

Indian regulations on Low Calorie Sweeteners

Conference on Sweetness: Role of Sugar & Low Calorie Sweeteners

Innovations, Safety, Regulations, Benefits & Consumer Communication

ILSI India

20th September, 2017

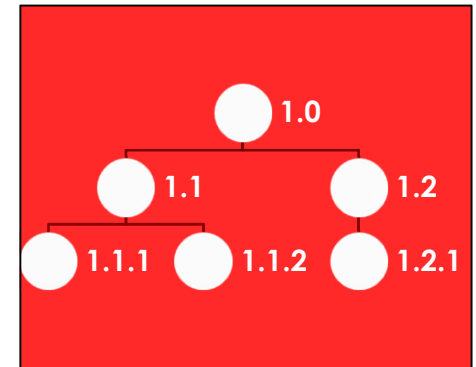
Joseph I Lewis

**The Food Safety and Standards(Food
Product Standards and Food Additives)
Seventh Amendment Regulation, 2016**

Replaces Chapter 3 of the

**Food Safety and Standards (Food Product Standards
and Food Additives) Regulation, 2011.**

Significant upgrade . . .



1. Food Category System;

- ❖ Classifies all foods into food categories - identified by “*descriptors*”
- ❖ Allocation based on product descriptors
- ❖ Applies to all foodstuff (whether standardized or not)
- ❖ Hierarchical system of assigning food additives;
- ❖ Takes into consideration ‘carry over principle’

Significant upgrade . . .

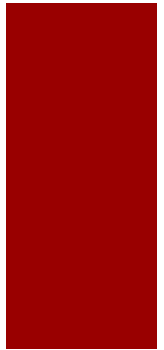
2. Arrangement

- ❖ All additive allocations - in Tabulated formats:
- ❖ Food Category - Additives permitted
- ❖ ADI Specified (Numerical limits) Tables 1 - 15 (except 13.0)*
- ❖ ADI not specified (GMP) - Table GMP
- ❖ Specific “Notes” - applicable conditions explained

* FSS (Health Supplement, Nutraceuticals, FSDU,FSMP . . .)
Regulation 2016

- ❖ Schedules VA-VF

Sweeteners (non caloric)

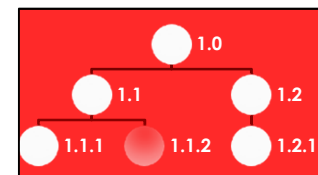


	Sweetener	INS
1	Acesulfame potassium	950
2	Aspartame	951
3	Cyclamates (not permitted)	952
4	Saccharin	954
5	Sucralose	955
6	Alitame	956
7	Thaumatococin	957
8	Steviol glycosides	960
9	Neotame	961
10	Aspartame - Acesulfame salt	962

Sweeteners (low caloric)

	Polyols	INS
1	Isomalt	953
2	Maltitol	965
3	Lactitol	966
4	Xylitol	967
5	Mannitol	421
6	Sorbitol	420
7	Erythritol	968

1.0 Dairy products and analogues



Food Category No	Food Category Name	Food Additive	INS No.	Recommended Maximum Level	Note
(1)	(2)	(3)	(4)	(5)	(6)
1.0	Dairy products and analogues, excluding products of food category 2.0				
1.1	Milk and dairy-based drinks				
1.1.1	Milk and buttermilk (plain)	No additives permitted			
1.1.1.1	Milk (plain)	PHOSPHATES		1,500 mg/kg	33, 227
1.1.1.2	Buttermilk (plain)	PHOSPHATES		1,500 mg/kg	33
1.1.2	Dairy-based drinks - flavoured milk and/or fermented	Acesulfame potassium	950	350 mg/kg	188
		Alitame	956	100 mg/kg	
		Allura red AC	129	100 mg/kg	52
		Aspartame	951	600 mg/kg	191
		Aspartame-Acesulfame salt	962	350 mg/kg	113

1.0 Dairy products and analogues

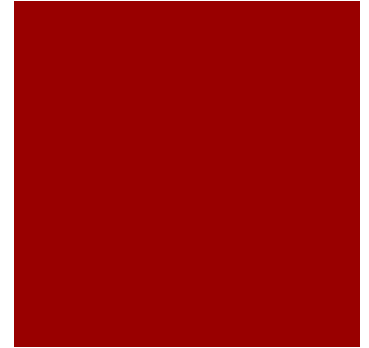
1.1.2 Dairy based drinks, flavoured milk and/or fermented

Sweetener	INS	Max limits mg/Kg
Steviol glycosides	960	200
Sucralose	955	300
Acesulfame potassium	950	350
Alitame	956	100
Aspartame	951	600
Aspartame - Acesulfame salt	962	350
Neotame	961	20
Saccharin	954	80

1.7 Dairy based desserts

Sweetener	INS	Max limits mg/Kg
Steviol glycosides	960	330
Sucralose	955	400
Acesulfame potassium	950	350
Alitame	956	100
Aspartame	951	1000
Aspartame - Acesulfame salt	962	350
Neotame	961	100
Saccharin	954	100

Label declarations



- **Listed under “ Ingredients”**
 - Functional class / INS
- **This food “(name of food)” contains ‘name of sweetener”**
- **Not recommended for children**
- **Not for phenylketonurics (if aspartame)**
- **Contains artificial sweeteners and for calorie conscious**
- **“ Polyols may have laxative effect”.**

The Food Safety and Standards(Food Product Standards and Food Additives) Seventh Amendment Regulation, 2016



- **Provides a framework for exposure assessments:**
 - Low calorie sweetener intake (compared to ADI) - **risk**
 - Which food categories are key contributors to intakes - **trends**
 - Are sugar intakes reducing in these categories - **public health**

Thank you

9/26/2017