

The Evolution of Food Safety Governance in India: A Comprehensive Review of the FSSAI Regulations and Consumer Empowerment

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Cite: Jaiswal, P. K. (2025). The evolution of food safety governance in India: A comprehensive review of the Fssai regulations and consumer empowerment. Cryst J Public Health Epidemiol, 1(1), 01-07.

Received: June 16, 2025; **Accepted:** October 07, 2025; **Published:** November 12, 2025

Abstract

This paper provides a comprehensive overview of India's current food safety governance model, established under the Food Safety and Standards Act (FSSA), 2006. The FSSA and its subsequent rules and regulations, enforced by the Food Safety and Standards Authority of India (FSSAI), consolidate previous disparate food laws into a unified, science-based framework. We review the evolution from the Prevention of Food Adulteration (PFA) Act, 1954, to the modern FSSAI regime, detailing its multi-faceted approach to ensuring safe and wholesome food through mandatory licensing, product standardization, contaminant control, and enforcement via state and central bodies. Furthermore, the paper highlights the critical role of consumer awareness, noting the powers granted to the consumer for food analysis and the need for due diligence when purchasing high-cost, specialized, or fortified foods. The FSSAI's dynamic regulatory environment reflects a continuous effort to meet the complexities of the modern food chain.

Keywords

Food Safety, FSSAI (Food Safety and Standards Authority of India), Food Regulations, Consumer Awareness, Food Adulteration, Public Health

Introduction

The food safety ecosystem is paramount in any country, ensuring consumers receive food that is safe, nutritious, and wholesome. This principle must be applied across the entire food chain, from the farmer and manufacturer to the retailer and consumer. Beyond merely maintaining quality as per regulatory standards, food must be safe from physical, chemical, and biological contaminants within prescribed permissible limits. Consumers have an inherent right to verify the safety and quality of the food they consume.

Regulatory Framework Evolution: From PFA to FSSA, 2006

The Food Safety and Standards Authority of India (FSSAI) is an autonomous body under the Ministry of Health and Family Welfare, Government of India. It was established under the Food Safety and Standards Act (FSSA), 2006 (Act No. 34 of 2006),

making it the sole agency responsible for implementing food safety laws in India. The FSSA aims to introduce a unified food law across the country, simplifying and facilitating operations for Food Business Operators (FBOs). The core objective of the Act is to:

- "...consolidate the laws relating to food and to establish the Food Safety and Standards Authority of India for laying down science-based standards for articles of food and to regulate their manufacture, Storage, distribution, sale and import, to ensure availability of safe and wholesome food for human consumption and for matters connected therewith or incidental thereto."

Transition from the Prevention of Food Adulteration (PFA) Act

Prior to the FSSA, the Prevention of Food Adulteration Act (PFA), 1954 and its Rules, 1955, were in effect. The PFA Act

lacked clear demarcation between categories such as misbranded, adulterated, substandard, or unsafe food, and violations were generally subject to criminal offense. The FSSA, in contrast, facilitated FBOs by categorizing offenses:

- **Substandard and Misbranded Food:** Action is initiated through adjudication with a provision for fine only.
- **Unsafe Food:** This remains a criminal offense with provisions for fine and imprisonment based on the nature of the violation.

The FSS Act and Rules

The FSSA, a central Act controlled by the Government of India, is uniformly applicable throughout the country, comprising 101 sections. The Food Safety and Standard Rules, 2011 were derived from the Act to prescribe the powers and qualifications of various authorities and establish procedures for sampling, seizure, analysis, adjudication, prosecution, penalty, and appeal [1-5].

Food safety eco system in any country ensures to provide safe, nutritious, and wholesome food to a consumer. This should be applicable in the entire food chain right from farmer, manufacturer, storage, transportation, whole seller, distributor, retailer, consumer, and other stake holder involved in the food chain till this is consumed by human beings. Besides maintaining quality of a food in accordance with the prescribed regulatory standards or in case of non-standardised food (proprietary food) as approved by regulatory authorities, food should be safe from physical, chemical, and biological contaminants and should be within the regulatory permissible limit as prescribed for safe food. Human beings have a right to know and to ensure personally as to whether food, they consume, is safe and is of desired and required quality as per their choice.

Food Safety and Standards Authority of India (FSSAI) is an autonomous body established under the Ministry of Health and Family Welfare, Government of India. It has been established under the Food Safety and Standards Act, 2006, and is the sole agency responsible for implementation of food safety Act, Rules, and Regulation in India. FSSAI is responsible for protecting and promoting public health through the regulations and supervision of food safety aspects. The objectives of FSS Act are to introduce unified food law in the country to simplify and facilitate the food Business Operators (FBO).

Prior to Food Safety and Standard Act, Prevention of Food Adulteration Act 1954 and its Rules 1955 were in existence. According to earlier Act and Rules, there were no clear-cut demarcation between misbranded / adulteration / sub – standard / unsafe food. Any violation in these were subject to the criminal offense and the punishment prescribed under the then Act were different depending upon the nature of the offenses etc. Consumers were also the given the rights, under the then Act, of a Food Inspector for the purpose of taking the sample of any food deemed to be adulterated by them and the procedures were laid down for prosecution. These powers of the consumer were rarely used by them due to the complication in procedure and unwillingness of the consumer to enter to the litigation directly. However, the consumer had full right to inform the concern Food Authority of the states about the nature of complaint and Food Authority had to act for taking the sample and sending them for analysis

to establish as to whether the sample was adulterated or not, to enable to further action in the matter. The consumer can also be present as a witness in the sample proceeding if he so wishes. The enforcement of the Act and Rules were totally by the state government and Central Government was only involved as a policy maker and there was no enforcement at the level of the central government Authority. Licensing requirement were also very simple and lenient and several departments were involved depending upon the local Administration prevailing in that State/ union Territories. There were several other government departments like BIS, Agmark, FPO etc. engaged in maintenance of food quality and safety in the country. However, PFA Act superseded other Act/Rules prevailing in the country.

Upon enactment of food safety and standards Act 2006 with Rules 2011, different Regulations on different subjects were notified in 2011 and subsequent years. Food Safety and Standards Authority of India was established on 5th September, 2008.

Food Safety and Standards Act, 2006 (Act No. 34 of 2006)

An act to consolidate the laws relating to food and to establish the Food Safety and Standards Authority of India for laying down science-based standards for articles of food and to regulate their manufacture, Storage, distribution, sale, and import, to ensure availability of safe and wholesome food for human consumption and for matters connected therewith or incidental thereto.

This is central Act basically controlled by Government of India and enforced through central and state government bodies. In total there are 101 sections for enactment and applicable throughout the country uniformly. Now, this Act is under revision in process of presenting Bill in the Parliament [6-11].

Food Safety and Standard Rules 2011

These Rules had been derived out of the Act for prescribing power, qualification of the various authority and procedure for sampling, seizure, analysis, adjudication, prosecution, penalty, punishment, appeal etc.

Food Safety and Standards Regulations

Various Regulations are made for smooth implementation of food safety in the country. Relevant Regulations are described in brief:

1. Food Safety and Standards (Licensing and Registration of Food Business) Regulations 2011

The objective of this regulation is to ensure full control on food business to provide safe food to Consumer by implementation through central and/or state govt. Authorities. This is, therefore, mandatory that all business operator including e-commerce should have a valid license issued by a competent Authority before commencement of business. License issued is commodity and nature of business specific. The Regulation has specified the requirements of hygienic and sanitary practices to be followed by all food business operator (FBO) before applying for license and must maintain it during operation of Business. Provision of testing of raw materials and food ready for sale has been, inter-alia, mandated at specified interval to ensure that safe food is marketed.

2. Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011

For ascertaining safe and quality food, this is necessary that regulatory standards are framed for ensuring the con-

formance of the food. Hence, under this Regulation many foods have been standardised for quality parameters and for safety parameters. According to objective of the Act, the standards of food must be science-based standards and efforts are made to harmonise the standards with that of internationally accepted standards like codex standards. FBO manufacturing these products must meet these regulatory standards before marketing for human consumption. There is scientific set procedure for framing of new standards and revision of existing standards depending upon the requirement of the country / consumer.

3. Food Safety and Standards (Prohibition and Restriction on Sales) Regulations, 2011

Under these regulations sale of certain admixture of food has been prohibited, restriction on use of certain ingredients had been made beside prohibition and sale of certain food products has been imposed. These have been done with a view to ensure supply of safe food to a consumer and for consumer welfare.

4. Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011

This regulation is a part of safety standards which include a safe limit prescribed in different food regarding metal contamination, restriction on use of pesticide, and other contaminants included micro toxins etc. The food must meet to these requirements.

5. Food Safety and Standards (Laboratory and Sampling Analysis) Regulations, 2011

This regulation prescribes the regulatory testing part including the quantity of sample for analysis and competency of the laboratory with their notification for the area etc.

6. Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016

Under this regulation, special food has been included for specific purpose for a person having health deficiencies and for specific medical purpose included health benefit to the consumer. This is expected that as a consumer while using this food either on doctor prescription or himself directly for health benefit must ensure its uses and genuineness along with its need for complimenting the deficiency in mineral, vitamins etc. This may be stated that this food cannot supersede the natural food being rich in mineral, and vitamins etc. depending upon the health and body requirement of the consumer. The consumer must be cautious from the false claim made on the label of the food inside that like reduction in weight, slimming, increasing height and weight etc. There is a need to have a constant check on quality of and safety of this special food so that consumer is not cheated.

7. Food Safety and Standards (Food Recall Procedure) Regulations, 2017

This regulation is a part of ensuring safety and quality of the food in case unsafe food has gone to the market for sale for human consumption. In such events, if noticed by the Regulatory Authority or by the FBO, it is necessary to withdraw unsafe food available in the market to avoid further consumption by human. A prescribed procedure has been laid down by the Regulatory Authority.

8. Food Safety and Standards (Import) Regulations, 2017

Due to WTO and TBT agreement to impart smooth flow of food internationally, the import / export of the food has

increased manifold. This is, therefore, necessary that the food being imported in the country must be according to the standards prescribed by the country, so that consumer have a choice of taking the imported food which are safe. The import Regulation takes care of the food entering Indian market either for direct consumption or as food ingredient are safe. The Regulator must ensure also that an established and quick release of the food from entering port is done without any financial loss of the importer and to avoid damage to the perishable and fresh food kept at the port.

9. Food Safety and Standards (Approval for Non-Specified Food and Food Ingredients) Regulations, 2017

Due to continuous development in technology and research in food science, several products are coming up which have not yet been declared as food or is to be used as food ingredient. This is need of the hour that Regulatory authority does consider as to whether such food / food ingredients are safe and can be used in food preparation. Under this regulation, there is provision of approval of non-specified food and food ingredients, which are not traditional and are being made or otherwise prevalent in the market. To ensure safety of the non-specified food and food ingredients, a scientific procedure has been laid down for assessment of the safety of the food for permitting them to be used in manufacture of food or for direct consumption as such.

10. Food Safety and Standards (Organic Food) Regulations, 2017

Earlier there was emphasis to increase to production of the agriculture produce using chemical, fertilizer, pesticide, and insecticide etc. Thought a maximum residual limit has been prescribed to keep a control on excessive use of permissible pesticide / other contaminates etc. and not to use ban pesticides, but now the agriculture is tending towards production of organic food produced in accordance with the specified regulation for organic food production. This is basically limited to third party accredited certification system. However, to develop a confidence among the consumer, it may be necessary to have a quality and safety standards of organic food being produced under specified condition to avoid any type of cheating and false claim of organic food reaching to the consumer. As there is no doubt that organic is being sold at a much higher price as compared to equivalent normal food meeting the specified standards of quality and safety.

11. Food Safety and Standards (Alcoholic Beverages) Regulations, 2018

During the regime of prevention of food adulteration Act, there were no standards and enforcement of alcoholic beverages were not under food Act, presumably considering under Excise Department. However, presently the quality and safety Act, alcoholic beverages i.e. Indian and foreign liquor made are fully covered under definition of food and FSSAI is enforcing the Regulation.

12. Food Safety and Standards (Fortification of Foods) Regulations, 2018

These Regulations have been made to permit addition of micro nutrients like mineral and vitamins in food with the objective of reducing the risk of deficiency in micro nutrients in the population, improving the health of consumer, and improving the nutritional quality of the food. The fortified food should provide the 15 to 30% of Indian adult RDA of micro nutrient calculated on average calories in-

take of 600 Kcal derived from processed foods (approximately 1/3rd of the daily energy requirement for an adult). For example, edible salt must be fortified with iodine with a maximum limit of 300 ppm on dry weight basis before sale and consumption of human beings. There are other product fortified milk, fortified oil, fortified Atta & Maida and fortified rice, fortified cereals product, fortified bakery wares, fortified fruit juice available in the market.

13. Food Safety and Standards (Food Safety Auditing) Regulations, 2018

These regulations include criteria for granting recognition to auditing agency, accredited bodies for the purpose of inspection / audit of food business on behalf of FSSAI. There are several million of FBO in the country and this is not possible by Regulatory Authorities to have an effective check on all. So, third party inspection /auditing system has been introduced by approving this accredited /certified agency have technical competency in their domain.

14. Food Safety and Standards (Recognition and Notification of Laboratories) Regulations, 2018

Under these Regulations, private laboratories duly accredited under ISO 17025 have been approved and notified as primary food laboratory or as referral food laboratory for undertaking the analysis food sample which are duly recognised by FSSAI for different purposes including litigations. The objective of these regulations is to have a network of technically competent food laboratories in the country for testing of all parameters as described under standards and FSSAI can utilised their services on payment basis.

15. Food Safety and Standards (Advertising and Claims) Regulations, 2018

These regulations keep a check on false and misleading advertisement and claims such as nutritional claim, health claim, and non-addition food additives claim like sugar, salt, and non-addition of claim regarding food additives, claim regarding dietary guidelines. Different claims permitted with various foods have been given in schedule which can be utilized for the purpose of advertisement and claim and for label declaration. The list of prohibited claims has been given for guidelines. For reduction of disease risk claims which are not defined, the food business operator must seek prior approval. Prohibited claims have also been defined here.

16. Food Safety and Standards (Packaging) Regulations, 2018

Earlier Packaging and labelling Regulations were clubbed together. Now this is individual dealing with different type of Packaging material suitable for use in Food. This is the choice of the FBO as to which type of Food grade packaging material he uses depending upon nature of food and shelf life of product packed in it.

17. Food Safety and Standards (Recovery and Distribution of Surplus food) Regulations, 2019

There is a huge loss of prepared food at commercial level especially in marriage party or other ceremonies and these are thrown as waste due to excessive preparation of different varieties. Whereas, on the other hand millions of people go hungry and die of hungriness due to poverty. These regulations have taken care to specify the role and responsibility of food donor and voluntary organisation engaged in surplus distribution of food to needy organisation / person free of cost. This must be ensured by distributing organisation that

food is wholesome and fit and safe for human consumption and has been transported under proper sanitary and hygienic condition.

18. Food Safety and Standards (Safe food and balanced diets for children in school) Regulations, 2020

Under these Regulations, a control has been made on the sale of midday meal and other food being manufactured and sold in the school premises. Obesity amongst school children and supply of the balanced diet and nutritive food through school canteen is one of the major issues which is causing health problem towards the school children. These Regulations ensure the responsibility of the school Authority for ensuring safe food and balanced diet in the school premises, sale of food licensee vendor, promotion of safe food and balanced diet in and around school campus, restriction of marketing and sale of food products high in saturated fat or trans-fat or added sugar or sodium, promotion of food which is not high in saturated fat or trans-fat or added sugar or sodium, encourage balanced diet.

19. Food Safety and Standards (Foods for Infant Nutrition) Regulations, 2020

Food for infant needs special attention keeping in view their health and growth. These regulations describe such foods for consumption of infant taking care of optimum use of nutrients and restriction on use of food additives. These foods are;(1) food for infants based on traditional food ingredients known to be prepared traditionally at home for feeding infants, for use after six months up to twenty-four months age;(2) Food for special medical purpose intended for infants, a substitute for human milk or formula specially manufactured to meet the special nutritional requirement of infants from birth to twenty-four months ;(3) Follow-up formula for infants for use after six months to twenty-four months as a complimentary diet; (4) Infants formula breast milk substitute product with other ingredients suitable of infant feeding to meet nutritional requirement of infants for six months; (5) Milk cereal based complimentary food for use for infants from six months to twenty-four months having a ingredients like milk ,cereals etc.; (6) Processed cereal based complimentary food for use amongst infants after six months up to twenty-four months with main ingredients as cereal and pulses etc.

20. Food Safety and Standards (Labelling and Display) Regulations, 2020

These Regulations are most important regulation from consumer view- point and their knowledge. This describes about the nature of the food, fancy name of the food, detailed ingredients, manufacturer or packer, packing date and expiry date, batch number for identification, vegetarian or non-vegetarian food, nutritional information like energy, sugar, fat, protein, salt etc. detail of the allergens present in the food ingredients, health claim and other claims made by the manufacturer, country of origin, instruction and storage of the food. Declaration if article of food is injurious to health. There is lot of misnomers on label, hence consumer must investigate technical name of food before purchase along with ingredients, nutritional value like fat, protein, sugar, and energy and should not be misguided by brand /fancy name.

21. Food Safety and Standards (Ayurveda Aahara) Regulations, 2022

These Regulations describes about food prepared according to recipes or ingredients or processes through method

described in authoritative books of Ayurveda. This does not include Ayurveda drugs, medicine etc. This food is basically for promoting health or to meet specific physiological needs etc. The quality of Ayurveda aahara and its characteristics should be in proximity with as mentioned in the Ayurveda book. Any packed food for daily use for dietary purpose such as pulses, rice, flour, vegetables etc. is not covered under this regulation unless these meet the provision of the Regulations on Additives, contaminants, packaging, restriction on sale etc. No claim for treating human disease should be made as per regulations requirement. Ayurveda aahara is not applicable for infants up to twenty-four months. No external addition of vitamins, mineral and amino acid are allowed. This should contain an advisory warning that it is only for dietary use and not a substitute for varied diet.

22. Food Safety and Standards (Vegan Foods) Regulations, 2022

Vegan food is the food or food ingredient, including additives, flavourings, enzymes and carriers, or processing aids, which are not products of animal origin and in which, at no stage of production and processing, ingredients, including additives, flavourings, enzymes and carriers, or processing aids that are of animal origin has been used. The food products to be called vegan, shall not involve animal testing for any purpose including safety evaluation, unless provided by any Regulatory Authority. FBO is required to obtain approval from FSSAI for use of vegan logo [12-25].

Other Regulations

There are other Regulations dealing with administrative and financial matter for smooth running of the FSSAI these are:- Food Safety and Standards Authority of India (Transaction of Business at its Meetings) Regulations, 2010; Food Safety and Standards Authority of India (Procedure for Transaction of Business of the Central Advisory Committee) Regulations, 2010; Food Safety and Standards Authority of India (Salary, Allowances and Other Conditions of Service of Officers and Employees) Regulations, 2013; Food Safety and Standards Authority of India (Transaction of Business and Procedure for the Scientific Committee and Scientific Panel) Regulations, 2016; Food Safety and Standards Authority of India (Recruitment and Appointment) Regulations, 2018; Food Safety and Standards Authority of India (Financial) Regulations, 2023.

Enforcements

The main focus of the FSSAI is on Licensing of all food business operators (FBO) in the country, introduction of self-compliance of food safety requirements by FBO including sanitary and hygienic conditions, strengthening of food safety laboratories for testing of quality and safety parameters, a concept of notification and approval of private laboratories in the regulatory compliances, enhancing the technical competency of the testing laboratories by virtue of mandatory certification of ISO 17025 beside approval by FSSAI and specifying the scope of testing along with the different food commodities, introduction the system of approval of third party certification through private certifying bodies, inspection of the food premises besides introduction of training to the food operators by the certifying bodies. Above these, the FSSAI at central level has involved themselves in implementation of the Act and Rules and Regulation through issue of the licenses to major FBO, propriety and nutraceutical food and certification for vegan food, dealing in the enforcement of

imported food etc. Therefore, basically all the control at present lies with the FSSAI save with issue of the license and inspection etc. by State government food official for segment of FBO's. Licensing system had been introduced for all the FBO in the food chain except farmer. Animal feed is also being covered under definition of food, thus empowering the FSSAI to take due care for safe animal feed being manufactured by the animal feed manufacturers. The objective of this is to ensure that animal feed which is consumed by the animals or by the mulching animal like cow, buffalo etc. from whom the milk is extracted and consumed by human being in different form as milk and milk product are especially free from toxicant like antibiotic, drug residue, and other micro toxin, pesticides etc. The same analogy lies with the animal and birds which are used as food. For example, egg, chicken, goat and sheep meat and buffalo meat etc. The limitation and scope of the State Government food officials have been clearly defined through Rules, Regulations and Advisories. FSSAI is also involved in capacity building for Food officials and FBO, awareness programme by way of organising seminar, conferences, Mela, public programme, utilization of mobile food laboratories for detecting, adulteration in food.

Under the Food Safety Act, adulteration has been categorized as sub- standard and/or unsafe food only beside misbranding and non-compliance of the labelling requirements. Whereas, in case of sub- standard and misbranded food, the action is initiated through adjudication and there is provision for fine only and no imprisonment. This is unlike the earlier Act under PFA, thus facilitating the FBO for early disposal of the cases. Only in case of unsafe food there is provision of criminal offense and proper legal procedure has been laid down for legal proceedings with fine and imprisonment depending on the nature of the unsafe food. Under Section 40 the consumer has been given power to have the food analyse.

Common Adulteration of Different Food

The common adulteration in food is enumerated and given as below. Simple methods for detection of adulteration are available. These are basically for the consumer's knowledge and the methods prescribed are not confirmatory tests, hence adulterations must be confirmed in a laboratory only by official methods as prescribed in the approved manuals for tests by FSSAI. Here, common adulterants in food are given:

1. Milk and Milk products

- Addition of water in milk is very common. Detergent in milk, starch in milk and milk product (like khoya, paneer), mashed potatoes, sweet potatoes, and other starches in Khoya, fat deficiency in Khoya and paneer, Hydrogenated vegetable Oils, palm oil, animal fats etc. in ghee.

2. Oils and Fats

- Other cheaper oil in costly oils of similar nature, TOCP (Tri-Ortho-Cresyl-Phosphate) in oils and fats, Contamination of argemone oil, mineral oil in other oils.

3. Sugar and Confectionery

- Addition of sugar solution, inverted syrup, commercial liquid glucose in honey, chalk powder in sugar / powdered sugar, aluminium leaves in silver leaves.

4. Food Grains and Its Products

- Excessive presence of extraneous matter (dust, pebble, stone, straw, weed seeds, damaged grain, weevilled grain, insects, rodent hair and excreta) in food grains; Dhatura in food grains; excess bran in wheat flour; khesari dal in dal

whole and split; added colour in food grains; turmeric in Sella rice; rhodamine B in ragi; sand, soil, insects, webs, lumps, rodent hair and excreta in Atta, Maida, Suji (Rawa).

5. Salt, Spices and Condiments

- addition of foreign resin in asafoetida (hing); papaya seeds in black pepper; light black berries in black peppers; soap stone or other earthy matter in asafoetida (hing); artificial / oil soluble synthetic colours in chilli powder; dust in chilli powder; starch in asafoetida; exhausted cloves in cloves; black pepper / cloves coated with mineral oils; cassia bark in cinnamon; coriander powder, salt powder or talc powder added in chilli powder; Argemone seeds in mustard seeds; lead chromate in turmeric whole; artificial colour in turmeric powder; dust and powdered bran in powdered spices; coloured dried tendrils of maize cob in saffron; Volatile oil extracted from cloves and cardamom.

6. Fruits and Vegetables

- Addition of malachite green in green vegetables like bitter gourd, green chilli and others, artificial colour on green peas; rhodamine B in sweet potato.

7. Beverages

- Detection of clay in coffee powder; chicory powder in coffee powder without declaration; exhausted tea in tea leaves; iron filings in tea leaves through processing.

Conclusions

1. FSS Regulations are Dynamic and there are continuous improvements to achieve goal of providing safe and nutritious food to consumers in the present scenario of food safety eco system. This has resulted that not only FBO has to update his knowledge for compliances, but consumers must be very cautious while purchasing a food for his utility.
2. Due to new products coming in to market especially with an exaggerated claim /misleading information, particularly fortified food, nutraceuticals/health claim /Ayurveda food/ weight reducing, with very high cost, consumer must take extra precautions while purchasing those foods. Though regulations have been made to inform consumers through label declarations, but these are hardly read by consumers. Consumers should not be misguided by the brand name of food. Mostly brand name does not depict clear nature of food most particularly for proprietary food. But he should look for actual name of food, its ingredients details.
3. In the era of online procurements of food particularly prepared Food, Consumers should be careful to ensure freshness of the food, its food grade packing materials/boxes, before consumption. While placing orders, ingredients and cooking medium must be checked. Perishable veg. and non-veg food should be physically examined before use.
4. Menu for prepared food in eating place must display calories and presence of allergens. Sweet shop must display use by date for each item. Personnel and premises hygiene must be watched by the consumer at eating places as to whether the place is suitable for eating.
5. Fresh cut fruits/ vegetables, chilled and frozen foods being sold in street food markets may be contaminated. Drinking water for washing food and drink is the biggest source of contamination. Proper storage temperatures are often not maintained. These cause food poisoning, stomach upset, dysentery etc.
6. In many foods, artificial sweeteners are allowed. As a consumer, he must ensure to avoid continuous and excessive

use of such foods, as these are chemicals and prolonged use can cause health problems.

7. Consumer is a part of safe food chain; hence he must ensure himself not only at home but outside also while purchasing or consuming any food that he devotes adequate time and attention for having safe food. In case any unsafe/ misbranded food comes to his knowledge at any point of time, it is his duty to inform concerned food safety Authority and he should not simply ignore them. Safe food purchase should be the only criterion of a consumer and not the price. But this should be kept in mind that it is not necessary that costly foods are safe and cheap food are not safe. He himself should judge the safety of the food first and then price reasonability. In this process, use by date is very important and quantity of food purchases should be dependent on consumption pattern and use by date to avoid wastage of food.

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