

Display of Sugar and oil Boards

Prelims: Current Events of National and International Importance

Why in the news?

The Health Ministry has asked all government departments to display such information in their cafeterias, lobbies, and meeting rooms, in a bid to highlight the health risks of popular Indian snacks.

- **Sugar and Oil Boards initiative** - It is to promote healthier dietary habits in various settings.
- **Objective** - These Display boards serve as visual behavioural nudges in ***schools, offices, public institutions etc*** displaying key information about hidden fats and sugars in everyday foods.
- The goal is ***not to restrict but to encourage*** moderate consumption and more mindful eating habits.
- **Pilot initiative** - The Health Ministry has launched a health awareness campaign ***at AIIMS Nagpur*** as the first location.
- **Office guidelines** - Government officials are encouraged to include health messages on official stationery and publications to promote wellness consistently.
- **National rollout** - The campaign will expand to other Indian cities later this year after initial implementation and feedback.



- **Nutrition awareness** - Government departments are instructed to display boards

showing oil, sugar, fat, and trans-fat content in popular Indian snacks like samosas, jalebis, pakoras, vada pav, and chai biscuits.

- **Visual nudges** - These boards aim to serve as visual behavioral nudges *to help people make more informed dietary decisions*.
- **Health alerts** - Cafeterias and food counters in government settings will feature posters with clear warnings on the health risks of frequent snack consumption.
- **Healthy choices** - Departments must offer nutritious food options, like fruits, vegetables, and low-fat items, while limiting sugary drinks and fried snacks.
- **Active lifestyle** - Offices *should promote physical activity* through practical initiatives like using stairs, walking breaks, and organized exercise sessions.
- **Obesity concerns** - A Lancet study highlights that 450 million Indians could be overweight or obese by 2050, placing India second globally after China.
- **WHO perspective** - It states many everyday foods are ultra-processed and cheap, this unhealthy environment making it harder for people to choose healthy diets.
- **Disease link** - Poor eating habits are linked to major health issues such as *obesity, diabetes, heart disease, stroke, and even cancer*.

Reference

[The Hindu| Sugar Boards of Indian Snacks](#)

