

**Use of Trans-Fats in Fast Foods**

5050. SHRI SALIM ANSARI:

SHRI JAI PRAKASH NARAYAN SINGH:

SHRI P. BHATTACHARAYA:

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether according to a report of the Centre for Science and Environment (CSE), the ingredients used by Mcdonald's, Pepsico, KFC, Haldiram, Domino's Pizza etc. are trans-fats which leads to early onset of diseases amongst the young;

(b) if so, the findings of the CSE and the reaction of Government thereto;

(c) whether Government would appoint a High- powered Committee to look into the findings of the CSE and recommend stern action against multi-nationals to prevent ill-health amongst children; and

(d) if not, the reasons therefor?

THE MINISTER OF HEALTH AND FAMILY WELFARE (SHRI GHULAM NABI AZAD): (a) and (b) Several epidemiological studies documented that high intake of trans fatty acids increase the risk of coronary heart disease. The recent CSE report on trans fatty acid content of the processed food documented that some of the food items such as French fries (KFC), Aloo Bhujia (Haldiram) and Lays potato chips (pepsico) contain high levels of trans fatty acids. Regular consumption of these food items will exceed the upper limit of trans fatty acid intake recommended by WHO (2gm/day). However one of the limitations of the study is small sample size and the CSE study was not on health impacts of trans fats. Further studies are necessary to determine the amount of total dietary intake that come from fast foods and total trans fatty acid intake amount by Indians as well as its potential effects on human health.

(c) and (d) In Food Safety and Standards (Packaging and Labeling) Regulation, 2011, every pre-packed food shall contain on the label a list of ingredients in descending order and nutrition information, calorie in Kcal, carbohydrate, protein and fat in gm/100 gm or ml/100 ml. The food in which hydrogenated vegetable fat or bakery shortening is used shall declare on the label that hydrogenated vegetable fats or bakery shortening used contains trans-fat.