

## **IS 1656: 2022 INFANT FOOD — MILK-CEREAL BASED COMPLEMENTARY FOODS — SPECIFICATION (Fifth Revision )**

Weaning is the process of gradually introducing other foods (solid/semi-solid/mashed) and liquids to an infant after 6 months of age as mother's milk alone is no longer sufficient to meet nutritional & energy requirements of growing baby. It involves transitioning the infant to an adult diet to accustom the infant's digestive tract to solid foods.

Weaning foods prepared in home mainly consist of milk, cereals, legumes, nuts, fruits and vegetables, millets etc. Commercially, they are marketed as Infant Food. So, Infant Food means any food being marketed or otherwise represented as a complement to mother's milk to meet the growing nutritional needs of the infant after the age of six months and up to the age of two years.

The Indian Standard IS 1656 is on Milk-cereal based complementary infant foods, commonly called as weaning foods or supplementary foods.

As per IS 1656, Milk-cereal based complementary foods are based on milk, cereals and/or legumes (pulses), millets, nuts and defatted edible oilseed extracts and so prepared as to permit dilution with water or milk or other suitable medium. It may also contain soybean, fruits and vegetables or their products, egg or egg products, protein concentrates or protein isolates or protein hydrolysates, milk solids, various carbohydrates, amino acids, vitamins and mineral salts.

Keeping in view the safety, health, nutritional and energy requirements of infant, the IS 1656 specifies the following requirements that Milk-cereal based complementary infant foods have to comply with:

1. Minimum content of protein, fat, carbohydrates, vitamins and minerals that shall be maintained as a part of nutritional value.
2. List of permitted optional ingredients (vitamins, minerals, amino acids) and their maximum permissible concentration levels in food to increase the nutritional value.
3. List of permitted food additives (like emulsifiers, anti-caking agents, antioxidants, enzymes, packaging gases, acidity regulators etc.) and their maximum permissible concentration levels in food.
4. Microbiological requirements to ensure that the food is free from harmful bacteria and pathogens.
5. Ash content as it is part of proximate analysis for nutritional evaluation specifically w.r.t mineral content.
6. Acid Insoluble ash as it indicates presence of impurities.
7. Moisture content as it affects the food stability, shelf life and taste.
8. Maximum allowed limits of Pesticides residues, heavy metals, antibiotic and veterinary drug residues, naturally occurring toxins and other contaminants. Source of Contaminants, Toxins and Residues in infant food is raw material (like milk & its

products, cereals, nuts, Fruit & Vegetables, food additives, optional ingredients etc.), water used during processing of food, impurities added during wear & tear of machinery, packaging material etc.

9. Ingredients not permitted to be used are also specified.

In IS 1656, the source of vitamins, minerals & other nutrients added from outside into food has also been specified to ensure that they are of food grade quality, safe and suitable for ingestion by infants.

To maximize the product performance & safety and to protect product from deterioration & contamination, the IS 1656 specifies the Hygienic conditions to be maintained during processing, packing, storage and transport. Also, the type of packaging material to be used is specified.