

## **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 <u>schools</u>, <u>offices</u>, <u>public institutions etc</u> displaying key information about hidden fats and sugars in everyday foods.
- The goal is <u>not to restrict but to encourage</u> moderate consumption and more mindful eating habits.
- Pilot initiative The Health Ministry has launched a health awareness campaign <u>at</u>
  <u>AIIMS Nagpur</u> 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 <u>to help people</u> make more informed dietary decisions.
- **Health alerts** Cafeterias and food counters in government settings will feature posters with clear <u>warnings</u> on the health <u>risks</u> 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

