

## **IS 11536 : 2022 Processed Cereal Based Complementary Foods — Specification ( Third Revision )**

Processed cereal based complementary foods commonly called as weaning food or supplementary food means food for infants after 6 months up to 24 months of age, which is based on cereals and legumes (pulses), millets, nuts and protein isolates or protein concentrates or de-fatted edible oil seed extracts and so prepared as to permit dilution with water or milk or other suitable medium. They are mainly intended to accustom the infant's digestive tract to solid foods. Nutritionally, this category of foods serves as an important source of calories to meet the energy requirements due to increased physical activity of infant. Beginning with the introduction of cereals after six months of age, the intake is slowly increased so that by 8 months of age and onwards nearly half of the total intake is from milk and remaining from cereals and a variety of other foods. Here, milk almost completely meets the protein requirements, while cereals and/or other foods meet the energy and satiety requirements of the infant.

As consumers expect a very high nutritional quality and human safety, the standard prescribes a detailed requirements for the physical, chemical and microbiological parameters. It shall also be free from dirt, extraneous matter, preservatives, added colours and flavours, and from any material which are harmful to infant's health. It also prescribes content of carbohydrates, fats and proteins, along with recommended limits for vitamins and minerals, within the range of Recommended Dietary Allowances (RDA). Optional ingredients like Docosahexaenoic Acid (DHA) and Arachidonic acid (ARA) may also be used in prescribed limit and ratio. It shall also be processed, packed, stored and distributed under strict hygienic conditions as prescribed in IS 2491. Requirements are specified for microbiological parameters to ensure the product is free from pathogenic microbes.

Additionally, limits for heavy metals like lead and arsenic, toxins like aflatoxin M1, and other contaminants like melamine are specified to mitigate health risks. Packaging clause mentions requirements for retail as well as bulk packing in airtight, food grade containers to preserve quality and prevent contamination, with mandatory labeling indicating product name, manufacturer, expiry date etc. Testing and sampling procedures are detailed for consistency and compliance, ensuring that products meet both nutritional and safety standards

This third revision harmonizes with the *Food Safety and Standards (Food Products Standards and Food Additives) Regulations*, 2011, ensuring alignment with food safety laws.