Banned and restricted foods, additives and practices in India

Compiled by Blacklisted from FSSAI regulations, orders and import notifications. Edition of 8 October 2026. 15 substances and practices, 3 category orders.

FSSAI does not publish a single "banned products list". Prohibitions sit in the Food Safety and Standards regulations, in individual orders and in import rules. This document gathers them in one place. Each row links to a page on blacklisted.co.in that shows the government document it rests on. "Banned" means a regulation or order prohibits the substance or practice; "Restricted" means it is allowed within a limit or under conditions. Brand recalls and notices are a separate list at blacklisted.co.in/food/recalls.

Substances and practices

Item	Status	Authority and legal basis	What it means
Argemone oil blacklisted.co.in/food/banned/argemone-oil	Prohibited contaminant in edible oil	Food Safety and Standards Authority of India (FSSAI) FSS (Food Products Standards and Food Additives) Regulations, 2011, regulation 2.2.1: every edible oil standard requires the test for argemone oil to be negative	Argemone oil is a prohibited contaminant in edible oils in India under regulation 2.2.1 of the Food Products Standards Regulations, 2011, and mustard oil containing it may not be sold; it has caused repeated outbreaks of epidemic dropsy.
Calcium carbide blacklisted.co.in/food/banned/calcium-carbide-ripening	Prohibited ripening practice	Food Safety and Standards Authority of India (FSSAI) FSS (Prohibition and Restrictions on Sales) Regulations, 2011, regulation 2.3.5	Artificial ripening of fruit with calcium carbide, which releases acetylene gas, is prohibited in India under regulation 2.3.5 of the FSS (Prohibition and Restrictions on Sales) Regulations, 2011; ethylene gas ripening in approved chambers is permitted.
Chinese garlic import ban blacklisted.co.in/food/banned/chinese-garlic-import-ban	Import prohibited (since 2005)	Ministry of Agriculture (plant quarantine); Directorate General of Foreign Trade; Customs Plant Quarantine (Regulation of Import into India) Order, 2003; import from China barred since Sept 2005	India has prohibited the import of garlic from China since 2005 on plant-quarantine grounds, citing the fungi Embellisia allii and Urocystis cepulae; Chinese garlic found in Indian markets is smuggled stock, under the Plant Quarantine Order, 2003.
Energy drink caffeine limit blacklisted.co.in/food/banned/energy-drink-caffeine-limit	Caffeine capped at 300 mg/L	Food Safety and Standards Authority of India (FSSAI) FSS (Food Products Standards and Food Additives) Regulations, 2011, regulation 2.10.6 (caffeinated beverages); FSSAI orders to energy-drink makers dated 30 Jun 2026 (reported in court proceedings; not published)	Under regulation 2.10.6 caffeinated beverages in India must contain 145 to 300 mg caffeine per litre and carry cautionary statements; FSSAI's June 2026 orders to drop the words 'energy drink' have been set aside for Red Bull and stayed for Sting, Monster and Campa by the Delhi High Court.
Ethylene oxide blacklisted.co.in/food/banned/ethylene-oxide	Not a permitted treatment in food	FSSAI; Spices Board of India No permission for ethylene oxide under the Food Additives or Contaminants Regulations; Spices Board Circular No. 01/2024-25 of 2 May 2024 (exports to Singapore and Hong Kong)	Ethylene oxide is not a permitted sterilising treatment or additive for food in India; after Hong Kong and Singapore recalled MDH and Everest products in April 2024, the Spices Board made testing compulsory for exports to those two markets and FSSAI found none in domestic samples.
Chinese milk ban blacklisted.co.in/food/banned/melamine-chinese-dairy-import-ban	Import prohibited (since Sep 2008)	Directorate General of Foreign Trade; FSSAI DGFT notification prohibiting import of milk and milk products from China, September 2008, with subsequent extensions	India has prohibited the import of milk and milk products from China since September 2008, following the melamine contamination scandal, and has extended the prohibition repeatedly.
Metanil yellow blacklisted.co.in/food/banned/metanil-yellow	Non-permitted colour	Food Safety and Standards Authority of India (FSSAI) FSS (Food Products Standards and Food Additives) Regulations, 2011: regulation 3.1.1 positive list read with Appendix A, and colour standards in regulation 3.2	Metanil yellow is not a permitted food colour in India under the Food Additives Regulations and is prohibited in any food as of 1 Oct 2026; it is a frequent adulterant in turmeric, pulses and sweets.

Item	Status	Authority and legal basis	What it means
Banned food colours in india blacklisted.co.in/food/banned/non-permitted-food-colours	All colours outside the permitted eight	Food Safety and Standards Authority of India (FSSAI) FSS (Food Products Standards and Food Additives) Regulations, 2011: regulation 3.1.1 positive list read with Appendix A, and colour standards in regulation 3.2	Under the Food Additives Regulations only eight synthetic colours are permitted in food in India as of 1 Oct 2026; amaranth, Red 2G, Orange II, Brown HT, Rhodamine B, metanil yellow and Sudan dyes are all prohibited.
PFAS ban india blacklisted.co.in/food/banned/pfas-bpa-packaging-draft	Draft, not in force	Food Safety and Standards Authority of India (FSSAI) Draft amendment to the Food Safety and Standards (Packaging) Regulations, 2018, gazette 6 Oct 2025; final notification:	FSSAI's proposal to prohibit PFAS and bisphenol A in food-contact materials was published as a draft on 6 Oct 2025 with a 60-day consultation; as of 1 Oct 2026 no final notification has been located.
Potassium bromate blacklisted.co.in/food/banned/potassium-bromate	Banned as a food additive (Jun 2016)	Food Safety and Standards Authority of India (FSSAI) Amendment to the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011 removing potassium bromate, 2016 (FSSAI decision June 2016; gazette notification reported Sept 2016)	Potassium bromate has been prohibited as a food additive in India since June 2016, when FSSAI removed it from the permitted list following a CSE study that found it in Delhi bread samples; it remains permitted in the United States.
Rhodamine B blacklisted.co.in/food/banned/rhodamine-b	Non-permitted colour · state bans 2024	FSSAI; Tamil Nadu and Karnataka food safety commissioners FSS (Food Products Standards and Food Additives) Regulations, 2011: regulation 3.1.1 positive list read with Appendix A, and colour standards in regulation 3.2; Tamil Nadu order Feb 2024 and Karnataka order Mar 2024	Rhodamine B is not a permitted food colour in India under the Food Additives Regulations and is prohibited in any food; Tamil Nadu (February 2024) and Karnataka (March 2024) issued orders after finding it in street food.
Single use plastic ban blacklisted.co.in/food/banned/single-use-plastics	19 items banned (1 Jul 2022)	Ministry of Environment, Forest and Climate Change; Central Pollution Control Board Plastic Waste Management (Amendment) Rules, 2021, G.S.R. 571(E), 12 Aug 2021	Nineteen single-use plastic items, including plastic cutlery, plates, cups, straws, earbuds, balloon sticks and wrapping film for sweet boxes, have been prohibited in India since 1 Jul 2022 under the Plastic Waste Management Amendment Rules, 2021.
Sudan dyes blacklisted.co.in/food/banned/sudan-dyes	Non-permitted colours	Food Safety and Standards Authority of India (FSSAI) FSS (Food Products Standards and Food Additives) Regulations, 2011: regulation 3.1.1 positive list read with Appendix A, and colour standards in regulation 3.2	Sudan I, II, III and IV are not permitted food colours in India under the Food Additives Regulations and are prohibited in all foods as of 1 Oct 2026; they are used illegally to redden chilli and curry powders.
Titanium dioxide blacklisted.co.in/food/banned/titanium-dioxide	Permitted in India; banned in the EU	Food Safety and Standards Authority of India (FSSAI) Appendix A to the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, list of food additives; Commission Regulation (EU) 2022/63 of 14 Jan 2022	Titanium dioxide (INS 171) is not banned in India as of 1 Oct 2026. FSSAI's Appendix A lists it as a permitted colour with limits by food category. The European Union banned it as a food additive in 2022.
Trans fat blacklisted.co.in/food/banned/trans-fat-limit	Capped at 2% of total fat (Jan 2022)	Food Safety and Standards Authority of India (FSSAI) FSS (Food Products Standards and Food Additives) Amendment Regulations, notified Feb 2021: industrial trans fat capped at 3% from 1 Jan 2021 and 2% from 1 Jan 2022 (Chapter 2.2)	Industrial trans fatty acids are not banned in India but limited to 2% of total fat in all oils, fats and foods containing them since 1 Jan 2022, down from 3% in 2021, under amendments to the Food Additives Regulations.

Orders that ban a term or a category

Item	Status	Authority and legal basis	What it means
FSSAI banned liquor blacklisted.co.in/food/notices/alcohol-flavouring-orders-2026	Prohibition of sale · named facilities	FSSAI (Western Regional Office and others); Bombay High Court; Madhya Pradesh High Court FSSAI prohibition orders under section 36(3)(b) of the FSS Act: 29 Jun 2026 (Mohan Meakin, United Spirits), conditional orders 27 Jul 2026, Associated Alcohols directive 29 Jul 2026	As of 20 Sep 2026 FSSAI's Jun to Jul 2026 orders on flavoured spirits stand for Old Monk (Khopoli), were revoked for United Spirits' Baramati rum on 17 Aug and are stayed for Associated Alcohols; no brand is banned nationwide.
ORS ban blacklisted.co.in/food/notices/ors-brand-name-ban-2025	Term 'ORS' prohibited on non-WHO drinks	FSSAI; Delhi High Court FSSAI order of 14/15 Oct 2025 withdrawing earlier permissions for 'ORS' branding; Delhi HC order 31 Oct 2025	Since FSSAI's order of 14 to 15 Oct 2025 the term 'ORS' may not appear on any beverage that does not meet the WHO oral rehydration formula; the Delhi High Court declined to interfere on 31 Oct 2025.
Rajasthan energy drink ban blacklisted.co.in/food/notices/rajasthan-energy-drink-ban-2026	State prohibition (Rajasthan only)	Government of Rajasthan: Food Safety (Medical and Health Department) Rajasthan Food Safety Department order, reported 10 Jul 2026 (order text not published)	Rajasthan's food safety authorities prohibited the sale, storage and promotion of eight energy-drink brands in the state on 10 Jul 2026 over misleading claims; the order applies in Rajasthan only.

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