

## FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA

### Draft Minutes of Meeting of the Scientific Committee

<b>Meeting Type</b>	Second meeting of the Scientific Committee of Food Authority	<b>Date and Time</b>	2 <sup>nd</sup> November, 2010, 11 00 A.M
<b>Subject/Function</b>	Second meeting of the Scientific Committee of the Food Authority	<b>Called by</b>	Chairperson FSSAI
<b>Venue</b>	FSSAI, Conference Room, 4 <sup>th</sup> floor, FDA Bhawan, New Delhi		

<b>S. No</b>	<b>Participants</b>
1	List Enclosed as per Annexure 1

<b>Meeting Agenda</b>		
<b>Item No</b>	<b>Subject</b>	<b>Discussion</b>
1	Disclosure of Interest by Members	All the members submitted duly filled forms for disclosure of interest by Member
2	Adoption of minutes of the last meeting held on 5 <sup>th</sup> March, 2010	Adopted the minutes of the first meeting of the Scientific Committee held on 5 <sup>th</sup> March, 2010
3	Standards for Transfatty Acids	<p>The Scientific Committee noted the clear recommendations of WHO/FAO and the international scientific community regarding the need to restrict consumption of trans fats and the connection of TFA to cardiovascular disease. The urgency of putting in place appropriate regulations was confirmed. It was also noted that a number of countries, both developed and developing have implemented measures for restricting consumption of trans fats in the diet.</p> <p>Responding to a query on the authenticity and truthfulness of the minutes of the National Consultation carried out at National Institute of Nutrition, it was informed that they have been correctly recorded as per the proceedings and agreed to by all participants.</p> <p>After detailed discussion of the proposal, Scientific Committee recommended the following -</p>

(a) Keeping in view the current levels of technology and industry practice, TFA levels may be fixed at 10% maximum in partially hydrogenated vegetable oils to be brought down to 5% over a period of 3 years.

(b) The melting point limits of partially hydrogenated vegetable oils may be removed at par with the Codex standards after a period of 2 years which would be allowed to industry as an adjustment period to achieve the targeted levels of TFA from the date of notification

(c) Appropriate analytical methods for estimation of trans fats levels should be disseminated and capacity building undertaken to enable testing according to those parameters industry should be encouraged to undertake self regulation on the basis of these parameters.

(d) The specified parameters of TFA should be applicable to only processed and packaged food with declared shelf life. It would be premature to make them applicable for the large number of service establishments where food is prepared and distributed to consumers. It was, however, noted that repeated frying and other unhealthy practices are prevalent in the street food sector This needs to be addressed through appropriate awareness and capacity building programmes

(e) There should be mandatory labelling of TFA and saturated fat content on all edible oils and fats including PHVO and foods prepared using PHVO

(f) Regulations should also allow enzymatic esterification

(g) Palm Stearin should be included in the list of edible oils and fats in line with the Codex Standards.

(h) NN should undertake a survey on prevalence of TFA in domestic foods as part of its diet survey and make available the information to FSSAI as early as possible.

The position may be reviewed after 2 years from the date of implementation to see if any further changes in the regulation are required on the basis of data collected by FSSAI through a surveillance mechanism to be put in place.

4	Standards for Caffeinated Beverages	<p>The Scientific Committee took note of the need for putting in place appropriate regulations on the excessive consumption of caffeine in carbonated and non-carbonated beverages. It was also noted that Health Canada and Australia New Zealand Food Authorities have also put in place restrictions on consumption of caffeine in beverages on the basis of detailed risk analysis.</p> <p>The current categorisation of caffeinated drinks as 'proprietary food' does not enable suitable regulation of caffeine limits in such beverages. There is, therefore need for an appropriate category based on clearly defined norms which can be regulated</p> <p>It was recalled that a limit of 145ppm for caffeine was fixed for carbonated beverages after scientific deliberations. A scientific evaluation of the health risks from caffeine, keeping in view the consumption pattern within the country, should be undertaken. This may be carried out by a technical group, who will report on the extent and severity of health risks from caffeine from various sources and confirm the need for regulation. Based on the report of the technical group FSSAI may develop the required standards.</p>
5	Standards for Olive oil	This item has been withdrawn at the instance of FSSAI
6	Draft regulation on foods for special nutritional or dietary uses	<p>Committee noted that the terms 'functional foods' and 'nutraceuticals' are defined very broadly to include all types of food which have health benefits beyond basic nutrition and those which are made available in a variety of forms. Rationale for proposed classification was gone into. It was noted that at present there are no universally accepted definitions for 'nutraceuticals' and 'functional foods'. Functional foods and nutraceuticals have a much wider connotation, being present in several categories of foods and these categories are required to be broken down further based on their intended use for the purpose of regulation. The proposed categorisation captures all foods which are specially formulated to provide specific health benefits over and above basic nutrition. Regulation is proposed according to the intended use and keeping in view the feasibility of implementation and compliance.</p> <p>Regarding the list of Ayurvedic ingredients given by Department of Ayush, it was agreed that these need to be refined further to indicate condition of use as well as the likely health effects to enable regulation of claims to be effectively undertaken. The representative of Ayush agreed that this can be undertaken by the Pharmacopeia Committee and a list on these lines will be forwarded to FSSAI at the earliest. This will further be considered by the Panel on Nutraceuticals</p>

## Annexure 1. List of Participants

### Members of Scientific Committee

- 1 Prof. Nirmal Kumar Ganguly, Adviser to Department of Health Research, Translational Health Science & Technology Institute New Delhi
2. Dr P G Chengappa, Vice Chancellor, GKVK, Bangalore.
- 3 Dr Ashok A. Patel Principal Scientist & Actg Head, Dairy Technology, National Dairy Research Institute (ICAR), Karnal
- 4 Dr M S Mithyantha, Vice President (Retd), Rallies Research Centre
- 5 Dr K.C Bansal, Coordinator, CAR Network on Transgenic Development, National Research Centre on Plant Biotechnology CAR, New Delhi
6. Dr V Prakash, Director, CFTRI, Mysore.
- 7 Dr Debabrata Kanungo, Additional Director General (St), Directorate General of Health Services, Ministry of Health and Family Welfare, New Delhi
- 8 Dr Sushil Kumar Saxena, Director Export Inspection Council, New Delhi.
- 9 Dr Shiv Lal, Spl Director General of Health Services (Public Health) & Director NCDC, Ministry of Health and Family Welfare New Delhi

### Officers of FSSAI

- 1) Chairperson FSSAI
- 2) CEO, FSSAI
- 3) Director (SM), FSSAI
- 4) Director (F & VP), FSSAI
- 5) ADG (PFA), FSSAI
- 6) Deputy Director (AM) FSSAI
- 7) Dr Sofia Mathew, AD

### Other Representatives

- 1 Dr (Mrs.) Kalpagam Polasa, Scientist 'F', Food and Drug Toxicology Research Centre, National Institute of Nutrition, Hyderabad.
- 2 Dr V Sudershan Rao, Scientist 'C' National Institute of Nutrition, Hyderabad.
- 3 Dr S K. Sharma, Advisor (Ayush) Department of AYUSH New Delhi.
4. Dr Janardan Panday Jt. Advisor (Ayush), Department of AYUSH New Delhi
- 5 Dr Gaurav Sharma, Research Officer (Ayush), Department of AYUSH, New Delhi