

## **FSSAI notifies norms on nutritional claims for groundnut, mustard, other oils**

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The Food Safety and Standards Authority of India (FSSAI) has made provisions for nutrient function claims for edible vegetable oils and notified the same in the official gazette under the Food Safety and Standards (Advertising and Claims) First Amendment Regulations, 2020. Food Business Operators will need to comply with all the provisions of these regulations by July 1, 2021.

The food authority prescribed nutritional claims for almost all the edible oil used in the country including coconut, corn, cottonseed, groundnut, linseed/flaxseed, mustard/rapeseed (low erucic), mustard, olive, safflower, palm kernel, palmolein, rice bran, sesame, soybean and sunflower oil.

The claims include 'Contains medium chain fatty acids that are easily metabolised' for coconut oil, 'Rich in Omega-6 Poly Unsaturated Fatty Acid (Omega-6 PUFA, linoleic acid); Linoleic acid is an essential fatty acid that helps to maintain normal blood cholesterol levels,' for corn oil.

'Rich in Omega-6 Poly Unsaturated Fatty Acid (Omega-6 PUFA, linoleic acid); Linoleic acid is an essential fatty acid that helps to maintain normal blood cholesterol levels; Contains Tocopherols which are natural antioxidant,' for cottonseed oil.

'Contains Mono Unsaturated Fatty Acid (MUFA) and Omega-6 Poly Unsaturated Fatty Acid (Omega-6 PUFA) that helps lowering of cholesterol; Contains Tocopherols, which are natural antioxidant,' for groundnut oil.

'Rich in Omega-3 Poly Unsaturated Fatty Acid (Omega-3 PUFA, Alpha linolenic acid); Alpha linolenic acid is an essential fatty acid that contributes to the maintenance of normal blood cholesterol levels,' for linseed/flax seed oil.

'Rich in Mono Unsaturated Fatty Acid (MUFA) that helps to maintain blood cholesterol levels; Contains Omega-3 Poly Unsaturated Fatty Acid (Omega-3 PUFA, Alpha linolenic acid); Alpha linolenic acid is an essential fatty acid that contributes to the maintenance of normal blood cholesterol levels,' for mustard/rapeseed oil (low erucic).

'Contains Omega-3 Poly Unsaturated Fatty Acid (Omega-3 PUFA); Alpha linolenic acid is an essential fatty acid that contributes to the maintenance of normal blood cholesterol

levels; Contains Tocopherols which are natural antioxidant,' for mustard oil.

'Rich in Mono Unsaturated Fatty Acid (MUFA) that helps to maintain blood cholesterol levels; Contains polyphenols which are natural antioxidant,' for olive oil (pomace, extra virgin).

'Rich in Omega-6 Poly Unsaturated Fatty Acid (Omega-6 PUFA, linoleic acid); Linoleic acid is an essential fatty acid that helps to maintain normal blood cholesterol levels,' for safflower oil.

'Contains medium chain fatty acids that are easily metabolised,' for Palm Kernel Oil', and 'Contains Tocopherols and Tocotrienols, which are natural antioxidant,' for palmolein oil.

'Contains MUFA and Omega-6 Poly Unsaturated Fatty Acid (Omega-6 PUFA) that helps lowering of cholesterol; Contains Oryzanol, Tocopherols and Tocotrienols which are natural antioxidants; Oryzanol has antioxidant property and reduces high blood cholesterol,' for rice bran oil.

'Contains equal proportions of MUFA (oleic acid) and Omega-6 Poly Unsaturated Fatty Acid (Omega-6 PUFA, Linoleic acid) that helps lowering of cholesterol ; Contains lignans which are natural antioxidants; Contains Tocopherols which are natural antioxidant,' for sesame oil.

'Contains Omega-6 Poly Unsaturated Fatty Acid (Omega-6 PUFA, linoleic acid) and Omega-3 Poly Unsaturated Fatty Acid (Omega-3 PUFA, alpha linolenic acid) in appropriate proportions suggested by RDA guidelines of ICMR; Linoleic acid is an essential fatty acid that helps to maintain normal blood cholesterol levels; Alpha linolenic acid is an essential fatty acid that contributes to the maintenance of normal blood cholesterol levels; Contains Tocopherols which are natural antioxidant for soybean oil.

And 'Rich in Omega-6 Poly Unsaturated Fatty Acid (Omega-6 PUFA, linoleic acid) ; Linoleic acid is an essential fatty acid that helps to maintain normal blood cholesterol levels ; Contains Tocopherols which are natural antioxidant,' for sunflower oil.

The regulations also laid conditions for the claims to be made for the respective edible vegetable oil and reads, "Provided that Food Business Operators may choose to use same or similar terms in the claim statements as provided in this Schedule while ensuring no change in the intent and meaning of the claim."