

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA
UNSTARRED QUESTION NO. 2047
TO BE ANSWERED ON 18TH MARCH, 2025**

REGULATION IN USE OF PALM OIL

2047. MS. SWATI MALIWAL:

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

- (a) whether Government is aware of health concerns regarding use of refined oils, particularly palm oil, in food products, and whether initiatives are being taken to encourage healthier alternatives like traditional oils;
- (b) whether Government has received complaints about FMCG companies using substandard ingredients or excessive palm oil in products sold in the country compared to abroad, and what steps are being taken to ensure uniform quality; and
- (c) whether the Ministry is working with FSSAI to eliminate unhealthy fats, including palm oil, and introduce strict regulations on processed foods?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY
WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (c): The Government of India is aware of the health concerns raised regarding the use of refined oils, particularly palm oil in food products. However, there is no unanimous scientific evidence on the adverse health effects of palm oil consumption. ICMR-NIN (Indian Council of Medical Research - National Institute of Nutrition) recommends consuming variety of vegetable oils including palm oil as complete dependence on a single vegetable oil may not provide optimal balance of all fatty acids.

Further, Food Safety and Standards Authority of India (FSSAI) is committed to ensure the availability of safe food products including refined oils to the consumers across the country. In this regard, following steps have been taken.

- Standards of refined oils including Palm oil under Food Safety and Standards (Food Products Standards and Food Additive) Regulations, 2011 has been notified.
- FSSAI through State/UTs and its regional offices conducts surveillance, monitoring,

inspection and random sampling of food products to check compliance of the standards.

- In case where the food samples are found to be non-conforming, penal actions are initiated against the defaulting Food Business Operators.
- FSSAI has introduced a nation-wide campaign 'Eat Right India' movement with a tagline 'Sahi Bhojan Behtar Jeevan' (right food, better life) and focusing on preventive healthcare through social and behavioural change.
- India has achieved the target of limiting trans fat in food products to not more than 2% by weight which is in line with recommendations of World Health Organization (WHO).
- FSSAI conducted various online competitions and challenges, like - "Healthy Recipe Contest: Ghar Ki Rasoi- Tasty Bhi, Healthy Bhi," Tadke Bina Zaika (without the use of visible fat), Indigenous Food Challenge National Low Salt Cooking Challenge, for spreading awareness among the citizens.
