

Health Minister Harsh Vardhan Launches 'Trans-Fat Free' Logo

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E-Paper

The Union Health Minister Harsh Vardhan on Friday launched the "Trans-Fat Free" logo during the 8th International Chefs Conference in New Delhi. The Ministry of Health and Family Welfare has started a campaign called the 'Eat Right India' campaign. This campaign is seen as one of the important steps to end trans-fat.

Addressing the conference, the minister spoke about the health risks factors caused by trans fats. He also mentioned that the chefs have to carry an additional responsibility toward the cause as they are a very important part of the food ecosystem. He also admired the initiatives by FSSAI towards the 'Eat Right India' campaign.

"In compliance with the Food Safety and Standards (Advertisement and Claims) Regulations, 2018, food establishments that use trans-fat free fats/oil and do not have industrial trans-fat more than 0.2g/100g of food are eligible to display the logo," an official release said.



During the press briefing, Harsh Vardhan said that trans fats are the worst type of fats with known health risks. "India is committed to eliminate it from the food supply and is progressing towards its objective of trans fat elimination by 2022 in a phased manner; a year ahead of the global target set by the WHO. The FSSAI is committed to reducing trans-fatty acids produced in industries by 2 per cent in a phased manner by 2022 and has launched 'India @ 75,'" he added.

"With an increase in the eating-out pattern, chefs carry an additional responsibility of ensuring that the food served is not just safe and tasty but also healthier and sustainable to the environment," he added.

Recently, FSSAI is considering four key regulatory measures to reduce the usage of plastic in food packaging. Firstly, the FSSAI is exploring the feasibility of restricting small packs of commodities such as water bottles, shampoo, sauce, pickles, etc.

Secondly, they are trying to remove the restrictions on the usage of non-transparent bottles for drinking water thereby allowing businesses to explore the possibilities of using alternatives other than the PET (Polyethylene terephthalate) bottles, which are currently being used.

Thirdly, they are exploring the possibility of removing the ban on the usage of recycled plastic in food packaging and fourthly, the FSSAI is reviewing the limits of heavy metals in PET bottles and the limits of specific migration limits of Antimony and DEHP (Diethylhexyl- Phthalate).