

Over 1.7 lakh supervisors trained to ensure food safety: Harsh Vardhan

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"Our [country](#) is in need of a 'Jan Andolan' on preventive and promotive health for all in the backdrop of the increasing burden of non-communicable diseases such as diabetes, hypertension and heart diseases. The Eat Right [India](#) movement with the collaboration of FSSAI will play a crucial role in preventive healthcare," said Harsh Vardhan. "FSSAI has trained about 1.7 lakh Food Safety Supervisors for capacity building under the Food Safety Training and Certification (FoSTaC) initiative. They will sensitise [people](#) and food vendors on food safety," he said.

Harsh Vardhan added that we have to reach the target of trans-fat free [India](#) by 2022. "Hence, regulations to reduce trans-fats to less than 2 per cent in all oils, fats and food products are in place." FSSAI has put in place robust regulatory measures under three major pillars: Eat Safe, Eat Health and Eat Sustainably.

"By promoting sustainability, FSSAI has removed the restriction on the use of returnable [bottles](#) and is promoting the use of bamboo instead of plastics," he said. Dr Poonam Khetrapal Singh, Regional Director, [World Health Organization](#) (WHO), said: "The Eat Right [India](#) movement by FSSAI now has been put into action. Mortality from non-communicable diseases is not only witnessed in India, but also across the world. The four main factors to prevent non-communicable diseases are healthy diet, physical exercise, avoidance of [tobacco](#) and alcohol."

"Therefore, the message of 'Eat Right' should be promoted everywhere. Let us take the Eat Right [India](#) movement forward in mission mode," she said (ANI)