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FSSAI PROPOSAL: RED WARNING SYMBOL ON FOODS HIGH IN SUGAR OR FAT

- The Food Safety and Standards Authority of India (FSSAI) proposed placing a red warning symbol on packaged foods containing high levels of sugar, salt or fat.
- An affidavit was filed by the Central food-safety regulator outlining the proposal.
- The proposal is based on dietary guidelines issued for Indians in 2024 by the relevant national medical/nutrition body cited in the source.
- Packaged-food labels would prominently state sugar, salt and fat levels, and products exceeding prescribed thresholds would carry a front-of-pack red warning indicating high sugar or high fat.
- The purpose is to enable consumers to identify these levels quickly and make more informed food choices.

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