F.No. 14-VP(1)/2008
Government of India
Ministry of Consumer Affairs, Food & Public Distribution
(Department of Food & Public Distribution)
Directorate of Sugar and Vegetable Oils

Krishi Bhawan
New Delhi
Dated: 5 December, 2016

To
Shri Prakash Chawla
Deputy Chairman
The Vanaspati Manufacturers Association of India
908, Akashdeep Building
Barakhamba Road
New Delhi 110001

Subject: Fortification of Edible Oils - reg.

Dear Sir,

You must be aware that the Food Safety Standards Authority of India (FSSAI) has notified the Food Safety and Standards (Fortification of Foods) Regulations, 2016 which deals with the fortification of foods including edible oils.

The major areas of nutritional concern in India are (i) Calorie malnutrition, (ii) Protein malnutrition and (iii) Micronutrient malnutrition. These forms of malnutrition are the root cause of major illness to the population of the country in general. Night blindness, child mortality and low immunity are the most common ailments that affect the people due to lack of nutrients in their diet. This deficiency can be met either through an intake of nutritious food or through supplements added to constituents of the daily diet. The most common deficiency which affects children as well as pregnant women is that of Vitamin A & D. This can be prevented by proper administration of supplements in various food items of daily consumption such as edible flour and edible oils.

Fortification of edible oils is widely acknowledged as one of the most effective strategies of combating deficiency problems by delivery of meaningful quantities of micronutrients through commonly consumed food
vehicle. It is a low cost process that yields high benefits like preventing associated diseases and improving overall health. Moreover, dietary fats facilitate easy absorption and assimilation of lipid soluble vitamins in the human metabolism. A larger coverage of the population can also be achieved by the addition of nutrients in the cooking media.

The Government of India has taken up the task of addressing the problem of malnutrition amongst the masses especially those in the lower strata of society on a war footing. The task is herculean, considering the large population of the country and it will be difficult to make ground in this direction without involving the industry. The role of the Associations with their network of manufacturers, processors and traders in this endeavour cannot be denied and I’m sure with your cooperation a lot can be achieved in this area.

As per FSSAI’s Notification, addition of vitamin A & D in Vanaspati and Margarine is mandatory. I request you to urge your members to strictly comply with the provisions of the notification so that these nutrients reach each and every consumer in the country.

I look forward to your kind cooperation and valuable feedback in this matter.

Thanking You.

Yours faithfully,

(G.S.Sahu)
Chief Director

N.B. A copy of the notification is enclosed for your perusal.