

Notice Calling for suggestions, views, comments etc from stakeholders within a period of 30 days on the draft notification related to standards for special dietary foods with low-sodium content (including salt substitutes).

F.No. Stds/03/Notification(LS)/FSSAI-2017.- In the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011,-

(a) In regulation 2.9 relating to “Salt, Spices, Condiments and related Products”, in sub-regulation 2.9.30, after clause 5, the following clause shall be inserted, namely:-

“6. Salt Substitutes

(1) The composition of salt substitutes shall be as follows:

a)	Potassium sulphate, potassium, calcium or ammonium salts of adipic, glutamic, carbonic, succinic, lactic, tartaric, citric, acetic, hydrochloric or ortho phosphoric acids, and/or	Not limited, except that P not to exceed 4% m/m and NH ₄ ⁺ 3% m/m of the salt substitute mixture
b)	Magnesium salts of adipic, glutamic, carbonic, citric, succinic, acetic, tartaric, lactic, hydrochloric or orthophosphoric acids, mixed with other Mg-free salt substitutes as listed in 6.(1)(a), 6.(1)(c) and 6.(1)(d), and/or	Mg ⁺⁺ to be not more than 20% m/m of the total of the cations K ⁺ , Ca ⁺⁺ and NH ₄ ⁺ present in the salt substitute mixture and P not to exceed 4% m/m of the salt substitute mixture
c)	Choline salts of acetic, carbonic, lactic, tartaric, citric or hydrochloric acids, mixed with other choline-free salt substitutes as listed in 6.(1)(a), 6.(1)(b) and 6.(1)(d), and/or	The choline content not to exceed 3% m/m of the salt substitute mixture
d)	Free adipic, glutamic, citric, lactic or malic acids	Not limited

(2) Salt substitutes may contain:

(a) Colloidal silica or calcium silicate: not more than 1% m/m of the salt substitute mixture, individually or in combination.

(b) Diluents: safe and suitable nutritive foods as normally consumed (e.g. sugars, cereal flour).

(3) The addition of iodine-containing compounds to salt substitutes shall be as per Foods Safety Standards Regulations applicable.

(4) The sodium content of salt substitutes shall be not more than 120 mg/100 g of the salt substitute mixture.

(5) Salt substitutes shall conform to the following specific provisions for the labelling in addition to the Food Safety and Standards (Packaging and Labelling) Regulations, 2011:

(a) A declaration on the label as “low sodium salt substitute” or “low sodium dietetic salt”.

(b) The amount of cations (i.e. sodium, potassium, calcium, magnesium, ammonium and choline/100 g (m/m) in the salt substitute mixture shall also be declared on the label.”

(b) In regulation 2.11 relating to “OTHER FOOD PRODUCTS AND INGREDIENTS”, after sub-regulation 2.11.8, the following sub-regulation shall be inserted, namely:-

“2.11.9: Special dietary foods with low sodium content:

(1) Special dietary foods with low sodium content are foods whose special dietary value results from the reduction, restriction, or removal of sodium. These foods shall conform to the essential composition and standards namely standards applicable to such foods excluding salt substitutes as such.

(2) **Low sodium** and **Very low sodium** foods are foods conforming to the respective provisions regarding maximum sodium content prescribed below;

(a) A special dietary food with **low sodium** content is a food which has been processed without the addition of sodium salts, and the sodium content of which is not more than one half of that of the comparable normal product as consumed, and the sodium content of which is not more than 120 mg/100 g of the final product as normally consumed.

(b) A special dietary food with **very low sodium** content is a food which has been processed without the addition of sodium salts, and the sodium content of which is not more than one half of that of the comparable normal product as consumed, and the sodium content of which is not more than 40 mg/100 g of the final product as normally consumed.

(3) Addition of salt substitutes conforming to sub-regulation 6 of regulation 2.9.30 of the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011 to a special dietary food with low sodium content is permitted and shall be limited by Good Manufacturing Practice as provided under Food Safety Standards Regulations.

(4) Special Dietary Foods with Low Sodium Content shall conform to the following specific provisions for the labelling in addition to the Food Safety and Standards (Packaging and Labelling) Regulations, 2011:

a) The label shall bear the description "low sodium" or "very low sodium" in accordance with sub-sections 2.11.9 (2) (a) and 2.11.9 (2)(b) of this standard.

- b) The sodium content shall be declared on the label to the nearest multiple of 5 mg per 100 g and, in addition per a specified serving of the food as normally consumed.
- c) The average carbohydrate, protein and fat content in 100 g of the product as normally consumed, as well as the kilocalorie (or kilojoule) value shall be declared on the label.
- (d) The addition of the salt substitutes listed in sub-regulation 6 of regulation 2.9.30 of the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011 shall be declared on the label.
- (e) When a salt substitute, composed entirely or partially of a potassium salt, has been added, the total amount of potassium, expressed as mg cation per 100 g of the food as normally consumed, shall be declared on the label.
- (f) In addition, the salt equivalent in terms of sodium chloride (NaCl) content should also be declared per serving and the total amount of NaCl in the packet.”
- (g) Any special conditions for the storage of the food.”