



FSSAI's Food Labelling Norms

The new labelling guidelines proposed by [Food Safety and Standards Authority](#) (FSSAI) in its draft food safety and standards (labelling and display) regulations mandates **colour-coded** labels on food items.

- The new draft regulation has been brought to encourage consumers to make **healthier food choices** and inform them about what the product actually contains.
- The front of all packaged food items will have to display the total number of **calories, saturated and trans fats, salt,** and added **sugar content** as well as the proportion of the **daily energy** needs fulfilled by food item.
- Food items will have to color the **nutrient label red** in case the energy from **added sugar** is **over 10%** of the total energy provided by 100 gm or 100 ml of the product and the energy from **trans fat** is **more than 1%**.
- The labels will also declare, per serve percentage contribution to **Recommended Dietary Allowance** (RDA).
- FSSAI has also changed the symbol of **vegetarian food** from a green circle to a **green triangle** to help color blind people distinguish it from the **brown circle** denoting **non-vegetarian food**.

PDF Refernece URL: <https://www.drishtias.com/printpdf/fssai-s-food-labelling-norms>