

FSSAI BANS BLENDED MUSTARD OIL

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INTRODUCTION

Mustard oil is the indispensable ingredient of Indian kitchens. You can see no kitchen without a huge bottle of golden yellow bottle of “Sarson ka Tael”. It tends to have golden properties and is used in India since ancient times and comes with a package of health benefits. It’s a complete box of MUFA’s thereby aiding in heart problems, helping in hair growth and good skin.

Various researches have quoted that mustard oil is the most suitable one if we talk about Indian food cooking provided the fact that its smoke point is high and the trans fatty acids production is low as compared to other oils. The mixing of other oils is a common trend seen in food industry which prohibits the natural sanctity of a food product and mustard oil is also not spared with admixture malpractices. To ensure the quality, safety and consumption of mustard oil, Food Safety and Standards Authority of India (FSSAI) has

enforced a new amendment in selling of mustard oil. The new draft prohibits the mixing of edible vegetable oils with mustard oil. Earlier, according to FSSAI Regulations, 2011 admixture of any two edible vegetable oils where the proportion by weight of any edible vegetable oil used is not less than 20%, was permitted. The new framework got operational from 1st October 2020 which operationalize the Draft Food Safety and Standards (Prohibition and Restriction on Sales) Amendment Regulations, 2020.

FSSAI APPROACH

A huge survey was conducted pan India for which the food safety commissioners were directed to monitor the sales of mustard oils admixed with other oil and the testing of the samples for adulteration and admixture. This step was taken as per the guidance of central government in order to curb the malpractices performed for mustard oil because with increased sale general practice adopted by unscrupulous traders is

mixing palm oil, rice bran oil or other cheap edible oils with mustard oil. Various instances have been reported when unscrupulous traders mixed oil of reputed brands with ordinary palm oil or other cheap oils.

LICENSE MODIFICATION

All the licensees who had already procured licenses to sell and manufacture mustard oil as per the old regulations have to apply for a new modified license. They have to sell the oil as unblended oils only. They can fill up the application for the same and approval will be granted within a span of three days from date of submission.

CONCLUSION

Mixing of oils forms an integral part of Indian markets. It’s one of the pivotal frames which needed attention. Mixing is done in order to gain profits but it also improves various health implications too like foodborne illnesses and spoilage. This new regulation will help to stop admixing of oils thereby controlling the food hazards. Therefore, it’s the need of an hour to control it with the help of prime food policy makers like FSSAI to safeguard the public health safety. Last but not the least, as the Bhagwat Geeta says “Anant Bhawati Bhootani” meaning, humans are made up of food. Pure food is our right and plays an important role in maintaining healthy body and its longevity.

BENEFITS OF AMENDMENT

- This will preserve the natural purity of the mustard oil.
- It will prohibit the mixing of rice bran oil in packaged mustard oil. Rice bran oil has high amount of oryzanol and now all the refineries will be checked for the presence of this element to ensure the purity of production of mustard oil.
- This decision will ensure public safety too.

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