



सत्यमेव जयते



# Standards, Packaging Labelling requirements for Beverages

# FSS Act, 2006: How it integrates

# FOOD REGULATION

The Food Safety and Standards Authority of India (FSSAI) has been created under FSS Act, 2006 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.



# Regulations Notified

- 1) Food Safety and standards (Licensing and registration) Regulations, 2011
- 2) Food Safety and standards (packaging and labeling) Regulations, 2011
- 3) Food Safety and standards (Food products standards and Food Additives) Regulations, 2011.
- 4) Food Safety and standards (Prohibition and restriction for sale) Regulations, 2011
- 5) Food Safety and standards (contaminants, toxins and Residues ) Regulations, 2011.
- 6) Food Safety and standards (Referral laboratories and sampling) Regulations, 2011

# Regulatory Mechanism



# **FSS (Food Products Standards and Food Additives) regulation, 2011**

**2.3 Fruit and  
Vegetable  
Products (that  
includes fruits  
and vegetables  
based  
beverages)**

**2.10 Beverages  
(other than Dairy  
and Fruits &  
vegetables based)**

**Under Category 2.3 of FSS (Food products standards and Food Additives) Regulation, 2011, following products are categorised:**



**Contd...**



## Contd...

- Under Category 2.10 Beverages (Other than Dairy and Fruits & Vegetables based) of FSS (Food products standards and Food Additives) Regulation, 2011, the beverages are categorised as under:

2.10 Beverages (Other than Dairy and Fruits & Vegetables based)



# FOOD ADDITIVES PERMITTED FOR BEVERAGES

- The products as mentioned above may contain food additives as given in Appendix A (Table 2, 3, 8, 9 and 10). Generally, the additives that are allowed in Beverages are as follows:
  - ✓ Acidifying Agents like citric acid, fumaric acid, lactic acid etc.
  - ✓ Antioxidants like ascorbic acid
  - ✓ Preservatives like sorbic acid and its sodium, potassium and calcium salts as sorbic acid, sulphur di oxide, benzoic acid
  - ✓ Artificial Sweeteners (Aspartame, Acesulphame K, Saccharin Sodium, Sucralose)
  - ✓ Colours (Titanium Oxide, Ponceau, Carmoisine, Erythrosine, Tartrazine, Sunset Yellow etc)
  - ✓ Flavour Enhancers
  - ✓ Anticaking Agents in powders like sodium aluminium silicate
  - ✓ Thickening Agents/Stabilising/Emulsifying Agents like gums, alginates, pectins etc
  - ✓ Antifoaming Agents like dimethyl polysiloxane



## PACKAGING REQUIREMENTS FOR BEVERAGES UNDER FSSAI

- Juices, squashes, crush, cordials etc shall be packed in clean bottles securely sealed.
- These products when frozen and sold shall be packed in suitable cartons.
- Juices and pulps may be packed in wooden barrels when sulphited.
- Every container or package of flavour emulsion and flavour paste meant for use in carbonated or noncarbonated beverages shall carry the following declaration, in addition to the instructions for dilution, namely:  
“FLAVOUR EMULSION AND FLAVOUR PASTE FOR USE IN CARBONATED OR NON-CARBONATED BEVERAGES ONLY”.



# THE LABEL MUST CARRY...

- Name of the food
- List of ingredients in descending order
- Nutritional information
- Name and complete address of manufacturer
- Net content by weight or Volume
- Lot no/Batch identification
- Date of Manufacturing /Packing
- Best Before Date
- Veg/ Non Veg logo of appropriate dimensions
- Specific declaration of flavors
- Name and completed Address of Importer, in case of Imported Food
- Country of Origin for Imported food



# NUTRITIONAL INFORMATION

- Nutritional information is the declaration of the nutritional composition of the food. It provides an idea of the nutrition that can be derived from that particular article of food.
- Nutritional information should always be stated in numerical terms. The nutrition information for a particular food article is declared per 100g or 100ml or per serving of the food on the label.

<b>Nutrition Facts</b>	
Serving Size 1 cup (239g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 15
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 870mg	36%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	

Nutritional Information may NOT be necessary for:

- Foods such as Raw Agricultural Commodities
- **Non Nutritive Foods Like Tea, Coffee, Drinking Water, Alcoholic Beverages, Fruit & Vegetables.**
- Products that Comprise of Single Ingredients.
- Pickles, Papads.
- Foods Served for Immediate Consumption.
- Foods Shipped in Bulk Which is Not for Sale in that form to Consumers.



# PACKAGING OF DRINKING WATER (BOTH MINERAL & PACKAGED)

- Clean, hygienic, colorless, transparent and tamperproof bottles shall be used.
- Bottles shall be made up of:
  - ✓ Polyethylene (IS:10146)
  - ✓ PVC (IS: 10151)
  - ✓ PET and PBT (IS:12252)
  - ✓ Polypropylene ( IS: 10910)
  - ✓ Food grade polycarbonate or sterile glass bottles
- All packaging materials of plastic origin shall pass the prescribed overall migration and color migration limits.





# **LABELLING OF DRINKING WATER & MINERAL WATER**

- Every package of drinking water shall carry the following declaration in capital letters having the size of each letter as prescribed in Regulation 2.3.3 of FSS (Packaging & Labelling) Regulations, 2011:  
“PACKAGED DRINKING WATER”
- Every package of mineral water shall carry the following declaration in capital letters having the size of each letter as prescribed in regulation 2.3.3 of FSS (Packaging & Labelling) Regulations, 2011:  
“NATURAL MINERAL WATER”
- One time usable plastic bottles of packaged drinking water /mineral water shall carry the following declaration:  
“CRUSH THE BOTTLE AFTER USE”

# **DRAFT FSS REGULATIONS ON CAFFEINATED BEVERAGES**

FSSAI have also prepared Regulations for Caffeinated Beverages which are in the draft stage specifying the caffeine content along with other optional ingredients. It also mentions the labelling requirements for caffeinated beverages specifying the following things:

- ✓ High Caffeine
- ✓ Display of caution
- ✓ Declaration to use not more than two cans a day.
- ✓ Advice to the consumers that “The ingredients of the product consumed through other sources may also be kept in view”.
- ✓ No health claims or enhanced functional claims.

# CODEX

- The Codex General Standard of Food Additives (GSFA) enlist the various food additives that are allowed in different categories food at either specified levels or at GMP. The category 14.0 of GSFA is the Beverages Category, excluding dairy products. This major category is further divided into the broad categories of non-alcoholic (14.1) and alcoholic (14.2) beverages.

## 14.0 Beverages, excluding dairy products

### 14.1 Non-alcoholic ("soft") beverages

#### 14.1.1 Waters

14.1.1.1 Natural mineral waters and source waters

14.1.1.2 Table waters and soda waters

#### 14.1.2 Fruit and vegetable juices

14.1.2.1 Fruit juice

14.1.2.2 Vegetable juice

14.1.2.3 Concentrates for fruit juice

14.1.2.4 Concentrates for vegetable juice

#### 14.1.3 Fruit and vegetable nectars

14.1.3.1 Fruit nectar

14.1.3.2 Vegetable nectar

14.1.3.3 Concentrates for fruit nectar

14.1.3.4 Concentrates for vegetable nectar

- 14.1.4 Water-based flavoured drinks, including "sport," "energy," or "electrolyte" drinks and particulated drinks
  - 14.1.4.1 Carbonated water-based flavoured drinks
  - 14.1.4.2 Non-carbonated water-based flavoured drinks, including punches and ades
  - 14.1.4.3 Concentrates (liquid or solid) for water-based flavoured drinks
- 14.1.5 Coffee, coffee substitutes, tea, herbal infusions, and other hot cereal and grain beverages, excluding cocoa
- 14.2 Alcoholic beverages, including alcohol-free and low-alcoholic counterparts
  - 14.2.1 Beer and malt beverages
  - 14.2.2 Cider and perry
  - 14.2.3 Grape wines
    - 14.2.3.1 Still grape wine
    - 14.2.3.2 Sparkling and semi-sparkling grape wines
    - 14.2.3.3 Fortified grape wine, grape liquor wine, and sweet grape wine

14.2.4 Wines (other than grape)

14.2.5 Mead

14.2.6 Distilled spirituous beverages containing more than 15% alcohol

14.2.7 Aromatized alcoholic beverages (e.g., beer, wine and spirituous cooler-type beverages, low-alcoholic refreshers)

# WHY DO WE NEED TO REGULATE BEVERAGES: ESPECIALLY ENERGY DRINKS?

- Energy drinks are marketed as “energy boosters”, but even under this definition, there is confusion, because often, the marketing that accompanies these drinks does not dwell on the sugars they contain (which is where energy comes from), but stresses other ingredients such as stimulants, vitamins and herbal extracts.
- Important for public to be aware of what they contain
- The potential side effects
- Risk of addiction?
- Excess of Caffeine
- Another concern is “alcoholic energy drink”, which has a strong alcohol and caffeine content and appear in cans similar to non alcoholic energy drinks.

# Challenges

- Food Regulations: Balancing safety with innovation
- Self-regulation: Responsible corporate entity





# Khanned Colas!



**Amul**  
Popular Khana