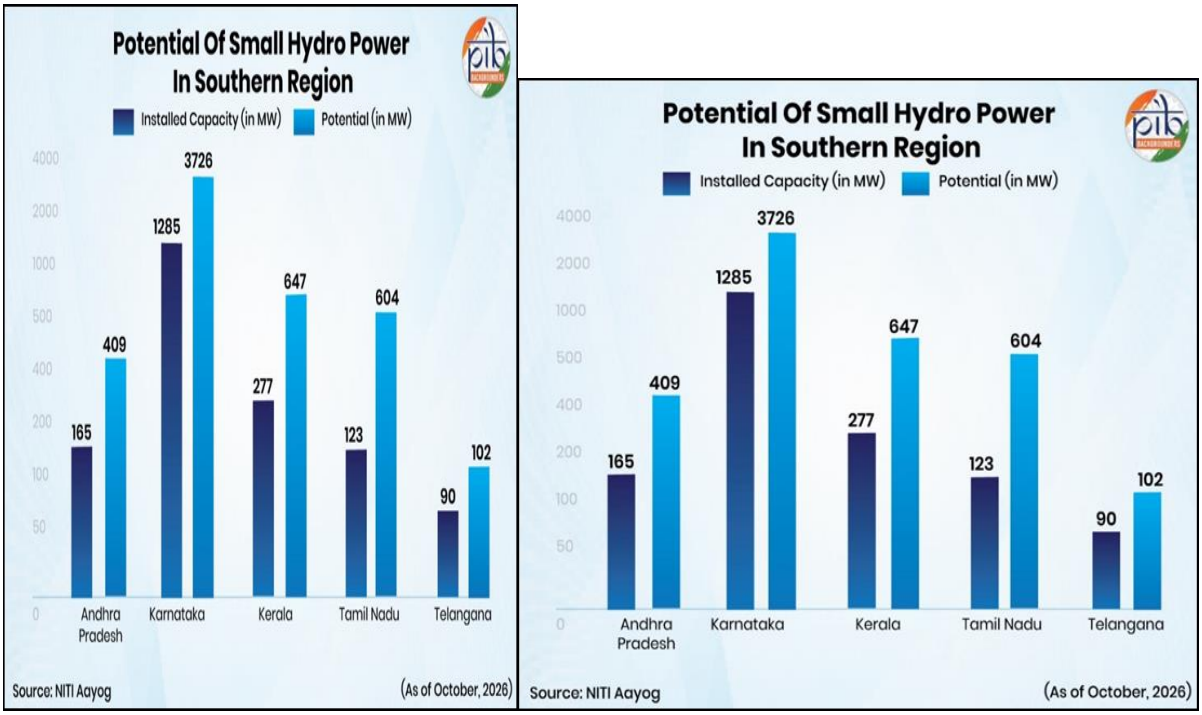
Display of Sugar and oil Boards

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

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