

# FSSAI introduces restriction on eatery owners from using same batch of cooking oil more than thrice

**Mirror Now**

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In order to curb the consumption of 'frying fats', the FSSAI and the FDA have brought in a restriction for eatery owners prohibiting them from using the same batch of edible/cooking oil more than thrice.



March 1 has been set as the deadline for eatery owners to adhere to the new guidelines  
(Representative Image) | Photo Credit: BCCL

**Mumbai:** The Food Safety and Standards Authority of India (FSSAI) is all set to impose a new rule on eateries and restaurants which will prohibit them from cooking more than three times with the same batch of cooking oil. The central body has sent notices to the Food and Drug Administration (FDA) departments of all states asking them to ensure that the practice is implemented by March 1.

In its notice, the FSSAI has asked FDA to ensure that the new rule is imposed and adhered to by restaurant and eatery owners before the stipulated deadline. This rule will apply for all eateries and restaurants using more than 50 litres of oil per day. The rule has been brought into effect as per Section 16 (5) of the Food Safety and Standards Act, 2006.

The FSSAI also said that starting March 1, it will conduct inspections across the country to ensure that the rule is being adhered to by eatery and restaurant owners. These owners have been asked to prepare and maintain a daily chart recording their daily consumption of oil in addition to keeping a log of their purchase of edible oils.

Pallavi Dadare, commissioner of FDA (Maharashtra division) told media outlets that repeated use of cooking oil leads to changes in the physiochemical, nutritional and sensory properties. Total polar compounds (TPCs) formed in the oil during frying are called 'frying fats' and the rule is aimed at curbing the consumption of these 'frying fats'.