

- The Food Safety and Standards Authority of India was **established under the Food Safety and Standards Act, 2006.**
- It is a statutory body established under the **Ministry of Health & Family Welfare, Government** of India.
- The FSSAI has been established under the Food Safety and Standards Act, 2006, which is a consolidating statute related to food safety and regulation in India.
- FSSAI is responsible for **protecting and promoting public health through the regulation and supervision of food safety.**
- The **FSSAI has its headquarters at New Delhi.** The authority also has 6 regional offices located in Delhi, Guwahati, Mumbai, Kolkata, Cochin, and Chennai.

Q.34) Ans: d

Exp:

- **Both statements are incorrect.**
Cholesterol travels through the blood on proteins called "**lipoproteins.**"
- **Two types of lipoproteins carry cholesterol throughout the body.**

LDL (low-density lipoprotein)	HDL (high-density lipoprotein)
LDL (low-density lipoprotein), also called " bad " cholesterol, makes up most of your body's cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke.	HDL (high-density lipoprotein), or " good " cholesterol, absorbs cholesterol and carries it back to the liver. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

- Recently, The Food Safety and Standards Authority of India (FSSAI) has capped the amount of trans fatty acids (TFA) in oils and fats to 3% for 2021 and 2% by 2022 from the current permissible limit of 5%.
- The revised regulation applies to edible refined oils, vanaspati (partially hydrogenated oils), margarine, bakery shortenings, and other mediums of cooking such as vegetable fat spreads and mixed fat spreads.

- The **WHO has also called for global elimination of trans fats by 2023.** As per the World Health Organisation, approximately 5.4 lakh deaths take place each year globally because of intake of trans fatty acids.

Q.35) Ans: c

Exp:

- **Both statements are correct** : The Food Safety and Standards Authority of India (FSSAI) has capped the amount of trans fatty acids (TFA) in oils and fats to 3% for 2021 and 2% by 2022 from the current permissible limit of 5%.
- The revised regulation applies to edible refined oils, vanaspati (partially hydrogenated oils), margarine, bakery shortenings, and other mediums of cooking such as vegetable fat spreads and mixed fat spreads.
- The **WHO has also called for global elimination of trans fats by 2023.** As per the World Health Organisation, approximately 5.4 lakh deaths take place each year globally because of intake of trans fatty acids.
- Industry players have to take a pledge, they would comply with **WHO's call for action to reduce TFA by 3% by 2021** allowing them three years to comply with the latest regulation.
- As per **WHO**, increased intake of trans-fat – more than 1% of total energy intake- is associated with increased risk of coronary heart disease mortality.
- Highest levels of TFA are present in vanaspati, commonly used as vegetable ghee for household cooking, and consumed in bakery items, sweets, street food, and packaged foods.

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- The FSSAI is headed by a non-executive Chairperson, appointed by the Central