2	23	3.1							
Women	Sedentary	55	46.0	25	1000	375	29	13.2	140	1.4	1.9	11	1.9	220	2.2	65	840	600	
	Moderate			1.7						2.4	14	1.9							
	Heavy			2.2						3.1	18	2.4							
Pregnant woman		55 + 10	+9.5 (2 nd trimester) +22.0 (3 rd trimester)	-	1000	440	27	14.5	230	2.0	2.7	+2	2.3	570	+0.25	+15	900	600	
										Lactation 0-6m	2.1	3.0	+5	+0.26	330	+1.0	950	600	
Infants		5.8	8.0	-	300	30	-	-	100	0.2	0.4	2	0.1	25	1.2	20	350	400	
										7-12m	0.4	0.6	5	0.6	85	1.2	30	400	
Children	0-6 m*	8.5	10.5	-	500	75	3	2.5	130	0.7	1.1	7	0.9	120	1.2	30	390	600	
	6-12m	12.9	12.5	15	500	90	8	3.3	90	0.9	1.3	9	1.2	135	2.2	35	510	600	
	1-2y	18.3	16.0	20	550	125	11	4.5	90	1.1	1.6	11	1.3	170	2.2	45	630	600	
	4-6y	23.3	23.0	26	650	175	15	5.9	100	1.5	2.1	15	2.0	220	2.2	55	770	600	
	7-9 y	34.9	32.0	33	850	240	16	8.5	100	1.4	1.9	14	1.9	225	2.2	50	790	600	
	Boys 10-12y	36.4	33.0	30	850	250	28	8.5	100	1.9	2.7	19	2.6	285	2.2	70	930	600	
	Girls 10-12y	30.5	45.0	43	1000	345	22	14.5	140	1.9	2.7	19	2.6	285	2.2	70	930	600	
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	Boys 16-18y	55.7	46.0	38	1050	380	32	14.2	140	1.7	2.3	17	2.3	270	2.2	70	860	600	
	Girls 16-18y																		

* Adequate Intake (AI)

Note: For adequate intake of Biotin and Pantothenic acid, refer to the text on summary of recommendations.

[Ref: Recommended dietary allowances and estimated average requirements: nutrient requirements for Indians - 2020]

Collated information on RDA for nutrients not listed under Annexure IA

S. No.	Vitamin	RDA per day
1.	Vitamin E*	7.5-10 mg tocopherol
2.	Vitamin K* (K1, K2)	55 µg
3.	Biotin* (AI)	<ul style="list-style-type: none"> • Adults and pregnant women: 40 µg • Lactating women: 45 µg • Adolescents: 35 µg • Children 4 – 10 y: 25 µg • Children 1 – 3 y: 20 µg
4.	Pantothenic acid* (AI)	<ul style="list-style-type: none"> • Adults and pregnant women: 5 mg • Lactating women: 7 mg • Adolescents: 5 mg • Children: 4 mg

S. No.	Mineral	RDA per day
1.	Phosphorous*	1000 mg
2.	Sodium*	2000 mg
3.	Potassium*	3500 mg
4.	Copper*	1.7 mg
5.	Manganese*	4 mg
6.	Chromium*	50 µg
7.	Selenium*	40 µg
8.	Chloride#(AI)	<ul style="list-style-type: none"> • Children 1 to 3 y: 1500 mg • Children 4 to 8 y: 1900 mg • Men & Women (9 y and above): 1800 to 2300 mg • Pregnant & Lactating women: 2300 mg
9.	Molybdenum**	45 µg

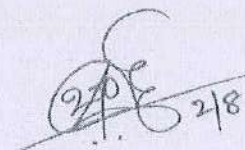
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