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New Delhi: The Food Safety and Standards Authority of India (FSSAI), India’s food regulator, has launched a new website <foodsmart.fssai.gov.in> to make you a food smart consumer by providing a complete guide to food safety.

If you are worried about the safety of food that you buy and eat, if you want to know “which oil is good for my family” or know about safety of re-using oil, or about the health benefits of dietary fibre or all about the packaged food or whether your packaged water safe, just log into this website to get all authoritative answers.