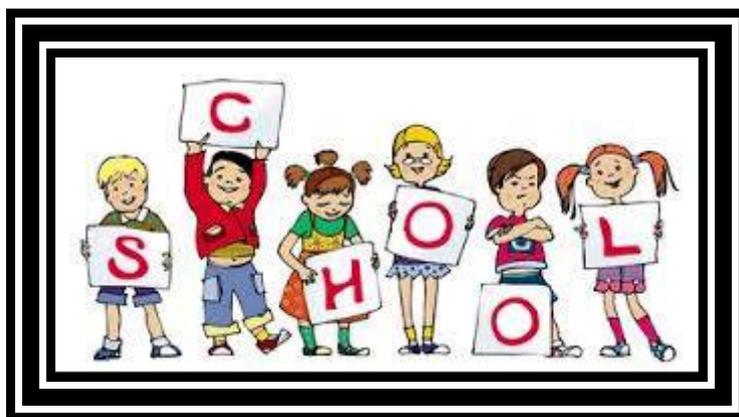


**Report of Working Group**  
**on**  
**Addressing Consumption of Foods**  
**High in Fat, Salt and Sugar (HFSS) and**  
**Promotion of Healthy Snacks in Schools of**  
**India**



**Prepared by**  
**Working Group Constituted by**  
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## LIST OF ABBREVIATIONS

ADHD	Attention Deficit Hyperactivity Disorder
ARSH	Adolescent Reproductive and Sexual Health
ASCI	Advertisement Standards Council of India
AYUSH	Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy
BMI	Body Mass Index
CHD	Coronary Heart Disease
CVD	Cardiovascular Disease
DIET	District Institute of Education and Training
FSS Act	Food Safety and Standards Act
FSSAI	Food Safety Standards Authority of India
HFSS	High in Fat, Salt and Sugar
ICDS	Integrated Child Development Services
ICPS	Integrated Child Protection Scheme
IGMSY	Indira Gandhi Matritva Sahyog Yojana
IQ	Intelligence Quotient
KAP	Knowledge Attitude and Practices
MHRD	Ministry of Human Resource Development
MOHFW	Ministry of Health and Family Welfare
MUFA	Monounsaturated Fatty Acids
MWCD	Ministry of Women and Child Development
NCD	Non-Communicable Diseases
NFHS	National Family Health Survey
NFI	Nutrition Foundation of India
NGO	Non-Governmental Organization
NIN	National Institute of Nutrition

NIPCCD	National Institute of Public Cooperation and Child Development
NNMB	National Nutrition Monitoring Bureau
NPCDCS	National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke
NSS	National Sample Survey
PIL	Public Interest Litigation
PUFA	Polyunsaturated Fatty Acids
RBSK	Rashtriya Bal Swasthya Karyakram
RDA	Recommended Dietary Allowances
SCERT	State Council of Educational Research and Training
SUPW	Socially Useful Productive Work
TFA	Trans Fatty Acid
US	United States
WHO	World Health Organisation

## 1. BACKGROUND

India is now facing the triple burden of malnutrition where undernutrition, micronutrient deficiencies and excess intake of calories resulting in overweight and obesity coexist. To combat undernutrition in children various interventions have been initiated by the Government of India, e.g., Integrated Child Development Services (ICDS) scheme for pre-school children and Mid-Day Meal (MDM) scheme to combat classroom hunger for better school enrollment and learning of school children.

Childhood obesity is also emerging as one of the major health concerns for India. Overweight and obese children are more likely to develop non-communicable diseases (NCDs) during early adulthood including a range of chronic conditions such as diabetes, cardiovascular disease, hypertension and dyslipidemia. Timely action must be initiated to combat the rising epidemic of childhood obesity.

Diet is likely to be one of the important precursors of overweight, obesity and development of NCDs. The practice of consumption of foods high in salt, sugar, fat or calories and with low nutrient content, e.g., noodles, burgers, patties, pastries, popcorn, potato chips, carbonated drinks, biscuits, muffins, chocolates etc. have become common feature of children's diet and may pose a health risk if consumed regularly. Easy availability and access to unhealthy foods in school canteens and its vicinity is being seen as a contributing factor to childhood obesity. This problem needs to be addressed in a holistic manner and therefore designing a programme for school children for incorporation of healthy snacks needs to be right at the top of the agenda and intensive interventions should be undertaken by the government along with active involvement of parents, teachers and community as a whole.

Ministry of Women and Child Development (MWCD) is tasked with tackling issues related to nutrition and specifically to under-nutrition among the children, pregnant and lactating mothers and adolescent girls through various schemes. Considering the responsibilities assigned to the Ministry, the necessity to address the issue of Junk Foods contributing to childhood obesity has been designated as well. A Working Group on matters relating to consumption of Junk foods has been constituted under the Chairpersonship of Shri T. Longvah, Director In-Charge, National Institute of Nutrition (NIN) along with experts in the

field of Food, Nutrition and Health. The list of the members of the Working Group is placed at **Annexure I**.

The Terms of Reference of the Working Group are as under:

- i. Preparation of recommendations for definition of Junk Foods;
- ii. Examining the current framework for packaging of prepared foods and giving suitable recommendations for modification of the same;
- iii. Studying the behaviour/psychology aspects of over nutrition and suggesting measures which could be taken by concerned Ministries to address the same;
- iv. Preparation of guidelines for adoption by State Governments/UT Administrations on sale of Junk Foods in school canteens or in the vicinity of schools by private vendors; and;
- v. Preparation of guidelines for use by print and electronic media and by advertising agencies on promotion and marketing of Junk Foods.

In this regard three meetings were held on 16.6.2015, 8.7.2015 and 28.7.2015 at NIPCCD, New Delhi under the Chairpersonship of Shri T. Longvah, Director In-Charge, National Institute of Nutrition (NIN) and Director, NIPCCD as Member Secretary of the Working Group. The group deliberated on the topic and suggested draft recommendations to ensure healthy food consumption among children. The Minutes of the three meetings are enclosed at **Annexures II, III and IV** respectively.

## **2. RECOMMENDATIONS OF THE WORKING GROUP ON “ADDRESSING CONSUMPTION OF FOODS HIGH IN FAT, SALT AND SUGAR (HFSS) AND PROMOTION OF HEALTHY SNACKS IN SCHOOLS OF INDIA”**

### **1. Definition of “HFSS Foods” in the context of School Canteen and School Children**

HFSS foods *may be defined as foods (any food or drink, packaged or non-packaged) which contain low amounts of proteins, vitamins, phytochemicals, minerals and dietary fibre but are rich in fat (saturated fatty acids), salt and sugar and high in energy (calories) that are known to have negative impact on health if consumed regularly or in high amounts”.*

### **2. Guidelines on sale of HFSS Foods and Non-standardized or Proprietary Foods in School Canteens or in the vicinity of schools by private vendors**

- a) Ban the sale of all HFSS foods in school canteens. Private vendors and street vendors should not to be allowed to sell HFSS foods during school timings (7 A.M to 4.00 P.M) within vicinity of 200 meters.
- b) Shops and restaurants selling proprietary foods within vicinity of 200 meters of a school should not be permitted to sell these foods to school children in uniform.
- c) In school canteens non-standardized proprietary foods, can be categorized based on colour coded concept according to its nutritional value as follows:
  - ✓ The *Green category* (with a Green Flag ) which is always on the menu, e.g., vegetables and legumes, fruits, grain (cereal) foods; mostly whole grain, lean meat, egg, fish etc. low or reduced fat milk, soy drinks and water.
  - ✓ The *Yellow category* (with a Yellow Flag) for the select carefully group, e.g., baked vegetable based snacks, ice creams, milk-based ices, dairy desserts etc.

- ✓ The Orange category which is not recommended on the canteen menu, e.g., all confectionary items, energy drinks, carbonated and sweetened beverages, fried packaged and non-packaged foods, chocolates, potato fries etc., and should not be sold in school canteens.
  
- d) Use of hydrogenated oils should be totally banned in school canteens and use of oils high in saturated fats should be limited in the schools for preparing any food item to be served to the children. Use of blended oils and those high in monounsaturated fatty acid/polyunsaturated fatty acid oils such as mustard oil, rice bran oil, soya bean oil, sunflower oil etc., should be encouraged.
  
- e) Setting up of a School Canteen Management Committee for making available quality and safe food in schools where the students/Head Boys/Head Girls/School Monitors/Prefects should be involved to ensure strict implementation of the guidelines.
  
- f) School Management Committee should make appropriate arrangement for display of contact numbers of Doctors/ Medical Officers who can be contacted for any health related emergency at various important places such as notice boards, First-Aid room, Labs, canteen etc.

### **3. Recommendations for Labelling and Packaging of foods**

The Committee endorsed that the Food Safety and Standards (Packaging and Labelling) Regulations, 2011 may be followed and adhered to in toto with regard to definitions, packaging and labelling requirements including nutritional information, declaration regarding Veg or Non veg, declaration regarding Food Additives, Labelling of Pre-packaged Foods and other important details.

However, the following may also be added.

- Labelling in a readable font size to be made mandatory.
- Statutory warnings like “*not suitable*” for infants, children, pregnant women or specific for diseases to be clearly mentioned.
- Allergen information should also be mentioned.

#### **4. Measures to be taken by Concerned Ministries**

##### **a) Ministry of Health and Family Welfare (MOHFW)**

- School Health Programme should be broadened to include nutrition as an important component and may be renamed as “School Health & Nutrition Programme”.
- School Health Card provided to students under School Health Programme should be revised and various nutrition related aspects may be added in that card.
- The Ministry of Health should make health and nutrition screening of each child mandatory for each school and individualized counselling should be provided to her/him on the day of Parent Teacher meeting.
- Include nutrition education and counselling as an important service under various programmes like *Rashtriya Bal Swasthya Karyakram*, School Health Programmes, Adolescent Reproductive and Sexual Health (ARSH) etc.

**b) Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH)** should take initiative for prevention of lifestyle diseases and promotion of good health by celebrating yoga day annually on sustained basis on 21<sup>st</sup> June; collaborate with Ministry of Human Resource Development to include yoga in school curriculum and with Ministry of Information and Broadcasting for creating awareness and promotion of yoga for good health for all.

##### **c) Ministry of Human Resource Development**

- Ministry of Human Resource Development has to take steps for banning/restricting availability/withdrawal of HFSS foods from canteens of schools and 200 meters nearby.
- The MHRD should ensure that the chapter on nutrition and its related aspects should be integrated with the in-service training of SCERT/DIET and other related teacher training programmes.
- A well-structured Curriculum on balanced diet and its health impacts should be introduced for school children. Use of Socially Useful Productive Work (SUPW) periods in schools may be used to promote nutrition and healthy habits.

- Building skills of children as part of the curriculum to read and make sense of food labels to be encouraged for promoting healthy food choices.
- Schools may celebrate and mark such events wherein they can generate awareness regarding nutritious food and avoidance of HFSS foods like the Celebration of Nutrition Week (1-7<sup>th</sup> September) and other such events throughout the year.
- The Ministry in collaboration with MWCD may incentivize the schools by providing awards or certificate of excellence for promoting healthy eating behaviour among students. An assessment score card prepared on the basis of specific indicators for both school canteen and KAP of school children regarding nutritious foods should be developed.

**d) Ministry of Youth Affairs and Sports** should work in convergence with Ministry of Human Resource Development to make physical activity mandatory for schools by inclusion of various kinds of sports, athletics, group games and sports based projects in curriculum for children to make it more interesting and effective.

**e) Ministry of Panchayati Raj** should seek community's involvement for demanding better Services and monitor proper implementation of health and nutrition programmes at local level for improving health outcomes and in combating obesity through the following.

- Ensure that health, nutrition and sanitation programmes are organized regularly at the anganwadi centres and during Village Health and Nutrition Days (VHNDs).
- PRIs should provide the required space and facilities for organizing awareness and training activities.
- PRIs to ensure training of Self Help Groups (SHGs) on health and nutrition issues including developing low cost nutritious recipes with seasonal and locally available resources.
- PRIs should converge with various departments and should organize and celebrate various important days and events at the village level such as National Nutrition Week, World Health Day etc., where nutrition education regarding health risks of HFSS foods and role of good nutrition for good health should be emphasized.

**f) Ministry of Women and Child Development** should provide nutrition education about importance of balanced diet and also emphasize on the ill effects of overweight-obesity through its flagship programmes like ICDS, Integrated Child Protection Scheme (ICPS),

Indira Gandhi Matritva Sahyog Yojana (IGMSY) and also through Sabla which mainly focuses on adolescent girls.

## **5. Regulation of Advertisement, Promotion and Marketing of HFSS foods by Ministry of Information and Broadcasting**

- Lay down strict regulatory provisions for advertisement and promotion of pre-packaged foods targeted at children.
- Lay strict provisions to ensure that advertisements with false claims are not broadcasted.
- Restricting airing or visibility of advertisements on packaged HFSS foods during prime time when children are likely to watch such program by not allowing its broadcast on TV and radio from 2:00 PM to 10:00 PM on weekdays and from 8:00 AM to 10:00 PM on weekends and holidays.
- Part of advertisement promoting HFSS foods should contain health advice about the possible ill-effects of the HFSS foods which can be illustrated in the same way as the HFSS foods is promoted in such advertisements.
- Providing adequate information about the ingredients and contents of HFSS foods in such advertisement for sufficient duration so that it can be easily comprehended by the viewers.
- Advertisement and marketing communication of HFSS foods should be dealt under the law in the similar manner as has been done with advertisement and communication of the tobacco products and alcohol.
- Advertisement should not state or imply that a particular product will afford physical, social or psychological advantage over other children; not undermine the role of parents in guiding diet choices; not to include any appeal to children to urge parents to buy a product for them; and not feature ingredients or premiums (such as free gifts) unless it is an integral element of the product being offered.
- Telecasting doctors and celebrity endorsed advertisements on HFSS foods should be banned.
- Strengthen and expand infrastructural support to deliver information regarding national campaigns like yoga campaign, stay healthy etc., to each and every corner of the country.

### 3. INTRODUCTION

#### 3.1 Emerging Epidemic of Childhood Obesity

The burden of persistent under-nutrition, micronutrient deficiencies, rising over-nutrition and their health consequences are critical manifestations of the ongoing economic, social, lifestyle, demographic, nutrition and health transitions today. The findings of the National Family Health Survey have indicated little improvement in parameters related to nutritional status over the years ( NFHS 2 Vs. NFHS 3)<sup>1,2</sup> and recent surveys by the National Nutrition Monitoring Bureau have thrown more light on the growing problem of the 'double burden' of undernutrition and over nutrition. The GOI/UNICEF Rapid Survey of Children (RSOC)<sup>3</sup> data show that proportion of underweight children aged 0-59 months in India have declined from 42.5 per cent in 2005-2006 to a historic low of 29.4 per cent. But the Overweight-Obesity (O-O) phenomenon is increasing<sup>4</sup> and recent data indicate that over-nutrition is emerging as a problem in all age groups, across segments of population, in all the States, both in urban and rural areas and with steep escalation in non-communicable diseases (NCDs). These data should serve as a wake-up call for all the policy makers.

**Childhood obesity** is one of the most serious public health challenges of the 21<sup>st</sup> century as overweight children are likely to become obese adults. In Ludhiana and Punjab, urban children in the age group of 11-17 years of age were more overweight (11.6 per cent) than their rural counterparts<sup>5</sup> (4.7 per cent). In Pune, Maharashtra, studies among 1228 boys in the age group of 10-15 years indicated that 20 per cent were overweight, whereas 5.7 per cent were obese<sup>6</sup>.

A study conducted among 24,000 school children in south India showed that the proportion of overweight children increased from 4.94 per cent of the total students in 2003 to 6.57 per cent in 2005 demonstrating an increasing trend of this rapidly growing epidemic<sup>7</sup>. Socio-economic trends in childhood obesity in India are also emerging. A study from northern India reported a childhood obesity prevalence of 5.59 per cent in the higher socio-economic strata when compared to 0.42 per cent in the lower socio-economic strata<sup>8</sup>. The affluent class and children of private schools were most affected as compared to low and middle-income groups<sup>9</sup>. Overweight children are more likely to develop insulin resistance, hyperinsulinemia,

diabetes and cardiovascular diseases at a younger age than non-overweight children which in turn is associated with a higher chance of premature death and disability<sup>10</sup>.

Prevalence of **type 2 diabetes** and **hypertension** in adults have increased one-and-a-half to two fold i.e., from 5.9 per cent to 9.1 per cent in rural and from 17.2 per cent to 29.2 per cent in urban respectively in the last 15 years, with significant urban-rural differences<sup>11, 12</sup>. Significantly, in the same period, prevalence of overweight and obesity increased almost four times from 4 per cent to 15 per cent<sup>5</sup>. Type 2 diabetes which is very common in adults is now increasingly being reported in children<sup>13</sup>. The leading risk factor for children is being overweight, often connected with an unhealthy diet and a lack of physical activity. According to a study on post pubertal Indian children, 67 per cent of boys with high BMI were found to have insulin resistance while overall prevalence reported was about 22 per cent in boys and 36 per cent in girls<sup>14</sup>.

As per the Diabetes Atlas, 2006 published by the International Diabetes Federation, the number of people with diabetes in India is around 40.9 million and is expected to rise to 69.9 million by 2025 unless urgent preventive steps are taken<sup>15</sup>. Metabolic syndrome is a cluster of the risk factors for type-2 diabetes and cardiovascular disease characterized by abdominal obesity and others such as high blood pressure and increased plasma glucose. The prevalence of metabolic syndrome in overweight children was found to be about 18 times higher than their normal weight counterparts in Delhi<sup>16</sup>.

In India, **hypertension** is also one of the leading NCD risks and estimated to be attributable for over 10 per cent of all deaths. Hypertension is strongly associated with high Body Mass Index (BMI) and salt intake. A cross sectional study<sup>17</sup> found that the total prevalence of hypertension was 21.5 per cent among 400 school children in Chennai. Several other studies done in India have also found that high prevalence of hypertension among overweight and obese children compared to normal weight children<sup>18</sup>. As per WHO, the amount of dietary salt consumed is an important determinant of blood pressure levels and overall cardiovascular risk. World Heart Federation says that a universal reduction in dietary intake of about 3 gm of salt, would lead to a 50 per cent reduction in the number of people needing treatment for hypertension. The same decrease would lead to a 22 per cent drop in the number of deaths resulting from strokes and a 16 per cent fall in the number of deaths from coronary heart disease<sup>19</sup>.

### 3.2 Addressing Consumption of HFSS foods in school Children

Children and adolescents should eat a balanced diet with sufficient nutritious foods for growth and development and can be depicted through a "Food Pyramid"(Figure 1). The Dietary Guidelines for Indians 2011<sup>20</sup> recommends that preferring traditional and home-made foods; avoiding replacing meals with snack foods; and limit consumption of sugar and processed foods which provide only empty calories, along with physical activity during childhood is essential for optimum body composition, normal BMI and to reduce the risk of diet-related chronic diseases in later life.



Notably, food items such as burgers, pizza, fries, chocolates, ice creams, jams etc., are not considered the right choice to

meet nutrient needs and must be eaten sparingly. Such foods referred to as Junk Foods are categorized as HFSS foods i.e. foods that are 'High in Fat, Salt and Sugar', by the World Health Organization (WHO). Globally as well, the term Junk Foods is popularly used to identify food items with little or no nutritional value but high in salt, sugar and fat.

**Figure 1: Food Pyramid**

WHO recommends maximum 1 per cent of total calories from trans fatty acids (TFAs) and recommends salt intake of less than 5 grams per person per day for the prevention of cardiovascular disease. In the Indian scenario, NIN recommends that salt consumption should not exceed 6 gm per day per person and recommends that Saturated Fatty Acid intake should not exceed 8-10 per cent of total energy. However Junk Foods exceed these limits and cause a wide range of NCDs.

### **3.3 Behavioral/Psychological aspects of Over Nutrition in relation to Junk Foods**

The food choices in children are determined by a number of factors such as easy availability, better taste, reasonable price, peer pressure, advertisements, buying power etc. The physiological problems associated with HFSS foods and obesity is commonly understood but we often fail to appreciate psychological issues associated with bad eating habits. Typically in Indian schools, the stress comes partly from a highly competitive academic environment and partly as peer pressure since schools tend to have children coming from mixed social classes. This stressful environment along with the availability of HFSS foods in school canteens becomes a dangerous combination resulting in serious psychological consequences which can have long term impact on the health and life of children.

As per the NIN dietary guidelines, the shift from traditional to 'modern' foods, changing cooking practices, increased intake of processed and ready-to-eat foods and intensive marketing of HFSS foods and 'health' beverages have affected people's perception of foods as well as their dietary behavioral interventions on a massive scale. HFSS foods and healthy food are antagonistic and keep clashing with each other over nutrients and calories. Our choices determine our health and preference to HFSS foods is given. The food choices that we make are determined by a number of factors such as easy availability, better taste, reasonable price, peer pressure, advertisements, buying power etc.

The physiological problems associated with HFSS foods and obesity is commonly understood but we often fail to appreciate psychological issues associated with bad eating habits. At the outset we have to understand that school is often a place with fairly high levels of stress for a child. Typically in Indian schools, the stress comes partly from a highly competitive academic environment and partly as peer pressure since schools tend to have children coming from mixed social classes. This stressful environment along with the availability of HFSS foods in school canteens becomes a dangerous combinations resulting in serious psychological consequences which can have long term impact on the health and life of children.

Some of the situations, from psychological wellness point of view, associated with consumption of HFSS foods and obesity are summarized below:

**1. Disorders related to binge eating:**

A child in a school undergoes emotional stress partly due to competition and partly due to peer pressure. One of the mechanisms by which a body tries to withstand or escape stress is through binge eating. Binge eating refers to compulsive consumption of food with a subconscious feeling that the pleasure derived from eating food will overcome the stress. The binge eater will often consumed whatever food is available and in case of a child in school, HFSS foods becomes a food of choice for the emotional comfort it provides, HFSS foods, especially the branded food items, is also often consumed due to peer pressure and one-upmanship. Studies have shown a positive correlation between anxiety and binge eating disorders<sup>21</sup>. However this relationship is not unidirectional and anxiety may be both a cause and consequence of obesity. There can be situation for a child in school, where one leads to the other in an unending cycle.

**2. Problems of low self-esteem:**

Research findings have also shown that obese children have been higher incidence of prevalence of low self-esteem than children with normal weights<sup>22</sup>. Although low self-esteem is a consequence of complex socio-psychological factors, obesity can be an important factor for children in school. It is apparent that children suffering from low self-esteem are not able to do as well in school education and other activities as other normal students and stand the risk of growing to be as mal-adjusted adults.

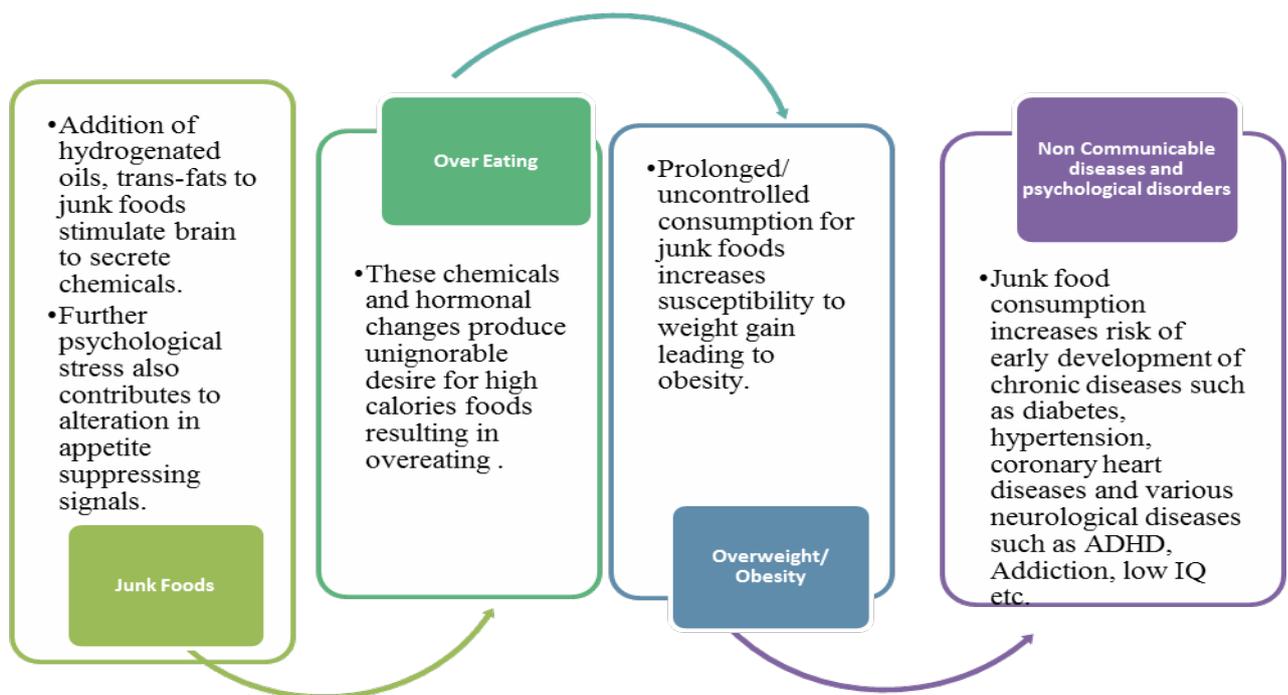
**3. Body-dissatisfaction:**

Another important psychological factor which needs to be taken into account is the degree of 'body dissatisfaction'. The body and its "visual appeal" has become a subject matter of discussion all over the media, whether it is print, electronic or social. Children at a very early age get exposed to this and develop an excessive consciousness about their bodies. Consumption of HFSS foods and related obesity often leads to development of body dissatisfaction which results in psychological consequences like complete loss of confidence, use of wonder drugs, social alienation and extreme steps of self-harming activities. Body dissatisfaction can also lead to

situations like anorexia. Studies have indicated that adolescent boys and girls often resort of unhealthy weight control behaviour leading to serious physiological consequences to their bodies<sup>23</sup>.

#### 4. Other psychological Issues:

Obesity, characterized by resistance to insulin, leptin and other hormonal signals (appetite-suppressing signals), may alter food related reward and tolerance behaviour giving rise to a number of neurological disorders. Over indulgence in HFSS foods at the cost of nutritious meals tends to reduce the IQ level of children. Junk Foods or foods rich in trans-fats can alter the brain producing effects similar to those associated with the Alzheimer's disease<sup>24</sup>. ADHD is one of the most common neuro developmental disorders of childhood, characterized by co-existence of both attention problem and hyperactivity. Over consumption of hydrogenated fat and sugars has been associated with ADHD in children<sup>25, 26</sup>. Intake of only HFSS foods indicated towards a stressed metabolism and inability of the body to produce normal insulin which may result in diabetes<sup>27</sup> (Figure 2).



**Figure 2: HFSS foods intake and Mechanism of disease.**

### **3.4 HFSS foods replacing Balanced Diet**

It is clear that dietary patterns are contributing to a clear change in the trends of chronic diseases in India. As per NNMB report, 2012 the median intake of all the nutrients except protein and thiamine were less than the RDA in the age group of 4-6 year children and 7-9 year children. However in 10-15 year old boys and girls, the median intakes of all the nutrients were less than the RDA and the study found higher deficit in case of micronutrients such as vitamin A, riboflavin, vitamin C, dietary folate, calcium and iron in all the above age group<sup>28</sup>. A comparison of consumption data from the NSSO surveys with the dietary recommendations for moderately active Indians indicates 5 to 10 per cent deficiency in cereal consumption and 8 to 25 per cent deficiency in pulse consumption. In sharp contrast, there is 23 per cent excess consumption of oils and fats in rural areas and 58 per cent excess in urban areas<sup>4</sup>. The trends indicate that increasingly, people are replacing traditional energy sources (also a source of fibre), such as coarse grains, millets and other cereals, with calorie-dense (otherwise nutritionally poor) foods, such as oils and dairy products.

Factors driving such consumption patterns among all sections of Indian society include globalization, rising per capita incomes, rapidly changing lifestyles and changing agriculture patterns. In the last five decades, the greatest increases in cultivation, production and yields among all food groups have been noted for sugarcane and oilseeds. The Indian edible oil market is controlled by unorganized players with most vegetable oil including Vanaspati (hydrogenated oil) being purchased by industrial buyers, restaurants, and hotels for frying and baking. Like many countries, India has in recent years been influenced by western eating habits, which include a marked increase in the availability and consumption of fast food and aerated beverages. There is an increase in availability of ready to serve foods which are becoming more prevalent and accepted due to shifting work demographics, lack of time, inflation, long working hours, irregular eating patterns and eating out which contribute to meal replacement by easy and unhealthy options. The health is being compromised at the cost of replacing nutritious balanced diets with HFSS foods.

As per a study, fast food industry in India is growing by 40 per cent each year<sup>29</sup>. India is among top ten consumers of fast foods in the world. Per capita consumption of sugar has risen from 22 g/day in 2000 to 55.3 g/day in 2010; salt intake ranged between 9 and 12 g/per capita/day; and total fat consumption increased from 21.2 g/day in 2000 to 54 g/day in 2010<sup>30,31</sup>. Processed and packaged foods are increasingly being consumed by every

household across social strata, both rural and urban. Domestic demand of processed foods, sugar sweetened beverages, and savory snacks are linked to household disposable income of middle class which is non-homogeneous in India and a driving force for the consumer goods market<sup>32</sup>. Soft drinks are also emerging as an additional and significant source of energy both among children and adults. Sale of packaged food is highest in northern India (38 per cent), followed by west (36 per cent), south (28 per cent) and east & northeast (21 per cent)<sup>33</sup>.

In India, consumption of HFSS foods is steeply increasing, both in urban and rural areas. The ease of availability, taste, low cost, peer pressure and aggressive marketing and advertisements make them popular with children and adolescents. NIPCCD<sup>34</sup> conducted a study to find out the eating pattern of school going children in 43 schools of Delhi wherein children studying between classes 6-12 (in different categories of schools, viz. private schools, government schools, aided schools and Kendriya Vidyalayas) were enrolled for the study. Responses were received from 1327 children and children mentioned that advertisements play an important role while purchasing foods from the school.

Although 84.6 per cent of children did carry tiffin/lunch from home, out of them 55.1 per cent still bought snacks from school canteen regularly. The items popular among children included pizzas and burgers, beverages, biscuits/chips, chocolates and toffees. Another study on the Junk Foods eating habits of school children in Delhi found that 60-70 per cent of children in different age groups consumed chips at least two to three times a week<sup>35</sup>. Influence of media is one of the major causes of increasing consumption of fast foods among children<sup>36</sup>. Children are lured by convincing marketing strategies and peer pressure<sup>37</sup>. The higher prevalence of overweight in these school going children may be due to their eating habits, as well as to their lack of awareness about proper eating habits. Low levels of physical activity, watching television, and consuming Junk Foods are associated with a higher prevalence of overweight<sup>38-41</sup>. Findings from a study by Centre for Science and Environment (CSE) highlighted labeling issues in 2012. According to the study the food items tested claimed to be free of trans fats, but the results showed otherwise. Some brands did not mention the nutrition information for a serving size leaving one with no scope for knowing how many calories they had consumed<sup>42</sup>.

### **3.5 Efforts made so far to restrict consumption of HFSS foods**

The World Health Organization (WHO) <sup>43</sup> has urged countries to reduce the exposure of children to promotion of Junk Foods by implementing a set of international recommendations. One of the objectives of the global strategy for the prevention and control of non-communicable diseases, is “to prepare and put in place, as appropriate, and with all relevant stakeholders, a framework and/or mechanisms for promoting the responsible marketing of foods and non-alcoholic beverages to children, in order to reduce the impact of foods high in saturated fats, trans fatty acids, free sugars, or salt”. WHO recommendations complement and support the Global Strategy’s recommendation to Member States to develop appropriate multisectoral approaches to deal with the marketing of food to children **(Annexure V)**.

Over the last decade, several countries across the world have begun to regulate availability of HFSS foods. Most countries have adopted specific legislation that is aimed to promote health of school children, provide healthy and nutritious food and respond to the childhood obesity crisis. Measures adopted include formulating nutrition standards and criteria to help decide on foods to be allowed or banned; keeping school canteens, kiosks and vending machines under purview of the ban; and replacements with healthier traditional foods at most times. Interestingly, such regulatory initiatives have also been taken by some developing countries from South America and Asia <sup>44</sup>. Some of the documents are listed in **Annexure VI**.

Uday Foundation an NGO in New Delhi had filed a Public Interest Litigation (PIL) <sup>44</sup> in Delhi High Court in December 2010 to ban Junk Foods and carbonated beverages in the schools and also for its sale within a radius of 500 yards. An Expert group on Salt, Sugar & Fat in Food Products in India has been constituted dated 12<sup>th</sup> June, 2015 and provide recommendations to FSSAI on healthy dietary intake of Fat, Sugar and Salt, regulatory limits for Fat, Sugar and Salt in food for manufacturing, processing, import, and/or marketing; labelling requirements for packaged food and prescription of regulations for display of Fat, Sugar and Salt in food products sold /served in eating joints/catering facilities.

FSSAI is in the process of issuing Guidelines titled "Guidelines on making available wholesome, nutritious, safe and hygienic food in schools in India. The Delhi High Court in its judgment of 31<sup>st</sup> July 2015 on a public interest writ petition by Uday Foundation which raised

the issue of easy availability of Junk Foods and carbonated drinks and sought a ban on these food items in schools gave the government **three months'** time and have asked the Food Safety and Standards Authority of India (FSSAI) to create regulations within the time period to frame and enforce guidelines for making available wholesome, nutritious and hygienic food to school children and restricting the sale of Junk Foods in and around schools.

It is therefore the right time to change the way children eat in schools. Banning HFSS foods and carbonated beverages in schools and simultaneously providing healthy foods will make children feel better, grow better and learn better and improve the nutrition quality of food eaten in school.

## **4. ADDRESSING CONSUMPTION OF HFSS FOODS AND PROMOTION OF HEALTHY SNACKS IN SCHOOLS OF INDIA**

### **4.1 Defining Junk Foods in context of School Canteens & School Children in India**

In India, there is no official definition of junk food till now. The term “junk food” has not been defined under the FSS Act. The term “HFSS food” is used in place of junk food which is understood as food that is high in fat, sodium and sugar and lacking in micro-nutrients such as vitamins, minerals, amino acids and fiber and such food is responsible for obesity, dental cavities, diabetes and heart disease. The ‘Indian Food Category Descriptions’ includes both ‘Standardized and ‘Non-Standardized Foods’ under FSS Act/Regulations’. Food items such as samosas, jalebees, pakoras, burgers, pizzas, aloo-poori, tikki etc. come under the category of proprietary foods.

All school going children spend 6-7 hours of their time every day in a learning environment. The school environment has a significant impact on the development of eating habits and incorporating health into the school curriculum can have substantial influence on health promoting behaviors. School canteens are an important influence on children’s diets as they can be the source of a substantial proportion of children’s daily nutrition on school days. As a result, the food products sold in canteens may directly influence weight outcome as well as have an impact on school performance through children’s energy levels and ability to concentrate.

### **Definition of HFSS foods in the context of School Canteen and School**

**Children as decided by Working Group is as follows:**

*“HFSS foods” may be defined as foods (any food or drink, packaged or non-packaged) which contain low amounts of proteins, vitamins, phytochemicals, minerals and dietary fibre but are rich in fat (saturated fatty acids), salt and sugar and high in energy (calories) that are known to have negative impact on health if consumed regularly or in high amounts”.*

## **4.2 Factors which Influence Children's Food Choice and Reasons for the Proposed Guidelines**

There is general consensus that food preference, consumption and behaviour are influenced by a large number of factors. Amongst factors shown to be involved where children are concerned are mainly psychosocial factors (e.g. food preferences), behavioural factors (e.g. time and convenience, dieting), family (e.g. working status of mother), friends (e.g. conformity, norms and peer networks), schools meals, commercial sites (fast food restaurants, stores), and media (food promotion, including television advertising). Reasons for the proposed guidelines include the following:

- Children can act as change agents of communication for spreading awareness and promotion of balanced diet and physical activity for a healthy life. They should have the required know-how on diseases and their relation to diet and should be given nutrition education right from the beginning. School is a right place to inculcate right values, proper and healthy eating habits for a constructive behaviour.
- Since children spend most of the day in the school, schools should prohibit food habits that may negatively impact the health of the child. Benefits of balanced, fresh and traditional food need to be incorporated into the daily regimen. It is necessary to improve the dietary habits of school children by providing appropriate and wholesome mix of foods and also encourages them to avoid consumption of unhealthy diet.
- Peer pressure can have a significant impact on the food choices that children make. Children eat what their friends eat and are also victim of peer group pressure. Schools are not the right place for promotion of HFSS Foods. Children are also one of the biggest viewer groups of television, and food advertisements constitute a major share of overall TV, radio and print advertisements across the world.
- Frequent consumption of foods high in salt, sugar and fats and low in other essential macro and micronutrients may prove to be detrimental and should be avoided. Such eating behaviours may extend beyond schools and become a dietary habit.
- Physical activity is another important element of promoting growth and help in reducing the risks and incidence of non-communicable diseases.

### **4.3 Guidelines on sale of HFSS foods and non-standardized or proprietary foods in school canteens or in the vicinity of schools by private vendors**

Canteens in schools hold a social responsibility towards inculcating healthy eating behavior in children. School canteens should be used to educate children, parents, school staff, and community at large about nutrition and healthy eating habits. They can be used to motivate children to consume healthy and hygienic food. The guidelines include the following:

**1. Ban the sale of all HFSS foods in school canteens. Private vendors and street vendors should not to be allowed to sell HFSS Foods during school timings (7 A.M to 4.00 P.M) within vicinity of 200 meters.**

The school management must promote healthy, wholesome and nutritious foods with right portion size. The objective is to restrict the consumption of HFSS foods in the school premises, where the child is without parental supervision and in schools and nearby areas within 200 meters, the availability of the most common HFSS foods must be prohibited. Easy access of the standardized processed foods should be restricted and the example of foods to be prohibited in school canteens is given in Table 1.

1	Chips, fried foods like Potato fries
2	Chips made by local manufacturers , Sherbets, Ice golas
3	Soft beverages including Sugar sweetened carbonated beverages and Sugar sweetened non-carbonated beverages
4	Sweets Rasagulla Gulabjmoon,Peda, Kalakand
5	Ready to eat noodles , pizzas, burgers, tikka, gol gappas
6	All types of chewing gum and candies
7	Sweets composed of more than 30 per cent of sugar like Jalebi, Imarti, Boondi etc.
8	Plain chocolates including dark chocolate
9	All Confectionary items
10	Cakes and Biscuits
11	Buns and Pastries
12	Jams and Jellies

Some of the Common Packed Snack foods which can be restricted in schools are given in **Annexure VII**.

### **Sale of non-standardized or proprietary foods**

Besides chips, cola beverages, processed *namkeens* like aloo bhujia, another food category of concern is the sale of non-standardized or proprietary foods like “*samosa, pakora, bread pakora, tikki, jalebee* etc.” These should be made only once a month in schools with proper display of their nutrients and after making them more nutritious. Shops and restaurants selling proprietary foods within vicinity of 200 meters of a school should not be permitted to sell these foods to school children in uniform. The school management must ensure regulation of such foods through proper guidelines for canteen that promote healthy, wholesome and nutritious foods.

### **4.4 Guidelines for preparation of healthy foods and beverages supplied in school canteens**

A school canteen should provide nutritious, wholesome and healthy foods to children. Guidelines for preparation of healthy foods and beverages supplied in school canteens can be applicable for school canteens for all types of schools such as primary, secondary, day care, boarding etc. and also for events such as class parties, school camps, school fetes, sporting carnivals and, picnics, social events like annual functions etc. In addition, it is also applicable for Child Care Institutions.

The purpose of making these school canteen guidelines are to:

- Encourage the development of healthy eating habits among school children
- Provide a wide range of options for healthy and nutritious food and beverages in schools
- Enhance the intake of nutritious and well balanced diet among students

Guidelines for preparation of healthy foods and beverages supplied in school canteens include the following.

- A. Choose the right portion size and consume a nutritionally balanced diet along and drink along plenty of water
- B. Avoid intake of foods containing saturated fat, added salt, added sugars in school canteen

- C. Food categorization
- D. Improving wholesomeness of foods made available in Schools by use of proper cooking techniques and use of ingredients
- E. Judicious use of visible fats and oils
- F. To adhere to food safety measures and guidelines
- G. Setup of the subcommittee of a School Management Committee for making available quality of food with promotion of healthy food items and ensuring food safety.

In *Melas*, fair and fete, where there is also a possibility of gathering of large number of school children, the type of food vendors allowed for such festivals should be specified by the appropriate authorities approving the venue of organization of *Melas*.

**A) To choose the right portion size and to consume a nutritionally balanced diet and drink along plenty of water**

In order to meet the nutrient needs, everyone has to eat daily at least one food item in sufficient quantity from each of the five food groups as mentioned in Table 2. Knowledge about the nutrients contained in foods makes the job of food selection and consumption more meaningful. Recommended Dietary Allowances for Children and Balanced Diet for Infants, Children and Adolescents (Number of Portions)<sup>20</sup> is depicted in **Annexure VIII and IX** respectively.

Schools must promote nutrition awareness and encourage food items including vegetable sandwiches, fruit salads, paneer, vegetable cutlets, upma, idli, uthapam, khandvi, poha, low fat milkshakes, etc. The indicative list of the foods recommended in school is given in Table 3 drawn from Mid-Day Meal Programme/Supplementary Nutrition Programme of various State Governments in India namely Delhi, UP, Haryana, Punjab, Tamil Nadu.

<b>Table 2: The Five Food Groups and their Major Nutrients</b>	
<b>Food Group</b>	<b>Main Nutrients</b>
<b>I. Cereals, Grains and Products:</b> Rice, Wheat, Ragi, Bajra, Maize, Jowar, Barley, Rice flakes, Wheat Flour.	Energy, protein, Invisible fat Vitamin B1, Vitamin B2, Folic Acid, Iron, Fibre.
<b>II. Pulses and Legumes :</b> Bengal gram, Black gram, Green gram, Red gram, Lentil (whole as well as dhals) Cowpea, Peas, Rajmah, Soyabeans, Beans	Energy, Protein, Invisible fat, Vitamin B1, Vitamin B2, Folic Acid, Calcium, Iron, Fibre.
<b>III. Milk and Meat Products:</b> <b>Milk:</b> Milk, Curd, Skimmed milk, Cheese <b>Meat:</b> Chicken, Liver, Fish, Egg, Meat.	Protein, Fat, Vitamin B12, Calcium. Protein, Fat, Vitamin B2
<b>IV. Fruits and Vegetables:</b> <b>Fruits:</b> Mango, Guava, Tomato Ripe, Papaya, Orange. Sweet Lime, Watermelon.	Carotenoids, Vitamin C, Fibre.
<b>Vegetables (Green Leafy):</b> Amaranth, Spinach, Drumstick leaves, Coriander leaves, Mustard leaves, fenugreek leaves.	Invisible Fats, Carotenoids, Vitamin B2, Folic Acid, Calcium, Iron, Fibre.
<b>Other Vegetables :</b> Carrots, Brinjal, Ladies fingers, Capsicum, Beans, Onion, Drumstick, Cauliflower.	Carotenoids, Folic Acid, Calcium, Fibre
<b>V. Fats and Sugars:</b> <b>Fats:</b> Butter, Ghee, Hydrogenated oils, Cooking oils like Groundnut, Mustard, and Coconut.	Energy, Fat, Essential Fatty Acids
<b>Sugars :</b> Sugar, Jaggery	Energy

Use of soya flour, soya beans and soya nuggets and incorporating these in various dishes would also increase the nutritive value of food products. An indicative list of healthier sample menu options and sample beverage options is mentioned in **Annexure X**.

**Table 3: Indicative\* List of Recommended Foods in schools\***

Whole Wheat <i>Roti//Paratha stuffed</i> with Seasonal Vegetable
Multi Whole Grain <i>Roti/Paratha stuffed</i> with Seasonal Vegetable
Rice, vegetable pulao and <i>Dal</i>
Vegetable <i>Pulao</i>
Rice & Black <i>Chana</i>
Wheat <i>Halwa</i> with Black <i>Chana</i>
Sweet <i>Dalia &amp; Namkeen vegetable Dalia</i>
Rice & White <i>Chana</i>
Rice and <i>Rajmah</i>
<i>Karhi Chawal</i>
Bulgar wheat <i>uppuma or Khichri/Greens and dhal kootu, Payasam, Papaya/Tomato/, egg</i>
Tamarind rice/Greens <i>kootu</i> with dhal / <i>BalaharPayasam, Papaya/Tomato/, green gram</i>
Dhal rice, Greens and <i>dhal kootu, BalaharPayasam, Papaya/Tomato, Bengal Gram</i>
Rice, <i>sambar</i>
<i>Idli, Vada, Sambar</i>
<i>Sambar</i> and rice
<i>Kheer, Phirni, Milk and milk products like Curd, Butter milk, lassi( with low sugar content</i>
<i>Vegetable upma</i>
<i>Vegetable sandwich</i>
<i>Vegetable khichri</i>
<i>Coconut water, Shikanji, Jaljeera etc.</i>

\*Depending upon the geography, seasonality, food habits, the school food team may choose from this list or replace with similar food options.

Some children and individuals are allergic to the protein in common foods. In case of any symptoms suggestive of food allergy the school teachers may contact the nearest health centre.

## **B) Avoid intake of foods containing saturated fat, added salt, added sugars in school canteen**

- Restriction of foods rich in saturated fat such as biscuits, cookies, cakes, pastries, pies, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
- Avoid salt at the table.
- Educate to avoid intake and restrict sale of foods and beverages containing added sugars such as confectionary, sugar-sweetened soft beverages and cordials, fruit beverages, energy and sports beverages in school.

## **C) Food Categorization**

### **Nutrient labeling and diversity in proprietary foods**

Foods can be categorized based on colour coded concept as given below and according to their nutritional value for the canteens. It is to be clarified that this is in addition to the concept meant for labeling of foods as veg or non-veg. Green and yellow category non-standardized foods that are sold in canteens and this concept should also extend to foods that are brought by children from home. Regarding foods that are to be discouraged, suitable measures such as decreasing the frequency and portion size could be suggested. The “proprietary foods like samosa, pakora, bread pakora, vada etc.” should be made more nutritious and served only once in a month in schools with proper display of its nutrients as decided by School Canteen Management Committee. All foods served in the school canteen should be properly labelled with appropriate colour flag and nutritive value for those foods should be displayed on board.

### **Colour coded concept for all including Non-standardized Proprietary foods**

In case of non-standardized proprietary foods, foods can be categorized based on colour coded concept and according to their nutritional value for the canteens like the following.

- ✓ The *Green category* (with a Green Flag ) which is always on the menu, e.g. vegetables and legumes, fruits, grain (cereal) foods; mostly whole grain, lean meat, egg, fish etc. low or reduced fat milk, soy drinks and water.

- ✓ The Yellow category (with a Yellow Flag) for the select carefully group, e.g., baked vegetable based snacks, ice creams, milk-based ices and dairy desserts etc.
- ✓ The Orange category which is not recommended on the canteen menu, e.g., all confectionary items, energy drinks, carbonated and sweetened beverages, fried packaged and non-packaged foods, chocolates, potato fries etc., and should not be sold in school canteens.

The colour coded concept for all foods including non-standardized proprietary foods should be followed in all school canteens either using colour coded flags or one can differentiate between the foods by writing on display boards with coloured chalks or by any appropriate suitable method as decided by the School Management Committee. The Colour coded concept for Non-standardized Proprietary foods is mentioned in Table 4.

<b>Table 4: Colour coded concept for Non-standardized Proprietary foods</b>		
<b>Colour code</b>	<b>Attribute</b>	<b>Sources</b>
<p><b>GREEN :Always on menu</b></p> <p>Encourage and promote these foods and beverages</p>	<p>These foods and beverages are the best choices for a healthy school canteen and should be available every day and be the main choices on the canteen menu as it contains a wide range of nutrients that are generally low in saturated fat and/or sugar and/or sodium (salt).</p>	<p>Vegetables and legumes, fruits, grain (cereal) foods; mostly whole grain and/or high in fibre, lean meat, egg, fish etc.</p> <p>Low or reduced fat milk and soy beverages, plain and flavoured.</p> <p>Water : Plain with nothing added</p>
<p><b>YELLOW :Select carefully</b></p> <p>Do not let these foods and beverages take over the menu and keep serve sizes small</p>	<p>These foods and beverages contain some valuable nutrients and contain moderate amounts of saturated fat and/or sugar and/or sodium (salt) if eaten in large amounts. It may increase the amount of energy</p>	<p>Approach should be greening, small portion size and reduced frequency.</p> <p>Baked vegetable-based snacks, ice creams, milk-based ices and dairy desserts etc.</p> <p>Full fat milk</p>

	(kilojoules) if consumed in large quantity.	Fruit and vegetable juice with at least 99 per cent fruit/vegetable juice with no added sugar (200 mL)
<b>ORANGE: Not on menu</b>  <b>Not recommended on the canteen menu</b>	These foods and beverages may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugar are low in nutritional value.	Energy beverages, carbonated sweetened beverages, fried packaged which are high in fat, salt and sugar foods e.g. chocolates, potato fries etc.  <b>All type of confectionaries are categorized as orange</b>

#### **D) Improving wholesomeness of foods made available in Schools by use of proper cooking techniques and use of ingredients**

Ensuring safe and quality food in schools is a multi-dimensional challenge, which needs to be addressed seriously:

- Proper use of ingredients like use of whole grains/multi grains e.g. *Atta* etc. or choker/bran and addition of besan or soy flour, use of parboiled rice may also be done to make it healthy
- Use of clean and safe water to prepare foods
- The canteen should offer fresh seasonal fruits daily. It is recommended to offer yogurt with fruits. Fruits salads must be fresh and served.
- Green and colored leafy vegetables should be promoted and cooked using light vegetable oil. Green salads should be provided at all times.
- Proper methods of preparation and processing of foods, e.g., in *Chole Bhatura*, *bhatura* may be prepared from whole wheat flour with a stuffing of *methi*, *palak* or other seasonal vegetables, and the same may be prepared in a manner which reduces oil absorption and similarly method followed in preparation of *Poori* with chana and vegetables
- Ensuring compliance to storage instructions (in terms of temperature, time, and shelf life) for ingredients/foods/prepared meals.

- Limit the use of added sugars in school meals, e.g. replace sweetened curd / *lassi* with unsweetened versions.
- Use iodized salt for preparation of foods and progressively reduce the intake of sodium.
- Increase consumption of fruits and vegetables.

#### **E) Judicious use of visible fats and oils**

- Use of hydrogenated oils to be totally banned in school canteens & use of saturated fats like ghee should be limited in the schools for preparing any food item to be served to the children.
- Using a blend of oils and use of MUFA/PUFA rich oils such as mustard oil, rice bran oil, soya bean oil, and sunflower oil should be encouraged etc. instead of *Vanaspati*/Partially hydrogenated vegetable oil/Hydrogenated vegetable oil.
- Limit energy intake from fats and oils and shift fat consumption away from saturated fats to unsaturated fats.
- Do not reheat the left over oil/fat repeatedly. Overheating and repeated heating of cooking oil is dangerous for health.
- Use of different kinds of cooking oils on a rotational basis which will fulfil the essential fatty acid requirements and keep us healthy.

#### **F) To adhere to food safety measures and guidelines in school canteen**

School canteens need to practice safe food handling and preparation. Safety and quality of food made available to children in school premises could be ensured by the following ways:

- Following good food handling and hygienic practices in school kitchens of both public and private sector.
- Abiding by safety standards of ingredients in food prepared in school canteens, mess or under mid-day-meal scheme.
- Ensuring availability of appropriate infrastructure facility like kitchen, mess, canteen, cooking and serving vessels, water used etc. in schools and status of their sanitary and hygiene conditions.

- Ensuring good sanitary and hygiene conditions to reduce incidents of food borne illness in schools and their causes.

It was decided by the working Group members that school canteens must meet the food safety standards as outlined by FSSAI in their Guidelines for making available wholesome, nutritious, safe and hygienic foods to school children in India<sup>45</sup>. The requirements as envisaged in the document includes proper designing of school canteens along with hygienic requirement of utensils and equipment in procurement of raw material, storage, water supply, cooking process and salad preparation along with emphasizing on safe handling of food, personal cleanliness, personal behavior, pest management and waste management. **(Annexure XI).**

### **G) Setting up of a School Canteen Management Committee for making available quality and safe food in schools**

With a wide range of systems/infrastructure available in the schools, the only way to implement the guidelines is through formulation of a School Canteen Management Committee that will make available quality and safe food to children. It will be set up in each school by the School Principal comprising teacher(s), parent(s), student(s) & school canteen operator(s) and having about 7 to 10 members who will coordinate, implement and monitor the guidelines to make available quality and safe food to students in schools. The students/ Head Boys/ Head Girls/School Monitors/Prefects should be involved in all meetings related to school canteens and monitor the same.

Functions of the School Canteen Management Committee are as follows.

- To decide the type of food to be prepared in the school kitchen / canteen and select raw materials and ingredients required for the same and take into account local, regional cultural consideration for planning the same.
- For such schools where food is not prepared and is sourced from outside and made available to children in the school, the Subcommittee will select the items of food to be made available as per these Guidelines.
- To ensure that food made available in schools meets the food safety, hygiene and sanitation requirements as per these Guidelines.

- To study the gaps and recommend to the School Principal, the necessary infrastructural facilities required as per these Guidelines.
- To design physical activity programs for students taking into account age, climatic and other environmental conditions.

Since the systems available in schools across the country differ widely, the School Canteen Management Committee will have a crucial role in rolling out these guidelines in the schools. The variations in locations, climatic conditions, availability of primary food / agri-inputs and other regional factors, food habits have to be considered at each location and selection of food and implementation have to be done accordingly. This team shall be responsible for ensuring that all recommendations given as part of this guidance document are duly implemented and will be the best placed in the interest of the students and may avail expertise of external resources such as nutritionist, physical activity trainers, public health specialist, food safety expert etc.

Awareness regarding quality of food, nutrition requirements, balanced diet, physical activity, food safety hygiene and sanitation; amongst all concerned namely teachers, students, parents, food handlers, canteen operators / vendors, is very important for achieving the objectives of these guidelines on a continued basis. There is a need to develop conducive environment in schools regarding seriousness on health concerns, food quality and safety. It is recommended that the School Canteen Management Committee will develop awareness material as suggested below.

- Information regarding Hygienic Practices for school canteens
- Information regarding Nutrition Fundamentals - knowledge about nutrition
- Information regarding Promotion of Physical Activity
- Discussion Group Quiz program on nutrition, hygiene, physical activity
- Display of pictorials, posters on nutrition, hygiene, physical activity in schools

Those schools promoting healthy eating behavior among students may be incentivized by providing awards or certificate of excellence. School Management Committee should make appropriate arrangement for display of contact numbers of Doctors/ Medical Officers who can be contacted for any health related emergency at various important places such as notice boards, First-Aid room, Labs, canteen etc.

## 5. RECOMMENDATIONS FOR LABELLING AND PACKAGING OF FOODS

The Food Safety and Standards Authority of India have made Food Safety and Standards Regulations for Packaging and Labelling Regulations, 2011 and strict enforcement of the same is the need of the hour. In India, these packaging and labelling rules mandate packaged food manufacturers to declare nutritional information on product labels indicating the energy value in Kcal, followed by the amount of nutrients present. However, it needs to be made stringent. Definitions along with packaging and labeling requirements must be made mandatory and strictly enforced and monitored.

**‘Nutrition facts’ labelling** at the back of the packet is to be mandatorily followed. It should inform on how much the quantity of nutrients in a food packet and serving size contribute to the total daily requirement. Desired information includes:

- ✓ Serving size and number of serving size per packet/container
- ✓ Per serving information and its contribution to RDA (in per cent) as per the NIN
- ✓ Key ingredients (in gram) such as total fat, saturated fat, trans fat, sugar, carbohydrates, proteins, salt/sodium
- ✓ Total calorie count based on which RDA is calculated
- ✓ Mention of sources of micronutrients and tagging the terms appropriately like good source, excellent, etc.

**Front-of-pack labelling** that provides the nutrition facts in a simpler, easy to understand figurative way is to be mandatorily practiced.

**Menu Labelling** for non-packaged food items such as burgers and pizzas, stringent labelling regulations must be enforced such as in the form of menu labelling, point of- purchase labelling boards, or on paper wraps or boxes at fast food outlets. Such labels should provide information on calories and nutrients per serving size and as a percentage of RDA by NIN. Standardized recipes / nutritious recipes may be provided to schools.

The Committee endorsed that the Food Safety and Standards (Packaging and Labelling) Regulations, 2011 may be followed and adhered to in toto with regard to definitions, packaging and labelling requirements including nutritional information, declaration regarding

Veg or Non veg, declaration regarding Food Additives, Labelling of Pre-packaged Foods and other important details (**Annexure XII**)

However the following may also be added.

- Labelling in a readable font size to be made mandatory.
- Statutory warnings like “*not suitable*” for infants, children, pregnant women or specific for diseases to be clearly mentioned
- Allergen information should also to be mentioned.

## **6. ROLE OF VARIOUS STAKE HOLDERS IN ADDRESSING THE MATTERS RELATED TO OBESITY AND HFSS FOODS IN INDIA**

### **6.1 Schools, Parents/families and Community**

The important stakeholders include School Management Committee, principals, teachers, students and the parents to take action locally to make their schools health promoting schools. All of these stakeholders can help make schools healthier place to learn by doing the following:

- Providing quality nutrition, integrating physical activity during the school time,
- Teaching children about the importance of embracing a healthy active lifestyle and incorporating healthy eating habits and educate children on importance of healthy food
- Provide information on selection and preparation of healthy food
- Prepare separate guidelines for teachers and parents to inform them about the healthy eating of children
- Create a set of activities to involve children, teachers and parents to develop healthy eating behavior among children e.g. Healthy tiffin competition
- School to promote healthy Mid-day meals:
  - ✓ Ensuring hygiene
  - ✓ Provision of healthy food items
- School canteens: Implement quality control measures
  - ✓ Prohibiting sale of HFSS foods and soft beverages
  - ✓ Providing healthier options like fresh fruits, whole grains and pulses

Making parents/families aware about obesity, HFSS foods and importance of physical activity so that they:

- ✓ Give children toys/sports equipment that encourage physical activity like balls, skipping ropes, bicycles etc.
- ✓ Encourage children to join a sports team or try a new physical activity.
- ✓ Facilitate a safe walk to and from school
- ✓ Take the stairs instead of the elevator.
- ✓ Walk around the home after a meal.
- ✓ Limit TV viewing

Making Communities aware on the benefits of physical activity and Schools, local government, community-based organizations, and local businesses should work together for the following.

- Ensure safe cycling and walkways to schools.
- Creative ways to make safe passages for young people between homes and schools, and after school activities.
- Promoting parks and playgrounds in a community for physical activity.
- Encourage school to undertake Community Outreach Programme promoting physical activity to disseminate the health messages to the community members and to get their support. Schools can organize such interactions between school students and neighbourhood communities through display of posters on physical activity at public places (bus shelters or market area) involving Resident Welfare Associations of the neighbourhood community.

## **6.2 The Ministry of Health and Family Welfare (MOHFW)**

The Ministry of Health and Family Welfare (MOHFW) is the key Ministry in guiding India's public health system including the Food Safety Standards Authority of India. The ongoing National Programme for Prevention and Control of Cancer Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) focusing on awareness generation for behaviour and life-style changes, early diagnosis of persons with high levels of risk factors and their referral to higher facilities for appropriate management is a step in right direction. However in order to achieve the objectives of the programme the ministry should focus on the following:

- School Health Programme should be broadened to include nutrition as an important component and may be renamed as “School Health & Nutrition Programme”.
- School Health Card provided to students under School Health Programme should be revised and various nutrition related aspects may be added in that card.
- The Ministry of Health should make health and nutrition screening of each child mandatory for each school and individualized counselling should be provided to her/him on the day of parent’s teacher meeting.
- Including nutrition education and counselling as an important service with visibility through planned activities under various programmes like *Rashtriya Bal Swasthya*

*Karyakram*, School Health Programmes, Adolescent Reproductive and Sexual Health (ARSH) etc.

**6.3 Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy** should take initiative for prevention of lifestyle diseases and promotion of good health by:

- Celebrating yoga day annually on sustained basis on 21<sup>st</sup> June.
- Organizing yoga drives to motivate people to practice yoga.
- Organizing yoga training sessions at community level to create a cadre of community trainers.
- Collaborate with Ministry of Human Resource Development to include yoga in school curriculum.
- Collaborate with Ministry of Information and Broadcasting for creating awareness and promotion of yoga for good health for all.

#### **6.4 Ministry of Human Resource Development**

Ministry of Human Resource Development has to take steps for banning/restricting availability / withdrawal of HFSS foods from canteens of schools and 200 meters nearby. Most common HFSS foods that are high in fat, salt and sugar such as chips, fried foods, carbonated beverages, ready-to-eat noodles, pizzas, burgers, potato fries and confectionery items should be restricted in schools and 200 meters nearby. Also emphasis should be given on practicing food safety measures while preparing mid-day meals, canteen foods. In addition the following important aspects should be taken as a part of school policy under the Department of School Education.

- The school should regularly monitor the height, weight and BMI for all school children and based on their trajectory, individualized counselling should be provided to each child and parents during parent's teacher meeting. The schools may hire nutritionists.
- Advocacy for regular physical activity such as yoga along with other life style modifications.
- Adapting a mission mode for the programme and setting annual targets.
- Ensuring all-round the year availability of well trained staff and resources necessary for implementation of the programme.

- Developing an efficient mechanism for regular monitoring and surveillance to fill gaps between targeted and achieved goals.

### **Introduction to Curriculum on Importance of Healthy and Nutritious Diet**

A well-structured Curriculum on balanced diet and its health impacts should be introduced for school children. The curriculum needs to take into account the level of students and the fact that children migrate from one class to another. NIPCCD should be involved in developing this curriculum. An Expert Committee was constituted by MWCD to design a curriculum on nutrition for school children with Director NIPCCD as chairperson in 2012. The major recommendation for promoting good nutrition among school children and promoting nutrition awareness among them were as follows.

- Class wise and topic wise nutrition education contents were given in the report. This may be implemented by Ministry of HRD.
- Community Food & Nutrition Extension Units (CFNEUs), Food and Nutrition Board, should draw up a Calendar of events to organize nutritious recipe competitions, healthy snack competitions in collaboration with schools, where the participants could be students, teachers or parents, from time to time.
- A nutritious recipe competition-cum-nutrition discussion session for parents could be planned on some of the Parent-Teachers Meet in each school and its report be sent to FNB. The evaluation of nutritious recipes should be based on the parameters of broad concept of nutritious combinations, appearance, taste, texture and ease of preparation.
- Projects on food safety prepared by the students could be evaluated, incentivized and discussed during sessions related to food safety.
- Associating lunch party of sprout-based/ fermented food recipes in class with incentives and discussion on their nutritive value.
- Celebrating healthy snacking day in class, which may be associated with a competitive event.
- Competition of mothers/ teachers on devising 'Single dish nutritive meal' for school children's tiffin.
- Debate competitions for children in senior classes on topics related to hygiene and sanitation, advantages of healthy life style options, etc.

The Committee also suggested interventions to intensify nutrition awareness among school children:

- Celebrate World Health Day, World Food Day, other days associated with anti-smoking/World No Tobacco Day, anti-drinking, awareness about cancer, HIV/AIDS, tuberculosis, leprosy, anaemia prevention, saving the Girl Child, etc.
- Organising cleanliness drives in schools, food safety drives in the neighbourhood of schools, blood donation camps, etc.
- Celebrating Nutrition Week, Breastfeeding Week, etc.
- Inspection of lunch boxes to rule out consumption of unhealthy foods, on all week days except the Junk Food day. Declare Tuesdays as 'No Junk Food' day.
- Regulation of sale and consumption of unhealthy foods through school canteens display of Junk Foods to be strictly avoided. More healthy foods to be encouraged in school canteens. Class Prefects to be involved.
- Make it mandatory for the Class Prefects to inspect washrooms in schools for availability of water and soap. A nodal officer/ teacher to be informed for immediate arrangement.
- Physical activity to be made mandatory in each school (inclusive of yoga, athletics, group games, etc.). No school may be allowed to operate without inspection and certification of existence of prescribed adequate space for physical activity of school children and random checking be undertaken by Inspector of Schools to ensure utilization of the earmarked space by school for physical activity by the students.
- Parents and teachers should also know the difference between Junk Foods, instant foods, fast foods, street foods and processed foods in context of their health and nutrition related aspects and desirability and frequency of usage. Principals should be made aware of the appropriate foods to be sold through school canteen.
- Workshops for parents for handling health and nutrition related problems of children, formation and modification of child feeding habits, adolescent health and nutrition, etc. Sensitization/ Summer training Programmes for teachers, as per the maturity level of children they handle, covering health and nutrition concerns that may be faced by them in class and while dealing with parents or teaching health and nutrition related topics. Formulation of suitable modules for teachers at primary, middle and senior classes is desirable.

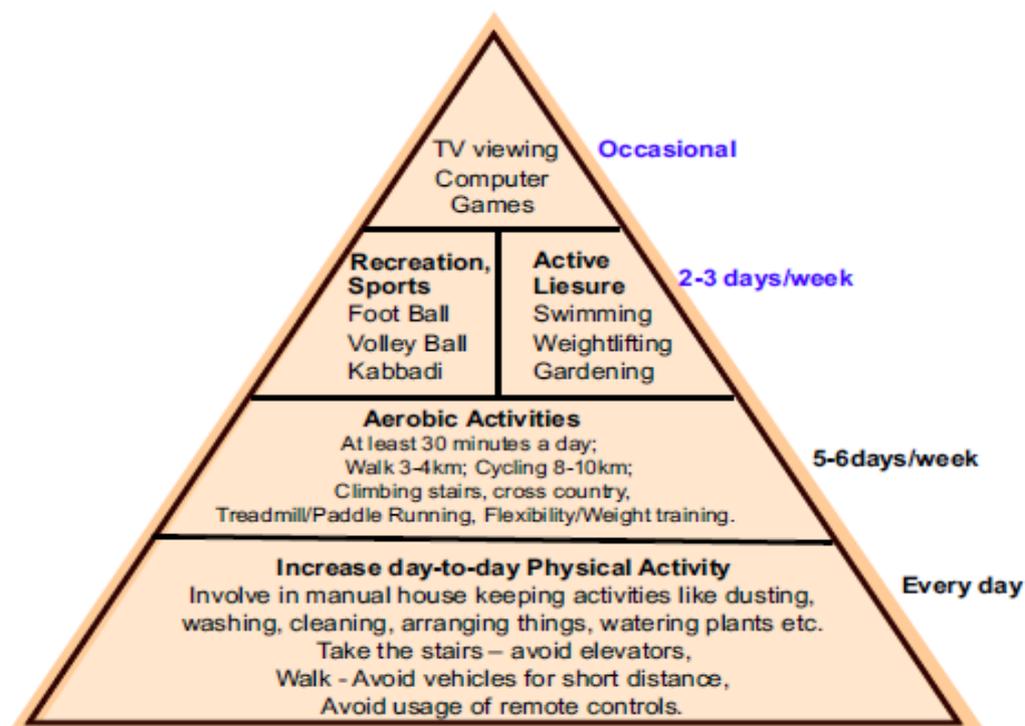
- Schools should also promote nutrition education and awareness among children through tools such as posters. If required, a provision for funds from the Department of School Education and Literacy should be made. Use of Socially Useful Productive Work (SUPW) periods may be extensively used to promote nutrition and healthy habits. Practical may be conducted in participatory and interactive manner. Building skills of children as part of the curriculum to read and make sense of food labels to be encouraged.

Importance of Physical Activity should be emphasized and

- a) Children encouraged for moderate to vigorous intensity physical activity daily. E.g. Team sports like Football, Cricket, Basketball, Tennis, Badminton, *Kho Kho*, and *Kabaddi*.
- b) Amounts of physical activity greater than 60 minutes provide additional health benefits.
- c) Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week. E.g. Cycling, Running, Swimming, Roller skating.

Physical inactivity due to insufficient participation in physical activity during leisure time and an increase in sedentary behavior during occupational and domestic activities e.g. Watching TV, Play Video Games, Indoor Card Games, Console Gaming etc. should be limited. General Physical Activity Pyramid is shown in Figure 3.

**Celebration of Nutrition Week (1-7<sup>th</sup> September) & Other Important events:** Schools may celebrate and mark such events wherein they can generate awareness regarding nutritious food and avoidance of HFSS foods. Schools can organize poster making competitions, healthy nutritious recipe competitions among parents, quiz program on nutrition, hygiene, physical activity, slogan writing, article writing competition, rallies etc.



**Figure 3: General Physical Activity Pyramid**

**Incentivize Schools:** The Ministry in collaboration with MWCD may incentivize the schools by providing awards or certificate of excellence for promoting healthy eating behavior among students. An assessment score card prepared on the basis of specific indicators for both school canteen and KAP of school children regarding nutritious foods should be developed.

**Capacity building or in-service training of Teachers:** The MHRD should ensure that the chapter on nutrition and its related aspects should be integrated with the service training of SCERT/DIET and other related teacher training programmes.

**School Canteen Management Committee:** The HRD Ministry should monitor that the School Canteen Management Committee as mentioned in canteen guidelines should be formulated in each school and roles and responsibilities of each member who would monitor the activities of canteen and kitchen as well.

**6.5 Ministry of Youth Affairs and Sports** should work in convergence with MHRD to make physical activity mandatory for schools by inclusion of various kinds of sports,

athletics, group games and sports based projects in curriculum for children to make it more interesting and effective.

**6.6 Ministry of Panchayati Raj** should seek community's involvement for demanding better Services and monitor proper implementation of health and nutrition programmes at local level for improving health outcomes and in combating obesity through the following.

- Ensure that health, nutrition and sanitation programmes are organized regularly at the Anganwadi centre and Village Health and Nutrition Day (VHND)
- PRIs should provide the required space and facilities for organizing awareness and training activities
- PRIs to ensure training of Self Help Groups (SHGs) on health and nutrition issues including developing low cost nutritious recipes with seasonal and locally available resources.
- PRIs should converge with various departments and should organize and celebrate various important days and events at the village level such as National Nutrition Week, World Health Day etc.

**6.7 Ministry of Women and Child Development** should provide nutrition education about importance of balanced diet and also emphasize on the ill effects of overweight-obesity through its flagship programmes like ICDS, ICPS and IGMSY and also through Sabla which mainly focuses on adolescent girls.

## **7. REGULATION OF ADVERTISEMENT, PROMOTION AND MARKETING OF HFSS FOODS**

### **Ministry of Information and Broadcasting**

Media plays a vital role in influencing the choices and behaviours of the population. The role of Ministry of Information and Broadcasting is thus of prime importance when behaviour change is targeted. In India, no specific law or guidelines dealing with regulation of the advertising in the media or marketing communication of the HFSS foods exists. Provisions in different statutes and some guidelines issued by self-regulating body Advertising Standard Council of India (ASCI) may be used to regulate the advertising in media with regards to HFSS foods. In India, media advertisement and publicity is under the control of Ministry of Information and Broadcasting (Government of India). A committee has been set up by the ministry to review the complaints, decide whether the advertisement violates the rules and issue a notice to TV channels in case of violation. Media rules and regulation are set in India cable television network act 1994 and ASCI. Guidelines related to quality of food products advertised in Indian media should be urgently formulated.

### **Suggested Guidelines:**

While some countries have taken off advertisements of such products from prime time television and radio and regulated their marketing, a large number of countries, particularly in a developing nation such as India, are yet to take proactive measures. Experiences of other countries throw up following guidelines or regulations to be followed in connection with advertising of the HFSS foods. The ministry should focus on following:

- Lay down strict regulatory provisions for advertisement and promotion of pre-packaged foods targeted at children.
- Lay strict provisions to ensure that advertisements with false claims are not broadcasted.
- Restricting airing or visibility of advertisements on packaged HFSS foods during prime time when children are likely to watch such program by not allowing its broadcast on TV and radio from 2:00 PM to 10:00 PM on weekdays and from 8:00 AM to 10:00 PM on weekends and holidays.

- Part of advertisement promoting HFSS foods should contain health advice about the possible ill-effects of the HFSS foods which can be illustrated in the same way as the HFSS foods is promoted in such advertisements.
- Providing adequate information about ingredients and contents of HFSS foods in such advertisement for sufficient duration so that it can be easily comprehended by the viewers.
- Advertisement and marketing communication of HFSS foods should be dealt under the law in the similar manner as has been done with advertisement and communication of the tobacco products and alcohol.
- Advertisement should not state or imply that a particular product will afford physical, social or psychological advantage over other children; not undermine the role of parents in guiding diet choices; not to include any appeal to children to urge parents to buy a product for them; and not feature ingredients or premiums (such as free gifts) unless it is an integral element of the product being offered.
- Telecasting doctors and celebrity-endorsed advertisements on HFSS foods should be banned.
- Strengthen and expand infrastructural support to deliver information regarding national campaigns like yoga campaign, stay healthy etc., to each and every corner of the country.

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**Annexure I: Working Group Members on  
on  
Matters related to Junk foods and Addressing Problem of Obesity in India**

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# ANNEXURE-2

## Minutes of the Meeting of the Working Group on Addressing Problems of Obesity and Matters Related to Junk Foods on 16<sup>th</sup> June, 2015 at NIPCCD, New Delhi

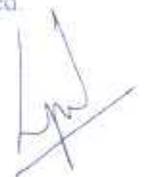
The First meeting of the Working Group on "Addressing problems of obesity and matters related to Junk Foods" was organized at National Institute of Public Cooperation & Child Development (NIPCCD), New Delhi on 16<sup>th</sup> June, 2015 under the Chairpersonship of Shri T. Longvah, Director In-Charge, National Institute of Nutrition (NIN) and Director, NIPCCD as Member Secretary of the Working Group. The list of participants is at Annexure-I and the agenda of the meeting is at Annexure-II.

Director, NIPCCD, Convener of the Working Group, at the outset extended a very warm welcome to Chairperson and all participants along with a round of introduction of the Members of the Working Group. In his introductory remarks, he highlighted some important issues related to junk food and presented dismal picture of childhood obesity and present trend of junk food consumption in India. He briefly highlighted & discussed the concept of balanced diet & RDA for Indian children as given in NIN Dietary Guidelines for Indians, 2011. He informed that different countries have given wide range of definitions for junk food and this working group has to decide and finalise the junk food definition for our country that fits best in Indian context. He flagged TORs of the working group for consideration and discussion of the members of the working group.

Director-in-Charge, NIN briefly highlighted the situation of changing dietary habits and physical activity patterns of the country. He mentioned that human diet and nutritional status have undergone a sequence of major shifts because of increase in industrialized diets that includes more of processed foods, more added sugar, salt and fat. He stated that the working group has to examine various definition of junk food and make consensus for one definition. He affirmed that due to increase in junk food intake, the non-communicable diseases (NCDs) are on the increase and stated that more focus on nutrition education and awareness generation on balanced diet and role of physical activity right from the school level needs to be stressed.



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The floor was then open for discussion. The chairperson invited the members to give their valuable suggestions.

**Dr. Prerna Kohli** stated that behavior and psychology has a great impact on the food choices that the children make. Therefore appropriate counseling and awareness generation must be made at school level. She mentioned about Attention Deficit Hyperactivity Disorder (ADHD) - the most common childhood disorders which can continue through adolescence and adulthood. Symptoms include difficulty staying focused and paying attention, difficulty controlling behavior and hyperactivity (over-activity). Secondly she said that the definition of junk food should clearly indicate the demarcation between the food and soft drinks available in the market. Both the categories should be brought under the purview of "junk foods".

**Dr. Prema Ramachandran, Director, Nutrition Foundation of India** raised her concern regarding the definition of junk food in India and was of the view that the definition as given by NIN could be considered as it gave a holistic view of food and reiterated that one should focus on the quantity and frequency of eating the junk foods. She mentioned that the definition should consist of words like habitual repeated consumption of predominantly foods rich in sugar, salt and fat. All these foods need to be avoided regularly.

**Mr Longvah, Director-in-charge, National Institute of Nutrition** informed that in schools childhood obesity range from 6 percent to 17 percent in both Govt. and private schools. He mentioned that lot of non-packaged traditional food items like *kachori, pakoras, bhajji, samosa, aloo poori* etc. are also high in fat, which needs to be looked upon. He also highlighted that labeling is an important area and manufacturing companies must highlight the quantity of nutrients like sodium, fat and sugar etc. in a clear manner so that consumer can easily read & judge their purchases. He said that regulation of trans fats was also very important as intake of trans fat has adverse effects on health per se.

**Dr G. S. Toteja, Scientist G and Head (Nutrition), ICMR** raised some of the critical issues for consideration. He said that the term "high" may be properly defined in terms of quantity and food products like *samosa, pakoras*, and soft drinks should also be brought under the category of junk food. He mentioned that the level of physical activity has reduced especially in children mainly due to television and other technology advancements compelling children to stay indoors.





Ms. Deepika Srivastava, OSD (WCD & Nutrition), Niti Aayog, suggested that the group should focus on overarching strategy to deal with the menace of childhood obesity & over nutrition rather than specifically working on the specific points with inclusion of nutrition education, healthy lifestyle and physical activity in schools.

Mr. Gaya Prasad, Director, Mid-day-Meal suggested that the testing of meals should be a regular phenomenon in order to monitor the quality of the foods.

Ms. Bhawna, Representative from Bureau of Indian Standards (BIS) informed that the BIS has specific label directions for different categories including prepackaged food which will be shared with the members of the working group. She also pointed that food safety issues should be an integral part of the recommendations.

Ms. Sila Deb, Deputy Commissioner (Child Health), Ministry of Health & Family Welfare suggested that the limits of trans fats may also be considered while deciding the definition of junk food. Schools should counsel the children to handle peer pressure among children.

Dr. Rajiv Rastogi, Assistant Director (Naturopathy), AYUSH informed that he would share some of the important papers related to physical activity and food with the group via email.

Dr. Sandhya Kabra, Director, Food Safety Standards Authority of India shared decision of High Court of Delhi dated 25<sup>th</sup> February, 2015 on the petition of Uday Foundation submitted in Delhi High Court under Article 226 of the Constitution regarding the issue of easy availability of junk food and carbonated drinks to children and their harmful effects and seeking a ban of junk food and carbonated drinks in schools and initiation of measures to develop a comprehensive school canteen policy with emphasis on health and nutrition.

She also shared the Draft guidelines for making available wholesome, nutritious, safe and hygienic food in school children in India prepared by Expert Group constituted by Food Safety and Standards Authority of India and said that the guidelines were neutral in nature. About definition of junk food she said that there should be clear-cut differentiation between risk and hazard. She said that the guidelines need to be further simplified for the states to bring it into implementable format and needs to be used as a directive with clear-cut indications on do's and don'ts, Keeps and Keep Not's, and certainly the recommendations of the Working Group would





add on to the value of the directive. She said that in addition, a small expert group of doctors has been constituted to give a true picture of intake of high fat, salt and sugar in relation to diseases. She suggested that this committee may bring out its recommendations earlier so that these could be incorporated in the guidelines.

**Dr. Dinesh Paul, Director, NIPCCD** suggested that the view of the members can be exchanged and circulated through emails. He mentioned that NIPCCD would make an appropriate definition of junk food and it will also put together all other definitions of junk foods (given by different countries and organizations) in the annexure. This will be circulated by email to all the members of the working group. The members may then suggest and modify the definition accordingly for discussion in the second meeting.

The following thematic papers were agreed to be prepared by the members:

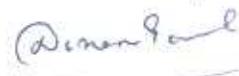
Topic	Member
Status paper on prevalence and trends of Childhood Obesity, eating behavior and physical activity pattern	Dr. Longvah, National Institute of Nutrition & Dr. G. S. Toteja, ICMR
Status of Case laws related to junk food	Dr. Sila Deb, Ministry of Health & Family Welfare
Healthy Life style practices for good health	Dr. Rajiv Rastogi, AYUSH
Code of practice for advertising, labeling of prepackaged foods and specific directions for various other categories	Dr. Bhawana, BIS

Finally, each member was requested to review all the TOR's and collect and circulate the review papers related to that. It was agreed that the next meeting will be held in the first week of July wherein a draft paper related to TOR's of Junk Foods will be discussed in detail.

The meeting ended with a vote of thanks to the chair.

  
Dr. T. Longvah  
(Director-In-Charge, NIN)

निदेशक / DIRECTOR  
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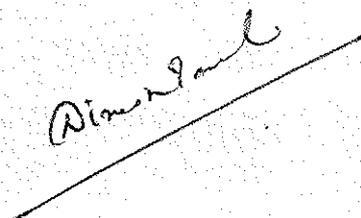
  
Dr. Dinesh Paul  
(Director, NIPCCD)

**Minutes of the Second Meeting of the Working Group on "Addressing Problems of Obesity and Matters Related to Junk Foods" held on 8<sup>th</sup> July, 2015 at NIPCCD, New Delhi.**

The second meeting of the Working Group on "Addressing problems of obesity and matters related to Junk Foods" was organized at National Institute of Public Cooperation & Child Development (NIPCCD), New Delhi on 8<sup>th</sup> July, 2015 under the Chairpersonship of Shri T. Longvah, Director In-Charge, National Institute of Nutrition (NIN) and Director, NIPCCD as Member Secretary of the Working Group. The list of participants who attended the meeting is at Annexure-I and the agenda of the meeting is at Annexure-II.

At the outset, Director, NIPCCD, Convener of the Working Group, extended a warm welcome to the Chairperson and all the members of the Working Group. He thanked all the members for their contribution and suggestions regarding the junk food definition. This was followed by an address of Director-in-Charge, NIN, wherein he mentioned the impact of urbanization, mechanisation, boom in IT and advertisements targeted on children for the consumption of junk foods on the health of children and reiterated that nutrition education and concept of food labelling should be introduced and included in the school curriculum in all states of India.

The Member Secretary informed the members that the minutes of the first meeting were circulated to all members, however no comments were received. He proposed that the minutes may be confirmed. While confirming the minutes of the first meeting, it was suggested by Ms. Deepika Srivastava & Ms. Bhawana to modify the paragraphs at page no. 3 as under:



- "Ms. Deepika Srivastava, OSD (WCD & Nutrition), Niti Aayog, suggested that the group should also focus on overarching strategy to deal with the menace of childhood obesity & over nutrition with inclusion of nutrition education, healthy lifestyle and physical activity in schools.
- Ms. Bhawna, Representative from Bureau of Indian Standards (BIS) informed that the BIS has specific Indian Standards for code of practices for pre-packaged food which will be shared with the members of the working group. She also pointed that food safety issues should be an integral part of the recommendations".

The minutes were confirmed with suggested modifications. The floor was then open for discussion. The Chairperson invited the members to give their valuable suggestions on each TOR one by one.

Dr. Dinesh Paul gave a presentation on the subject in relation to each TOR (Annexure III). Based on the presentation following points were suggested by the members:

**TOR-1: Preparation of recommendations for definition of junk food;**

- The definition of junk food should be prepared and outlined in the context of school only.
- It was suggested that different cut off values of calories, fat, salt and sugar should be avoided while framing the definition of junk food, as these values will be difficult to maintain at the school level.
- The categorization of different junk foods like foods rich in calories, fat, sugar and sodium should be added in the report of this expert committee as "some illustrative examples".
- Based on the suggestions of the members the following definition of "Junk food in the context of school canteen" was finalized:

*Dinesh Paul*

***"Junk foods may be defined as foods (any food or drink, packaged or non-packaged, processed or non-processed) which contain little or have limited presence of proteins, vitamins, phytochemicals, minerals and dietary fibre but are rich in fat (saturated fatty acids), sugar and energy (calories) which are known to have negative impact on health if consumed regularly or in high amounts. Junk foods may also include carbonated beverages".***

**TOR-2: Examine the current framework for packaging of prepared foods and give suitable recommendations for modification of the same;**

- Packaging and labeling were discussed in detail and the recommendations of FSSAI draft guidelines on "Packaging & Labelling" were accepted by the group. However the members agreed that the following may also be added in the guidelines of "Packaging & Labeling":
  - ✓ Labeling in a readable font size of 8 and above to be mandatory
  - ✓ Date of expiry, best before date and date of manufacture to be legible and clearly mentioned.
  - ✓ Statutory warnings like "not suitable" for infants, children, pregnant women or specific for diseases to be clearly mentioned
- It was suggested that all foods served in the school canteen should be properly labelled and nutritive value for those foods should be displayed on board.
- In the canteen policy, it should be recommended that the "use of hydrogenated oils should be banned & use of saturated fats should be limited in the schools" for preparing any food item to be served to children.

*Dimensional*

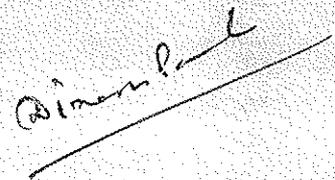
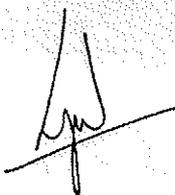
- Education on different aspects of label information to promote label use should be introduced in schools

**TOR-3: Examine the behavior/psychology aspects of over nutrition and suggest measures which could be taken by concerned Ministries to address the same;**

- Ministry of Health & Family Welfare should include nutrition education and counseling as an important service under various programmes like *Rashtriya Bal Swasthya Karyakram*, School Health Programmes, ARSH etc.
- The school should regularly monitor the height, weight and BMI - for- age of all school children and based on their trajectory, individualized counseling should be provided to each child and parents during parent's teacher meeting.
- School Health Card provided to students under School Health Programme should be discussed in the next meeting as it needs to be revised and various nutrition related aspects may be added in that card.
- School Health Programme should be broadened to include nutrition as an important component and may be renamed as "School Health & Nutrition Programme".

**TOR-4: Preparation of guidelines for adoption by State Governments/UT Administrations on sale of junk food in school canteens or in the vicinity of schools by private vendors; and**

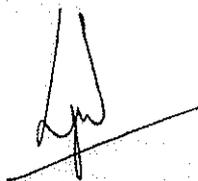
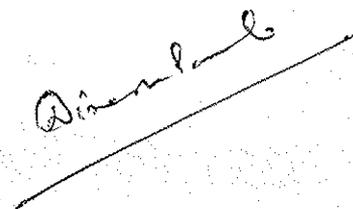
- The part II of the FSSAI Guideline consisting of guidelines on food safety, hygiene, and sanitation for food available in School Canteens was accepted in toto by the members.



- The members suggested that the ban of availability of junk foods should be restricted to "200 m" instead of "50 m" in schools and nearby areas.
- The schools should be incentivized by providing awards for promoting healthy eating behaviors and a score card should be prepared for each school keeping in mind certain criteria.
- The group agreed that the sale of "proprietary foods like *samosa*, *pakora*, *bread pakora*, *vada*, *jalebee* etc." should be made only once in a month in schools with proper display of its nutrients.
- In melas, fair and fete, where there is a possibility of gathering of large number of children, the type of food vendors that should not be allowed for such festivals should be specified by the appropriate authorities approving the venue of organization of melas.

#### Others

- The NCERT/MHRD must ensure that the "module on nutrition" should be integrated in the service teacher training of SCERT/DIET and related teachers training programmes.
- The concept of yoga and Socially Useful Productive Work (SUPW) should be re-introduced in the schools and children must be taught nutrition issues in an interactive and participatory manner.
- NIPCCD, Headquarters and its Regional Centres may conduct trainings for teachers during summer vacations on issues related to nutrition and health.

**TOR 5: Preparation of guidelines for use by print and electronic media and by advertising agencies on promotion and marketing of junk food.**

All the members agreed to the points given in the presentation under this TOR.

Dr. Dinesh Paul, Director, NIPCCD while summing up gave a broad framework of draft report and mentioned that the suggestions of the members will be duly incorporated in the draft report and will be circulated to all the members through emails by 23<sup>rd</sup> July, 2015. The members may then suggest and modify the report in track change mode accordingly for discussion in the next meeting to be held on 28<sup>th</sup> July, 2015.

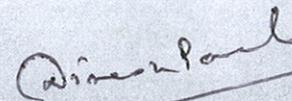
All members appreciated the efforts put in by NIPCCD for preparing a comprehensive review on the subject and draft structure of the report.

The meeting ended with a vote of thanks to the chair.



Dr. T. Longvah  
(Director-In-Charge, NIN)

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Dr. Dinesh Paul  
(Director, NIPCCD)  
Director  
National Institute of Public  
Cooperation and Child Development  
New Delhi

**Minutes of the Third Meeting of the Working Group on Addressing  
Problems of Obesity and Matters Related to Junk Foods held on 28<sup>th</sup> July,  
2015 at NIPCCD, New Delhi**

The third meeting of the Working Group on “Addressing problems of obesity and matters related to Junk Foods” was organized at National Institute of Public Cooperation & Child Development (NIPCCD), New Delhi on 28<sup>th</sup> July, 2015 under the Chairmanship of Shri T. Longvah, Director In-Charge, National Institute of Nutrition (NIN) and Director, NIPCCD as Member Secretary of the Working Group. The list of participants who attended the meeting is at Annexure-I.

The Convener of the Working Group, Director, NIPCCD, extended a warm welcome to the Chairperson and all the members of the Working Group and apprised them about the draft report that was circulated to each member for comments and suggestions. He thanked all the members for their inputs and suggestions for improving the draft report. This was followed by an address of Director-in-Charge, NIN, wherein he appreciated the efforts put in by NIPCCD for doing all the ground work and building up a document base for the members. The Chair then requested Director, NIPCCD to provide a brief presentation of the draft report and also discuss the comments received from various group members.

Dr. Dinesh Paul gave a Power point Presentation on the draft report and also side by side deliberated the comments and suggestion of each member. During the meeting, following points were agreed for finalization of the report.

- The members agreed and finalized the following title of the report:  
**“Report of Working Group on Addressing Junk Food Consumption and Promoting Healthy Snacks in Schools in India”**
- It was suggested that the role of Ministry of Sports, Panchayati Raj and Ministry of Women and Child Development may also be indicated in the final report.

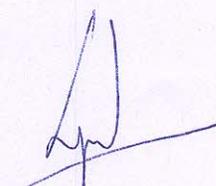
- The members recommended that the ban of availability of junk foods should be restricted to “200 meters” in schools and nearby areas.
- The group agreed that the sale of “nutrient enriched proprietary foods” like *samosa*, *pakora*, *bread pakora*, *vada*, *jalebee* etc.” should be allowed only once in a month in schools with proper display of its nutrients. The report should also mention the ways by which these proprietary foods can be made more nutritious in school canteens.
- The colour coded concept for all foods including non-standardized proprietary foods should be followed in all school canteens either using colour coded flags or schools can differentiate between the foods by writing on display boards with coloured chalks or by any appropriate suitable method as decided by the School Management Committee.
- Under Sub-committee of School Canteen Management Committee; Students/Head Boys/Head Girls/ Prefects should be involved for their participation in all sub-committee meetings related to school canteens.
- Unnecessary definitions such as definition of food, balanced diet etc., which are not relevant for the present report, should be removed from the draft report.
- Sweetened Milk and yoghurt should not be considered as junk food. Milk based products which have high sugar (>30%) content like rasmalai, rasgulla, gulab jamun should be prohibited in the school canteens.
- With reference to school canteens, it was suggested that School Management Committee should make appropriate arrangements for display of contact numbers of Doctors/Medical Officers, who can be contacted for any health related emergencies at important places in the school e.g., notice boards in schools, school canteen etc.
- It was suggested that important and major recommendations of the report may be clubbed and showed in a box as “Cardinal Recommendations” in the start of the

report such as definition of Junk Food; School Health Programme to be renamed as “School Health & Nutrition Programme”; colour coding of proprietary foods; ban on sale of orange colour foods to children in school uniform etc.

Dr. Dinesh Paul, Director, NIPCCD while summing up mentioned that the suggestions of the members will be duly incorporated in the draft report and would be circulated to all the members through emails for seeking final consent and suggestions by 4<sup>th</sup> August, 2015. The members may then suggest and modify the report in track change mode and send back the edited report to Member Secretary of the working group for collation and finalization before 10<sup>th</sup> August, 2015.

It was agreed that the final meeting to finalize the roadmap of the recommendations for its effective operationalization will be held in the third/fourth week of August at National Institute of Nutrition, Hyderabad.

The meeting ended with a vote of thanks to the chair.



Dr. T. Longvah  
(Director-In-Charge, NIN)

Dr. Dinesh Paul  
(Director, NIPCCD)

**Annexure V: Set of recommendations on the marketing of foods and non-alcoholic beverages to children by WHO, 2010**

<b>Annexure : Set of recommendations on the marketing of foods and non-alcoholic beverages to children by WHO, 2010</b>	
<b>Headings</b>	<b>Recommendations</b>
<b>Rationale</b>	<ol style="list-style-type: none"> <li>1. The policy aim should be to reduce the impact on children of marketing of foods high in saturated fats, trans-fatty acids, free sugars, or salt.</li> <li>2. Given that the effectiveness of marketing is a function of exposure and power, the overall policy objective should be to reduce both the exposure of children to, and power of, marketing of foods high in saturated fats, trans-fatty acids, free sugars, or salt.</li> </ol>
<b>Development</b>	<ol style="list-style-type: none"> <li>3. To achieve the policy aim and objective, Member States should consider different approaches, i.e. stepwise or comprehensive, to reduce marketing of foods high in saturated fats, trans-fatty acids, free sugars, or salt, to children</li> <li>4. To achieve the policy aim and objective, Member States should consider different approaches, i.e. stepwise or comprehensive, to reduce marketing of foods high in saturated fats, trans-fatty acids, free sugars, or salt, to children</li> <li>5. Settings where children gather should be free from all forms of marketing of foods high in saturated fats, trans-fatty acids, free sugars, or salt. Such settings include, but are not limited to, nurseries, schools, school grounds and pre-school centres, playgrounds, family and child clinics and paediatric services and during any sporting and cultural activities that are held on these premises.</li> <li>6. Settings where children gather should be free from all forms of marketing of foods high in saturated fats, trans-fatty acids, free sugars,</li> </ol>

	<p>or salt. Such settings include, but are not limited to, nurseries, schools, school grounds and pre-school centres, playgrounds, family and child clinics and paediatric services and during any sporting and cultural activities that are held on these premises.</p>
<p>Policy Implementation</p>	<p>7. Considering resources, benefits and burdens of all stakeholders involved, Member States should consider the most effective approach to reduce marketing to children of foods high in saturated fats, trans-fatty acids, free sugars, or salt. Any approach selected should be set within a framework developed to achieve the policy objective.</p> <p>8. Member States should cooperate to put in place the means necessary to reduce the impact of cross border marketing (in-flowing and out-flowing) of foods high in saturated fats, trans-fatty acids, free sugars, or salt to children in order to achieve the highest possible impact of any national policy.</p> <p>9. The policy framework should specify enforcement mechanisms and establish systems for their implementation. In this respect, the framework should include clear definitions of sanctions and could include a system for reporting complaints.</p>
<p>Policy Monitoring and evaluation</p>	<p>10. All policy frameworks should include a monitoring system to ensure compliance with the objectives set out in the national policy, using clearly defined indicators. All policy frameworks should include a monitoring system to ensure compliance with the objectives set out in the national policy, using clearly defined indicators.</p> <p>11. The policy frameworks should also include a system to evaluate the impact and effectiveness of the policy on the overall aim, using clearly defined indicators.</p> <p>12. Member States are encouraged to identify existing information on the extent, nature and effects of food marketing to children in their</p>

	<p>country. They are also encouraged to support further research in this area, especially research focused on implementation and evaluation of policies to reduce the impact on children of marketing of foods high in saturated fats, trans-fatty acids, free sugars, or salt.</p>
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## Annexure I: How junk food is regulated across the world\*

<b>Australia</b>	Advertisements (Bill proposed but Pending) <sup>1</sup>	In 2011, a bill to amend the 'Broadcasting and Services Act,1992' sought to: <ul style="list-style-type: none"> <li>● Prohibit the broadcast or internet upload of 'an unhealthy food advertisement that is directed to children.' Children are defined as 'under the age of 16 years'</li> <li>● Ban unhealthy food ads on commercial TV for select hours during weekdays, weekends and holidays</li> </ul>
<b>Canada</b>	Schools Ontario (2011) <sup>2</sup>	As per the 'School Food and Beverage Policy, 2010', under the 'Healthy Food for School Act, 2008': <ul style="list-style-type: none"> <li>● 'Nutrition Standards' are set for food and beverages sold in publicly funded elementary and secondary schools. Food is divided into vegetables and fruit, grain products, milk and alternatives, meat and alternatives, mixed dishes (e.g., pizza, pasta, soup, salads, and sandwiches), miscellaneous items and confectionery items (e.g., candy, chocolate)</li> <li>● 'Nutrition Criteria' based on 'Nutrition Standards' is outlined below for schools: <ul style="list-style-type: none"> <li>- Not permitted for sale: Contain few or no essential nutrients and/or contain high amounts of fat, sugar, and/or sodium (e.g., deep-fried and other fried foods, confectionery)</li> <li>- Sell most (≥ 80%): Healthiest options with higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium. They must make up at least 80 per cent of all food choices. Same requirement applies to beverage choices</li> <li>- Sell less (≤ 20%): May have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the "sell most" category. They must make up no more than 20 per cent of all food choices. Same requirement applies to beverage choices</li> </ul> </li> </ul>
	Advertisements (1971) <sup>3</sup>	As per the 'Broadcast Code for Advertising to Children' under 12 years, in relation to food products: <ul style="list-style-type: none"> <li>● Advertisements must not convey to a child that they are a substitute for meals</li> <li>● Advertisements ought not to be portrayed in a way that it becomes excessive for a person to consume</li> <li>● The quantity of food shown should not exceed the labelling or serving size Quebec (1978)<sup>4</sup></li> <li>● The Sec. 248 of 'Consumer Protection Act' bans all advertisements targeting children aged 13 years and less.</li> </ul>
<b>Costa Rica</b>	Schools (2012) <sup>5</sup>	<ul style="list-style-type: none"> <li>● Regulation brought up to restrict food products that are high in fat, sugar, calories and low in nutrition</li> <li>● Chips, cookies, candy and carbonated sodas banned from elementary and high school</li> </ul>
<b>Finland</b>	Tax (2011) <sup>6</sup>	Imposed taxes on soft drinks, ice-cream, sweets, chocolates etc.
<b>France</b>	Advertisements (2007) <sup>7</sup>	<ul style="list-style-type: none"> <li>● Advertisement for unhealthy food must carry health messages: <ul style="list-style-type: none"> <li>- "For your health, avoid eating too many foods that are high in fat, sugar or salt"</li> <li>- "For your health, avoid snacking between meals"</li> </ul> </li> <li>● Companies that do not provide public health warnings are penalised with about 1.5 % of their advertising budget</li> </ul>
	Tax (2012) <sup>8</sup>	Tax introduced on sweetened non-alcoholic drinks, energy drinks etc. Zero calorie 'diet drinks' are exempted.

Cont...

How junk food is regulated across the world		
<b>Hungary</b>	Tax (2011) <sup>9</sup>	Tax imposed on beverages, energy drinks, packaged sweets, ice cream, jam, salty snacks and food flavourings
<b>Ireland</b>	Tax (under progress) <sup>10</sup>	Extra taxes on sugary drinks proposed in 2011
<b>Latvia</b>	Schools (2006) <sup>11</sup>	One of the EU countries to: <ul style="list-style-type: none"> <li>● Prohibit foodstuffs and drinks that are high in sugar, salt, artificial colourings and flavourings from kindergartens, primary and secondary public schools</li> <li>● Replaced those with 'healthy alternatives' such as dried fruit, unsalted nuts, unsweetened fruit juice, wholegrain snacks, mineral water and milk</li> </ul>
<b>Lithuania</b>	Schools (2010) <sup>12</sup>	Restriction on the supply of HFSS foods and products in schools and all children establishments. Prohibition of foodstuffs with > 0.4 mg/100 g of sodium
	Advertisements (under progress) <sup>13</sup>	A draft law that prohibits advertisements of confectionery, soft drinks and snacks on TV and radio programmes and in press publications intended for children
<b>Mexico</b>	Schools (2011) <sup>14</sup>	Published guidelines in order to reduce the consumption of high calorie foods within the basic school. <ul style="list-style-type: none"> <li>● Apply to about 220,000 public and private primary and middle schools serving 25 million children</li> <li>● Schools barred from serving or selling sugary sodas, juices or processed snacks, including local favorites such as tamarind candies</li> <li>● Banned unhealthy less-processed foods include pork rinds, atole (a sweetened corn starch-based beverage), fried tacos and tortas.</li> <li>● Exceptions for healthier versions include tortas made from beans, avocado and cheese, or chicken and vegetables</li> <li>● All tacos, burritos and salads are to be low in fat</li> </ul>
	Tax (2013) <sup>15</sup>	Legislation passed to contain twin epidemics of obesity and Type 2 diabetes <ul style="list-style-type: none"> <li>● Tax imposed on soft drinks, sports drinks and sugary beverages</li> <li>● It also calls for tax on flavoured beverages as well as concentrates, powders, syrups, essences or flavour extracts</li> </ul>
<b>New Zealand</b>	Advertisements (2010) <sup>16</sup>	Advertisements for food and beverages that influence children aged under 14 years to adhere to the 'Children's Code for Advertising Food, 2010' such as: <ul style="list-style-type: none"> <li>● Advertisements should not by implication, omission, ambiguity or exaggerated claim mislead or deceive or be likely to mislead or deceive children, abuse their trust or exploit their lack of knowledge without reason play on fear</li> <li>● Persons or characters well-known to children shall not be used in advertisements to promote food in such a way so as to undermine a healthy diet as defined by the Food Nutrition Guidelines for Healthy Children</li> </ul>
<b>Norway</b>	Advertisements, (under progress) (2012) <sup>17</sup>	<ul style="list-style-type: none"> <li>● The age limit is increased to 16 years from earlier set 12 years for restrictions</li> <li>● Proposed to ban on advertisements of 'unhealthy foods' such as sodas, cookies, chocolate, ice cream, greasy burgers, chewing gum with sugar, yoghurt candies, sweet juices, sweetened milk drinks, and sugar cereals</li> <li>● Draft regulation on Marketing of Food and drink to children were formulated. Section 4 of the Draft Regulations prescribes the prohibition on marketing of unhealthy food and drink to children.</li> </ul>
<b>Peru</b>	Schools (2013) <sup>18</sup>	The law 'Promoting Healthy Food for Children Act' calls for <ul style="list-style-type: none"> <li>● Healthy food in school kiosks or cafeterias</li> <li>● A system for monitoring nutrition, overweight, and obesity among children and adolescents</li> </ul>

Cont...

How junk food is regulated across the world		
		<ul style="list-style-type: none"> <li>● Controls on advertising aimed at children and adolescents</li> <li>● Nutrition education in schools and more physical activity</li> </ul>
	Advertisements (2013) <sup>19</sup>	<p>The ‘Promoting Healthy Food for Children Act’ considers the age limit of 16 years and prohibits</p> <ul style="list-style-type: none"> <li>● Advertisements that encourage ‘immoderate consumption’ of food and non-alcoholic beverages with HFSS and shows ‘inappropriate portions’</li> <li>● Suggests that parents are ‘more intelligent or more generous’ in purchasing a particular product</li> </ul>
	Tax (under progress) <sup>20</sup>	Plans to introduce tax on foods that are HFSS
<b>Philippines</b>	Schools (2007) <sup>21</sup>	<p>Through Guidelines issued by the Department of Education to the school canteens in public elementary and secondary schools:</p> <ul style="list-style-type: none"> <li>● Prohibited sale of carbonated drinks, sugar based synthetic or artificial flavoured juices, junk foods and any food product that may be detrimental to the child’s health</li> <li>● Foods allowed to be sold in school canteens include: <ul style="list-style-type: none"> <li>– Only nutrient rich food like root crops, noodles, rice and corn products in native preparation</li> <li>– Fruits and vegetables in season and fortified food products labeled rich in protein, energy, vitamins and minerals</li> <li>– Milk, shakes and juices prepared from fruits and vegetables in season</li> </ul> </li> </ul>
<b>Poland</b>	Schools (under progress) <sup>22</sup>	<p>A bill is currently on hold until December 2013 for comments from EU commission and member states. Once approved in its present form, it will ban the sale of foods and drinks with HFSS in kindergartens, primary schools, secondary schools and other educational and care institutions as follows:</p> <ul style="list-style-type: none"> <li>● Sweets and confectionery and bakery wares with sugar content exceeding 10 g of added sugars in 100 g of product</li> <li>● Fast food, instant food, snacks with sodium &gt; 300 mg in 100 g of product</li> <li>● Dairy products with added sugars &gt; 15 g in 100 g/ml of product</li> <li>● Cereal products with added sugars &gt; 25 g in 100 g of product</li> <li>● Jams, marmalades, highly-sweetened syrups with content of added sugars &gt; 50 g in 100 g of product</li> <li>● Carbonated and still beverages with added sugars and synthetic colourings; Energy and isotonic drinks</li> </ul> <p>Schools are also restricted to advertise, present and promote purchase of any of the banned foods listed above</p>
	Advertisements (2007) <sup>23</sup>	As per Article 9 of the ‘Combating Unfair Commercial Practices Act, 2007’, “In all circumstances, aggressive commercial practices shall be regarded as unfair commercial practices: including in an advertisement a direct exhortation to children to buy advertised products or persuade their parents or other adults to buy advertised products for them”.
<b>Romania</b>	Advertising (2008) <sup>24</sup>	<p>The Ministerial Order 1563/2008 addressing the</p> <ul style="list-style-type: none"> <li>● Approval of the list of foods, not recommended for preschool children and school children</li> <li>● The principles, underlying healthy diets for children and adolescents also establishes the criteria for which specific food items should not be recommended</li> <li>● These food items are not allowed to be sold within school premises in order to encourage schoolchildren to adopt healthy dietary habits</li> </ul>

Cont...

How junk food is regulated across the world		
South Korea	Schools (2009) <sup>25</sup>	Sale of junk food and drinks in school and surrounding areas is banned by the Health Ministry
	Advertisements (2010) <sup>26</sup>	<ul style="list-style-type: none"> <li>● Ban on advertisement of foods with HFSS such as hamburgers, pizzas, instant noodles, chocolate and other candies and ice cream</li> <li>● Such advertisements are banned from 5 PM to 7 PM on TV and from children's programme at any time of the day</li> </ul>
Sweden	Advertisements (1991) <sup>27</sup>	<p>As per the 'Radio and TV Act':</p> <ul style="list-style-type: none"> <li>● All TV advertisements directed to children aged under 12 years are banned from the first day of the commercial TV broadcast</li> </ul>
Taiwan	Advertisements (under progress) <sup>28</sup>	<p>Amendments to regulate the fast food are proposed in the 'Food Sanitation Management Act', and the draft of a 'National Nutrition Law. If approved, the draft would restrict:</p> <ul style="list-style-type: none"> <li>● Advertising on children's channels between 4 PM and 6 PM</li> <li>● Marketing methods used for fast food, such as giving away toys with meals</li> <li>● Conducting promotional activities for fast foods or snacks including chocolate, potato chips, fried chicken, french fries, cola and other sugared drinks</li> <li>● Financial penalties to be imposed in case of violations</li> </ul>
United Arab Emirates	Schools (2011) <sup>29</sup>	<p>As per the guidelines 'Guide of Health and Nutritional Practices of School Canteen' by Dubai Health Authority and Dubai Municipality:</p> <ul style="list-style-type: none"> <li>● All public and private schools in the Emirate of Dubai, banned foods with high caloric value, artificial flavours and poor nutritional value such as crisps, burgers, chocolate and sugary drinks</li> </ul>
United States	Schools <i>Implementation w.e.f. July 1, 2014</i> <sup>30</sup>	<ul style="list-style-type: none"> <li>● The 'Smart Snacks in Schools' nutrition standards programme under the 'Healthy, Hunger-Free Kids Act, 2010' puts a ban on junk foods in schools. It will replace it with healthier items on school menus by 2014-15 school year in all grade levels (elementary, middle and high school)</li> <li>● As of now several states have policies for competitive foods segregated into 'Foods of Minimal Nutritional Value' (FMNV) and all other foods offered for individual sale                             <ul style="list-style-type: none"> <li>– FMNV includes carbonated beverages, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn</li> <li>– Other competitive foods offered for sale in schools include foods purchased through a la carte in the cafeteria, vending machines, school stores, canteens, and snack bars</li> </ul> </li> </ul>
	Advertisements (under progress) <sup>31</sup>	<ul style="list-style-type: none"> <li>● The Interagency Working Group constituted under the 'Omnibus Appropriations Act, 2009', proposed two 'Nutrition Principles' based on which marketing of foods to children aged 2-17 is to be done after 2016:                             <ul style="list-style-type: none"> <li>– Meaningful contribution to a healthful diet</li> <li>– Nutrients with negative impact on health or weight</li> </ul> </li> <li>● About 20 categories of advertising, marketing and promotional activities are identified in the Federal Trade Commission's (FTC) food marketing study definitions. These include:                             <ul style="list-style-type: none"> <li>– Television, radio, and print advertising</li> <li>– Company sponsored web sites, ads on third-party Internet sites, and other digital advertising, such as email and text messaging</li> <li>– Packaging and point-of-purchase displays and other in-store marketing tools</li> <li>– Advertising and product placement in movies, videos, and video games</li> </ul> </li> </ul>

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How junk food is regulated across the world		
		<ul style="list-style-type: none"> <li>- Premium distribution, contests, and sweepstakes</li> <li>- Cross promotions, including character licensing and toy co-branding</li> <li>- Sponsorship of events, sports teams, and individual athletes</li> <li>- Word-of-mouth and viral marketing</li> <li>- Celebrity endorsements</li> <li>- In-school marketing</li> <li>- Philanthropic activity tied to branding opportunities</li> </ul>
	Tax <sup>31</sup>	<p>San Francisco (proposed, 2013)</p> <ul style="list-style-type: none"> <li>● Propose to Introduce tax on soda and sugar sweetened beverages</li> </ul>
<b>United Kingdom</b>	Schools	<p>England (2007)<sup>32</sup></p> <p>As per The Education (Nutritional Standards and Requirements for School Food) (England) Regulations, 2007</p> <ul style="list-style-type: none"> <li>● Comprehensive food and nutrient-based standards for maintained schools. Became statutory in primary schools from 2008 and secondary schools from 2009</li> <li>● Cover foods and drinks served at lunchtime and during school day</li> <li>● Food-based standards: severely restrict foods high in fat, salt and sugar, as well as low quality reformed or reconstituted foods</li> <li>● Nutrient-based standards: stipulate the minimum amounts of essential nutrients, vitamins and minerals and the maximum amounts of fats, salt and sugars that should be provided as part of an average school lunch</li> </ul> <p>Scotland (2008)<sup>33</sup></p> <ul style="list-style-type: none"> <li>● Restricted savory snacks</li> <li>● Prohibited confectionery such as chocolate, chocolate products and sweets</li> <li>● Prohibited sugary soft drinks, fizzy drinks etc.</li> <li>● Menus must not contain more than three deep-fried items in a single week (including chips). Chips, if served, must be served as part of a meal.</li> </ul>
	Advertisements (2008) <sup>34</sup>	<p>The Ofcom, an independent regulator along with Department of Health and Food Safety Agency put:</p> <ul style="list-style-type: none"> <li>● Ban on advertisements of HFSS food and drinks in and around programmes for under 16 (including pre-school children)</li> <li>● Restrictions on programmes sponsored by food and drink products that are HFSS</li> <li>● Restrictions on use of celebrities, cartoon characters and free gifts as incentives while promoting food and drinks that are HFSS</li> </ul>
<b>Uruguay</b>	Advertisements (2013) <sup>35</sup>	<p>The newly approved 'Healthy Diets in Educational Units' law bans advertising to children in school</p>

\* As in Dec 2013

**Annexure VII: Common packed Snack Foods to be restricted in schools**

Food item	Serving size	Calories	Total fat	Saturated fat	Sodium	Added Sugar
[Kcal]	[g]	[Kcal]	[g]	[g]	[g]	[g]
<b>Common Snack foods – Packed</b>						
Lays Potato Chips	50 g	272	17	2.7*	0.39	1
Haldiram Aloo Bhujia	50 g	315	25	5	0.34	0
Maggi Noodles**	80 g	360	14	6.8	0.95	0.8
Coca Cola	300 ml	132	0	0	0	33
Pepsi	300 ml	132	0	0	0	33
Slice	300 ml	189	0	0	0	45
Maaza	300 ml	162	0	0	0	39
Cadbury Dairy Milk Chocolate**	40 g	211	11	8	0.06	21
<b>Common Snack foods – Non Packaged</b>						
McDonalds Fries (Regular)	110 g	343	17	NA	0.26	0
KFC Golden Fries (Regular)	73.5 g	216.4	9.94	3.8	0.12	0
McAloo Tikki Burger	155 g	352	14	NA	0.84	8
KFC Vegetable Burger	188.3 g	534.8	24.99	11.7	1.2	NA
McChicken Burger	163 g	407	19	NA	1.0	5
KFC Chicken Zinger	195.8	463	21.3	6.46	0.97	NA
Pizza Hut's margerita pan (Personal) 2 slices	110 g	288.2	4.84	2.86	0.5	1.48
<b>Meal – McDonalds</b>						
McAloo Tikki Burger	155 g	352	14	NA	0.84	8
McDonalds Fries (Regular)	110 g	343	17	NA	0.26	0

**Note: As in May 2014**

**Sources: Common Snack foods – Packed: \*Company website US-hfritolay.com; pepsicoindia.co.in lays; haldiram.com; \*\*Independent website – calorielight.com as information on respective website is not available calorielight.com-maggi 2 minute noodle; pepsicoindia.co.in ; coca-colaindia.com; pepsicoindia.co.in- slice; coca-colaindia.com-maaza; calorielight.com-cadburysdairy milk**

**Common Snack foods – Non Packaged: mcDonaldsindia.net-mcalootikki-mcchicken-fries ; kfc.co.in - veg zinger appears to have been renamed;pizzahut.co.in**

**Meal – McDonalds: mcDonaldsindia.net ;coca-colaindia.com**

**Meal – KFC: kfc.co.in www.kfc.co.in ;coca-colaindia.com**

**Annexure VIII : RDA of Indian Children (2010)**

Group	Particulars	Body weight	Net Energy	Protein	Fat	Calcium	Iron	Vit.A. µg/d	
								Reti-nol	B-carotene
								kg	Kcal/d
Children	1-3 years	12.9	1060	16.7	27	600	09	400	3200
	4-6 years	18.0	1350	20.1	25		13	400	
	7-9 years	25.1	1690	29.5	30		16	600	4800
Adolescent Girls	10-12 years	35.0	2010	40.4	35	800	27	600	4800
	13-15 years	46.6	2330	51.9	40		27		
	16-17 years	52.1	2440	55.5	35		26		
Adolescent Boys	10-12 years	34.3	2190	39.9	35	800	21	600	4800
	13-15 years	47.6	2750	54.3	45		27		
	16-17 Years	55.4	3020	61.5	50		28		

## Annexure IX : Balanced Diet for Infants, Children and Adolescents (Number of Portions)

Balanced Diet for Infants, Children and Adolescents (Number of Portions)											
Food Groups	g/ portion	Infants 6-12 Months	Children (Years)								
			1-3	4-6	7- 9	10-12		13-15		16-18	
						Girls	Boys	Girls	Boys	Girls	Boys
Cereals & Millets	30	0.5	2	4	6	8	10	11	14	11	15
Pulses	30	0.25	1	1.0	2	2	2	2	2.5	2.5	3
Milk (ml) & milk products <sup>a</sup>	100	4a	5	5	5	5	5	5	5	5	
Roots & Tubers	100	0.5	0.5	1	1	1	1	1	1.5	2	2
Green Leafy Vegetables	100	0.25	0.5	0.5	1	1	1	1	1	1	
Other Vegetables	100	0.25	0.5	1	1	2	2	2	2	2	2
Fruits	100	1	1	1	1	1	1	1	1	1	1
Sugar	5	2	3	4	4	6	6	5	4	5	6
Fat/oil (visible)	5	4	5	5	6	7	7	8	9	7	10

### Source: Recommended Dietary Allowances for Indians (2010)

a- Quantity indicates top milk. For breastfed infants, 200 ml top milk is required

One portion of pulse may be exchanged with one portion (50 g) of egg/meat/chicken/fish

For infants- introduce egg/meat/chicken/fish around nine months

Specific recommendations as compared to a sedentary women/man

Children:

1-6 years- ½ to ¾ amounts of cereals, pulses and vegetables and an extra cup of milk

7-12 years- Extra cup of milk

Adolescent girls- Extra cup of milk

Adolescent Boys- Diet of sedentary man with extra cup of milk

**Annexure X: List of Healthier Sample Menu Options for School canteen ( with Kcal)**

<i>Food items</i>	<i>Kcal</i>	<i>Food items</i>	<i>Kcal</i>
Vegetable sandwiches (brown or multigrain in bread) {no mayonnaise, low fat cheese can be used} mint or coriander chutney	150-200	Paneer / chicken / egg / salami sandwiches (brown or multigrain bread) {no mayonnaise}(low fat cheese)	200-250
Fruit salad: 1 big katori	100	Fruit chat	100
Single fruits (seasonal)	80-100	Fruit yoghurts	100
Chickpea vegetable chat 1 medium katori	100	Paneer/ vegetable cutlets 2 pc	200
Fruit custard 1 big katori	200	Khandvi 2 pcs	80
Veg poha 1 medium katori	150	Sprout salad 1 medium katori (sprouts 30g rest salad)	100
Veg uttapam 1 medium	150	Veg upma 1 medium katori	200
Vegetable pulao with veg raita; 1 medium katori	200	Vegetable idlis with chutney: 2 pc	120
Vegetable (whole wheat flour/multigrain flour) kathi rolls: 1 made from wheat flour	150	Paneer/ chicken/egg (whole wheat flour/multigrain flour) kathi rolls: 1	200

**Table 4: Sample Beverage Options (200 ml) with Kcal**

<i>Beverages</i>	<i>Kcal</i>	<i>Beverages</i>	<i>Kcal</i>
Low fat milk shakes with seasonal fruits (banana, mango, cheeku , strawberry, black current ) no added sugar	180	Fresh lime soda / shikanjee (with 10g sugar)	40
Fresh fruit juice	120	Badam milk	180
Smoothies with fruits	180	Low salted / plain lassi	120
		Jaljeera with low salt	60



## **PART II - Guidelines on Food Safety, Hygiene and Sanitation for Food available in school canteens**

### **1. Food Safety, Hygiene and Sanitation:**

Food Safety, Hygiene and Sanitation are fundamental to ensure human health and safety. Several instances have come to notice, whereby, issues relating hygiene, sanitation and safety have raised concerns about the safety of the health of school children. The following requirements are important to ensure safety of food made available to them. These requirements should be read in conjunction with Schedule IV of Food Safety and Standards (Licensing and Registration) Regulation, 2011.

#### **1.1 Building design of school canteens:**

##### **a) Location**

- Food preparation and serving area should be located in such a way that there is no food safety risk from objectionable odors, smoke, dust or other such contaminants.
- It should not be located near toilets.

##### **b) Roads and areas used by wheeled traffic**

- Areas for wheeled traffic, in and around food preparation and serving areas, should be constructed in such a manner that it doesn't pose a risk to food safety.

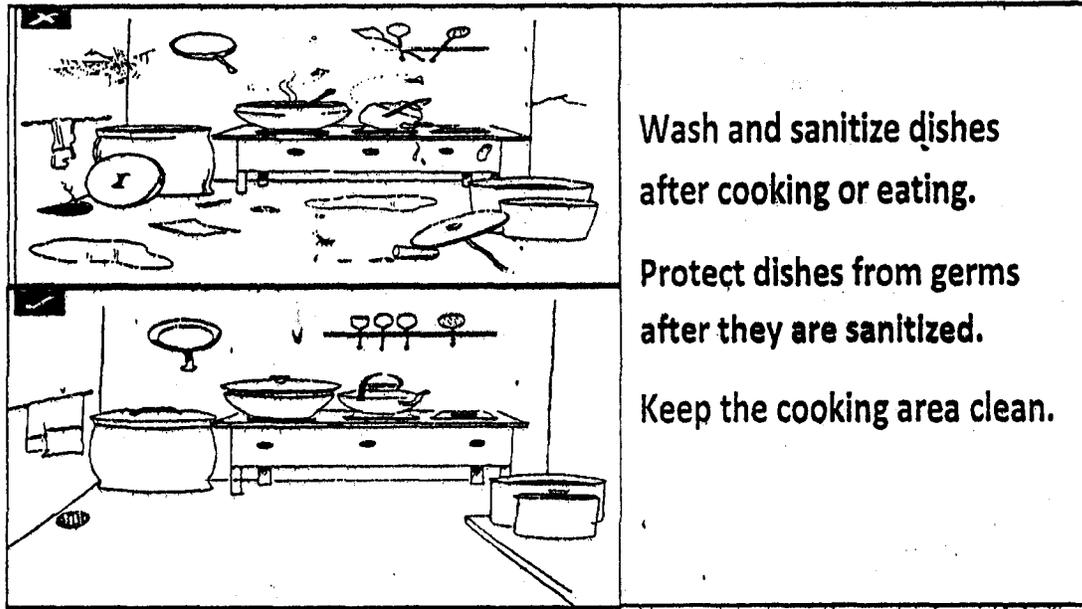
##### **c) School Canteen Building and Facilities**

- They should be:
  - of sound construction and well maintained,
  - designed to permit easy and adequate cleaning.
  - prevent the entrance and harboring of pests and
  - prevent entry of environmental contaminants such as smoke, dust, etc.
- Floors, walls and ceilings, where appropriate, should be easy to clean and disinfect, without crevices and prevent accumulation of dust.
- Windows and other openings should be fitted with insect-proof screens.
- Doors should have smooth, non-absorbent surfaces and, be self-closing.
- Adequate provisions for drainage and cleaning shall be made in school canteens.

## 1.2 Hygienic Requirement: Utensils / Equipment

### a) Equipment and Utensils

- All equipment and utensils which may come in contact with food should be made of material which is resistant to corrosion and is capable of withstanding repeated cleaning, and disinfection.
- All equipment and utensils should be designed and constructed to prevent hygienic hazards and permit easy and thorough cleaning and disinfection.

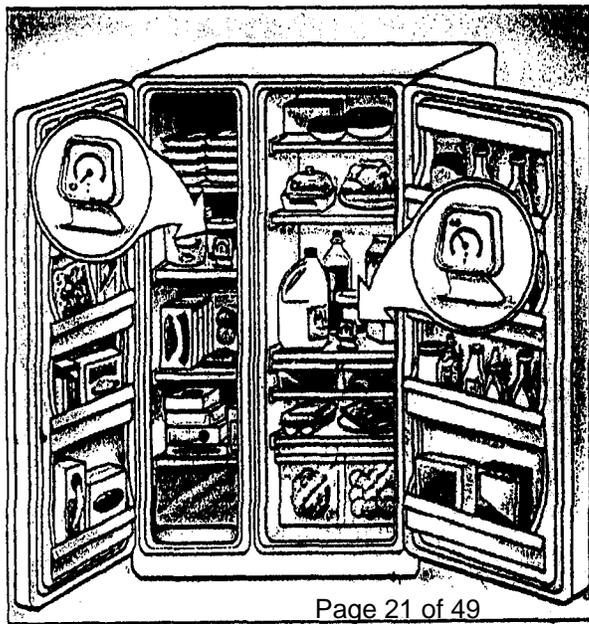


### b) Equipment and utensil storage

- Portable equipment such as spoons, beaters, pots and pans, etc., should be protected from contamination.

### c) Refrigeration

- In case canteens use raw materials or serve foods which require low temperature storage, canteen should have adequate facilities for the same.
- All refrigerated spaces should be equipped with temperature measurement devices.



### 1.3 Hygienic Requirement: Preparation Steps

#### a) Raw Material Requirements

- Raw materials or ingredients should be inspected prior to use in canteens. No raw material or ingredient should be accepted if it is decomposed or contains insects or extraneous substances

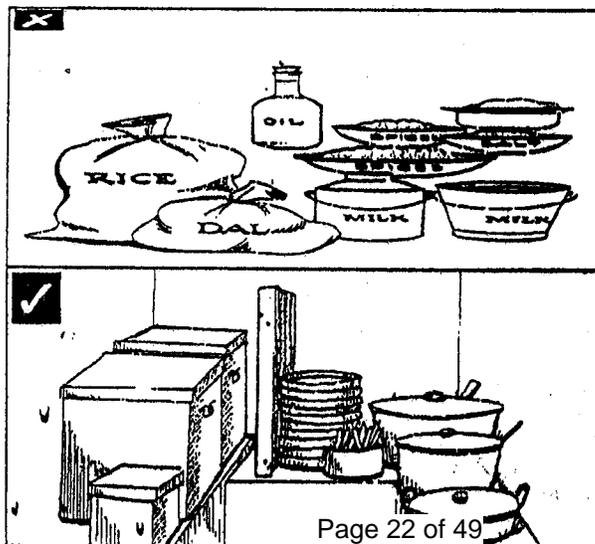


**Do Not Buy Foods  
like Fruits,  
Vegetables from  
Unhygienic Places**

- Raw materials and ingredients stored on the premises of the establishment should be maintained under conditions that will prevent spoilage, protect against contamination and minimize damage. Meat, poultry, fish and other non-veg products should be sourced only from licensed / authorized vendors.
- Frozen products should be received at temperature below  $-18^{\circ}\text{C}$  and fresh / chilled products to should be received at temperature below  $5^{\circ}\text{C}$  and must be refrigerated after reception till usage. Refrigerators should not be overstuffed to ensure proper circulation of the air inside.

#### b) Storage

- Raw and cooked food must be separated during storage and preparation.



- All raw foods which require refrigeration, such as meat, chicken, fish, certain vegetables etc., should be stored under appropriate refrigerated conditions.
- Appropriate stock rotation mechanisms must be used.
- Food must be kept hot at  $>60^{\circ}\text{C}$  or cold at  $<10^{\circ}\text{C}$ , during prolonged periods of service and where food is presented as a buffet/self-service.

) **Water Supply**

- An ample supply of clean drinking water, in compliance with the IS-10500 quality standard, under adequate pressure and of suitable temperature should be available with adequate facilities for its storage, where necessary.
- If required, a system to ensure supply of hot potable water should be available.
- Ice shall be made from potable water and should be handled and stored so as to protect it from contamination.

) **Cooking process**

- The time and temperature of cooking should be sufficient to ensure the destruction of non-spore forming pathogenic micro-organisms.
- The quality of oil or fat should regularly be checked for odor, taste and smoking color, and if necessary, changed. Repeated use of oil for frying is not desirable.

) **Salad preparation**

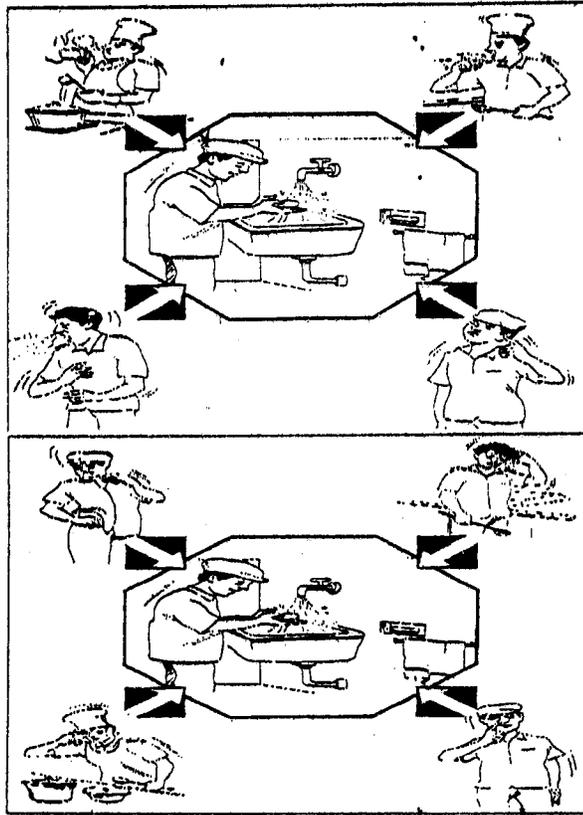
- Step: 1 for all salad items, sorting is to be done. Remove any bruise, rotten items.
- Step: 2 thoroughly wash the salad items (except onion where peeling off is done).
- Step: 3 Wash and sanitize the salad cutting area, cutting pad, knives /cutter and hands with disinfectant.
- Step 4: Cut and remove both ends of the salad item and rinse with water.
- Step 5: Peel off the outer skin of the salad items (where applicable) and dip in 25ppm – 50ppm chlorine solution for few minutes, before chopping into smaller pieces as desired. The chopped salad should be kept at refrigerator if stored longer than normal lunch hour.

**Precaution:** Do not handle the salad with BARE HANDS after sanitation.



### 1.4 Safe Handling of Cooked Food:

- Canteen Staff must be trained in the good hygiene practices, before hiring.
- Good practices of personal hygiene must be followed e.g. daily bath, hand sanitation and the protective uniform (including hair cover, gloves, shoes) etc.



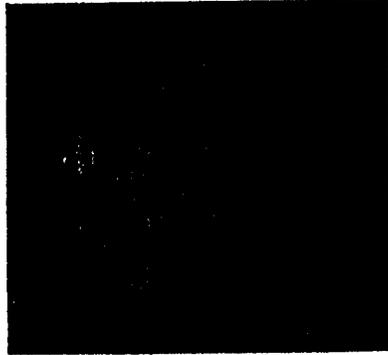
Wash hands after any of this

- Ensure that the serving plates, bowls, glasses and spoons are clean and dry.
- Periodical assessment/audit of the cooked food handling practices must be performed and shared with School Health Team.
- Regular microbiological analysis should be carried out for the cooked food, salad and drinking water in a FSSAI approved laboratory.
- Typical indicative values for different microbiological parameters are:

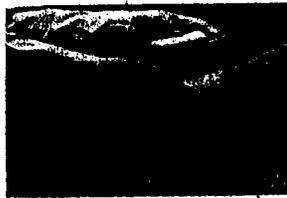
Item description	TPC	Coliforms	Norm: E. coli/g
Cooked Food	10,000 cfu/g	Max. 10 cfu/g	Absent/g
Salad	10,00,00 cfu/g	Max. 10 cfu/g	Absent/g
Utensils	100cfu/100 cm <sup>2</sup>	Max. 10 cfu/100 cm <sup>2</sup>	Absent/g
Hand swab from food handlers	100 cfu/ swab from both the hands	Max. 10 cfu/swab from both the hands	Absent / swab from both the hands

## 1.5 Personal Cleanliness

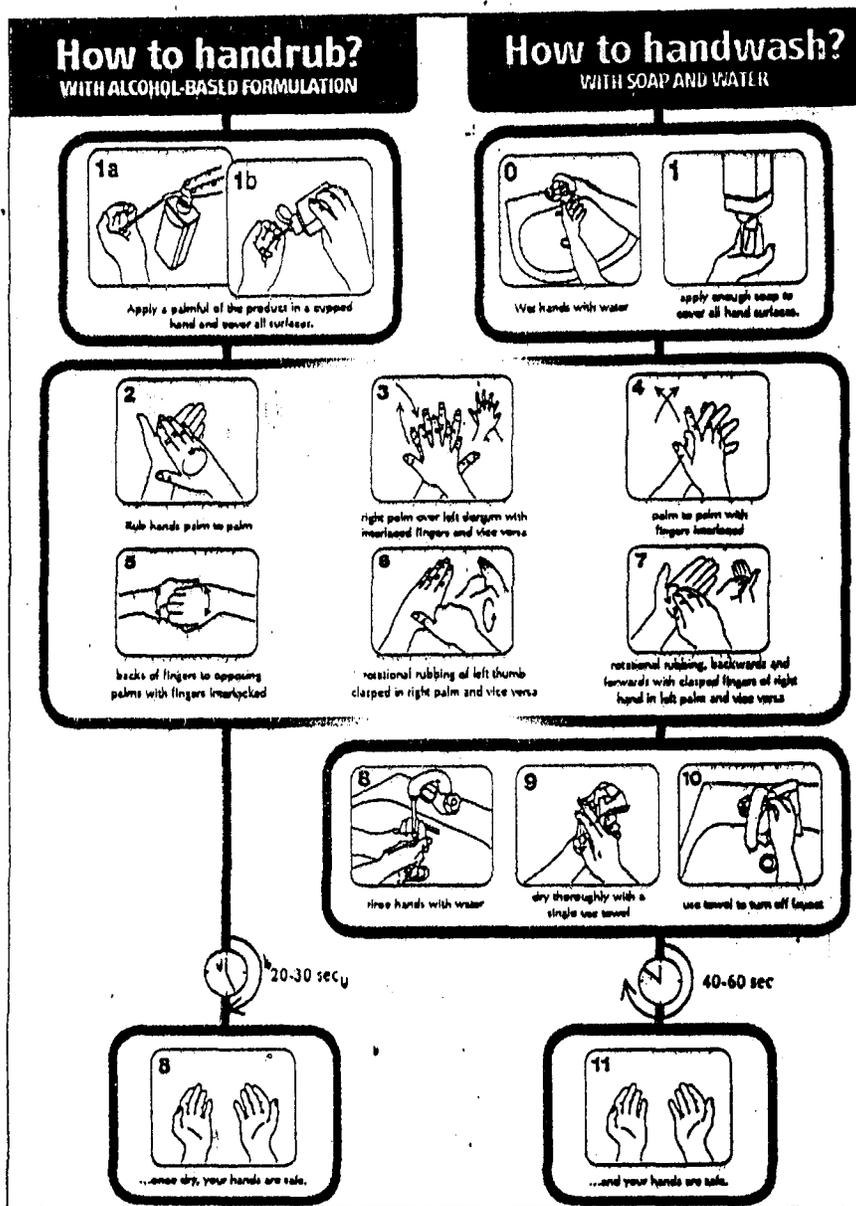
- a) Canteen staff must maintain a high degree of personal cleanliness, trimmed nails, (where appropriate) wear suitable protective clothing, head covering.



- b) In-case of cuts and wounds, canteen staff may be permitted to continue working, with suitable cover / waterproof dressings.



- c) Canteen staff must wash their hands with soap where personal cleanliness may affect food safety, for example:
- At the start of food handling activities
  - Immediately after using the toilet.
  - After handling raw food or any contaminated material (used utensils, waste materials).

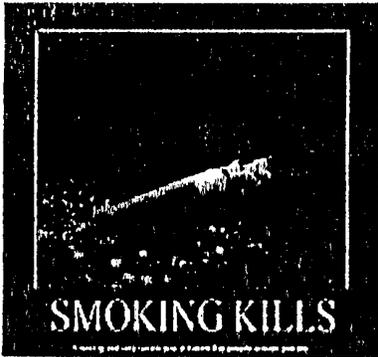


### 1.6 Health Status

- a) Personnel known, or believed, to be suffering from, or to be a carrier of a disease or illness likely to be transmitted through food, shall not be allowed to enter into any food handling area.
- b) Arrangements shall be made to get the canteen operators/food handlers in school canteens to be medically examined regularly to ensure that they are free from any infectious, contagious and other communicable diseases.

### 1.7 Personal Behavior

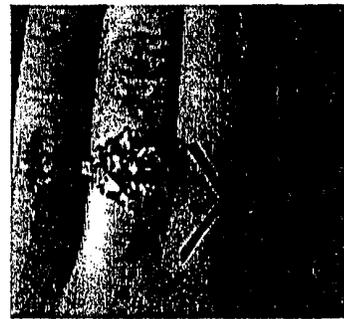
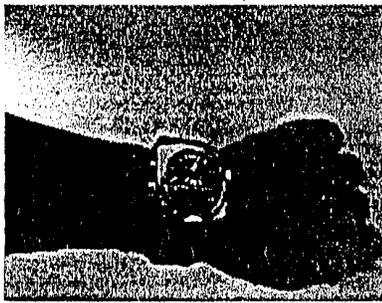
- a) People engaged in food handling activities should refrain from behavior which could result in contamination of food, for example:
  - Smoking; spitting; Chewing or eating or sneezing or coughing over unprotected food.
  - Putting fingers on hair, nose, mouth during cooking or serving food.



NO SPITTING



- b) Personal effects such as jewelry, watches, pins or other items should not be worn or brought into food handling areas.



- c) Prevent cross contamination – before starting the job of cutting or cooking, ensure all utensils, knife, chopping boards should be thoroughly cleaned. Separate chopping boards and knives for raw fruit/vegetables/meat/poultry and ready-to-eat food should be used.



- d) All types of chemicals i.e. cleaning, sanitation and insecticides etc. must be stored away from raw materials and finished foods and should be stored under control with lock and key.

	<p>Store foods in appropriate containers</p> <p>To prevent cross contamination, cooked and uncooked food should not be kept in the same</p>

## 1.8 Pest Management

- a) Animals and insects, potential risks to health, should be excluded from canteen buildings

Rat: responsible for plague, Q fever, leptospirosis



Pigeon: responsible for salmonellosis, psittacosis



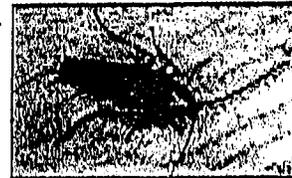
Housefly: carrier of pathogenic bacteria.



Weevils: carrier of pathogenic bacteria.

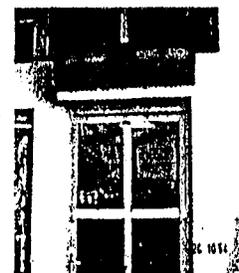


Cockroach: carrier of Pathogens.

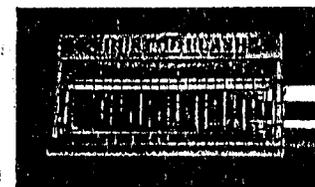


- b) There should be an effective control of pests. Canteen and surrounding areas should be examined for evidence of infestation.

- Ensure doors are closed, when not in use.
- Use proper netting / air curtain / PVC strip with 25% overlapping
- Do not give food & space for roosting.
- Keep area clean. Do not leave any open foodstuff.
- Maintain clean drainage, and treat gutters periodically.



- c) Pest control treatments with chemical or biological agents should only be undertaken under direct supervision of trained personnel.

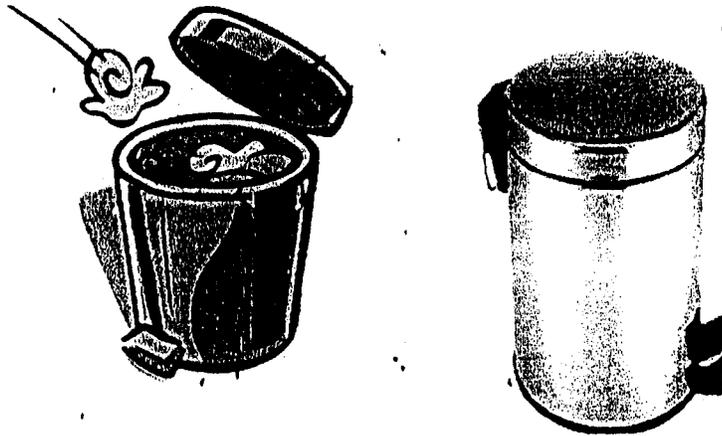


- d) Insecticides should only be used if other measures cannot be used effectively. Before pesticides are applied, all food, equipment and utensils should be safeguarded from contamination.

- e) After application, contaminated equipment and utensils should be thoroughly cleaned to remove residues prior to being used again.

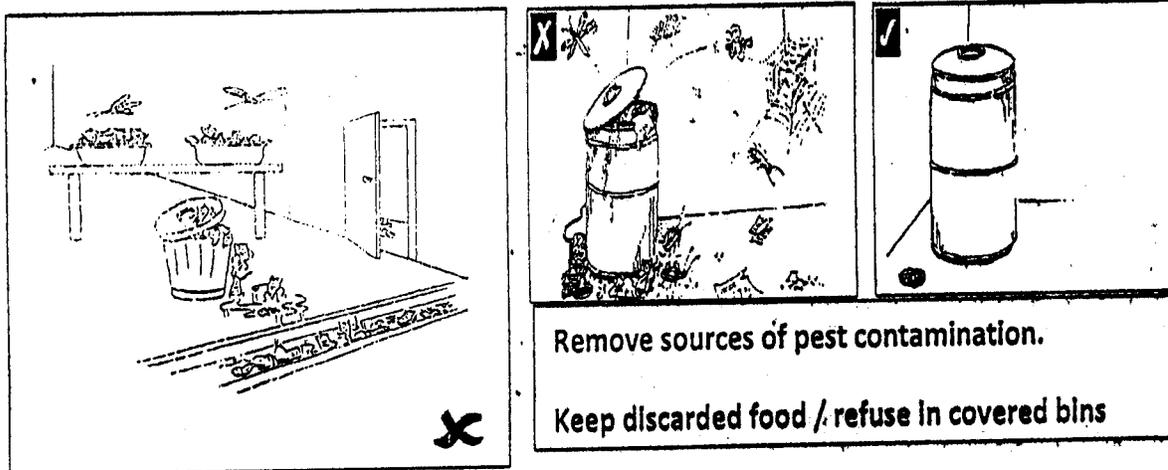
## 1.9 Waste Management

- a) Containers for inedible material and waste should be covered, leak proof, constructed of metal or other suitable material which should be easy to clean. Collection of waste material should not spread it to other areas.



- b) Facilities for storage of waste and inedible material

Where required, schools should also have facilities for the storage of waste/ inedible material prior to removal from the canteen. These should be designed to prevent access by pests.



- c) Waste disposal

Schools should have an efficient waste disposal system which should at all times be maintained in good order and repair. All waste pipes should be properly trapped and lead to a drain.

## 1.10 Training

- a. Training of canteen staff is an essential foundation pillar for the success of food safety management systems and it needs to be supported by the school health teams.
- b. School health team should identify and train a senior person as the food safety leader, who should be capable of understanding this area.
- c. Food Safety team leader should also be instrumental in inculcating awareness among canteen staff and students.

### Checklist for Utensils and Other Equipment

S. No.	Activity/Focus Point	Yes	No	Corrective action	Remarks
1.	Sufficient stainless steel utensils and other wares required for cooking available in proper condition				
2.	Food contact surface does not contaminate food with off smell or odour				
3.	Food contact surface are smooth for cleaning and without any pits, corrosion or foreign matter and is not absorbing moisture				
4.	Equipment allow complete cleaning and draining of water with no water/food residues holding				
5.	Equipment are identified for the usage to prevent cross contamination, i.e., Containers used for raw material, processed food and waste etc.				
6.	Separate storage space identified for clean and unclean utensils and protected from contamination				
7.	Refrigerators are maintained clean and stuffed not in excess with proper segregation to prevent cross contamination				
8.	Raw material Refrigerator must be separate from processed foods				
9.	Equipments have the desired covers for prevention of any unintended contamination of foreign matter, hair, dirt, etc.				
10.	Crack wares are not in use				

**Checklist for Raw Materials Management**

S. No.	Activity/Focus Point	Yes	No	Corrective action	Remarks
1.	Raw Material used in the kitchen are listed and approved				
2.	Raw Material purchase system is documented with the criteria for food quality and safety and approved				
3.	Raw material purchase excludes spoilage, pest infestation, fungus or objectionable odours and dirt				
4.	Processed material purchase from identified vendors (ideally approved vendors)				
5.	Raw Material storage in proper condition - Perishable products at < 10 C; Segregation between raw and processed foods. Animal origin products < 5 C (milk, meat etc.). Frozen Material at - 18 C				
6.	Inventory Control exists with identified expiry/ use before date. Excess materials are not allowed				
7.	Individual Raw material storage Containers with proper covers and labels				
8.	Inspection system of Raw materials to prevent any pest growth like raw cereals and pulses etc.				
9.	No infested material stored in the kitchen and disposal mechanism exists				
10.	Temp. Monitoring of equipment storing materials done on daily basis				

### Checklist for Water and Salads

S. No.	Activity/Focus Point	Yes	No	Corrective action	Remarks
1.	Clean/potable water availability for Drinking and Washing, cleaning as per IS-10500				
2.	Hot water available for washing utensils				
3.	Water taps in proper repaired conditions				
4.	Water used for other requirements in segregated lines, no cross connection. Water distribution lines are identifiable for the type of water				
5.	Ice is prepared from clean potable water				
6.	Drinking Water cooler, dispensers are maintained clean and under proper cover with no entry points for pests or dirt.				
7.	Salad are washed in clean drinking water and all visible soil is removed				
8.	Salads are peeled off and dipped in chlorine water as prescribed before chopping				
9.	Separate containers, knives are used for salad after peeling off/ washing.				
10.	Chopped Salad is kept at cold temperature( < 10 C) before serving				

Checklist for Handling of Cooked Food					
S. No.	Activity/Focus Point	Yes	No	Corrective action	Remarks
1	Persons serving food are trained in Hygiene and Food Safety Principles with training records				
2	Persons following proper usage of PPEs				
3	Canteen crew following Personal Hygiene practices - No sneezing, no jewelry, trimmed hair nails etc.				
4	Separate Serving spoons for individual cooked items				
5	Serving plates, spoons etc. are clean and dry kept at clean surface.				
6	Proper segregation of cooked food from raw fruits and Salads				
7	Cooked Food kept at hot temp. (> 60 C) and salad, yoghurt, ice creams etc. to be at < 10 C before serving as applicable.				
8	The cooked food containers, are properly covered and with separate spoons to prevent any contamination				
9	Spilled foods is removed carefully				
10	Leftover food is disposed of as waste immediately				

**Checklist for Monitoring and Controls**

S. No.	Activity/Focus Point	Yes	No	Corrective action	Remarks
1	The Hygiene management system is in place with respect to the formation of the hygiene committees including Management				
2	Proper training are delivered, evaluated and recorded for, Food Safety and Hygiene				
3	Raw Material Quality and food safety checks are conducted before purchase, delivery and usage				
4	Regular inspection and assessment is done by the Food Safety Committee for Hygiene controls in the kitchen and related areas like wash rooms				
5	Periodical Hygiene monitoring checks are conducted for the canteen Crew by the Hygiene/ Food Safety Committee				
6	Periodical checks on the cooked food and water quality are conducted in an external FSSAI approved laboratory				
7	All the records and inspection results of food quality and safety are reviewed by the food safety team leader and presented to the management for corrective action				
8	Management commitment is visible by their presence in the meetings and minutes of meetings are shared in the food safety committee meetings				
9	Improvement areas are identified and pending points are properly tracked				
10	Certification from the FSSAI is conducted by the management committee				
11	Key Deliverables on the food Hygiene standards are tracked and the staff is motivated by recognizing the best employee etc.				

**MINISTRY OF HEALTH AND FAMILY WELFARE**  
**(Food Safety and Standards Authority of India)**

Notification

New Delhi, dated the 1<sup>st</sup> August, 2011

F.No. 2-15015/30/2010 Whereas in exercise of the powers conferred by clause (k) of subsection (2) of section 92 read with section 23 of Food Safety and Standards Act, 2006 (34 of 2006) the Food Safety and Standards Authority of India proposes to make Food Safety and Standards Regulations in so far they relates to Food Safety and Standards (Packaging and Labelling) Regulations, 2011, and;

Whereas these draft Regulations were published in consolidated form at pages 1 to 776 in the Gazette of India Extraordinary Part III – Sec. 4 dated 20<sup>th</sup> October 2010 inviting objections and suggestions from all persons likely to be affected thereby before the expiry of the period of thirty days from the date on which the copies of the Gazette containing the said notification were made available to the public;

And whereas the copies of the Gazette were made available to the public on the 21<sup>st</sup> October 2010;

And whereas objections and suggestions received from the stakeholders within the specified period on the said draft Regulations have been considered and finalized by the Food Safety and Standards Authority of India.

Now therefore, the Food Safety and Standards Authority of India hereby makes the following Regulations, namely,—

**FOOD SAFETY AND STANDARDS (PACKAGING AND LABELLING) REGULATIONS, 2011**

**CHAPTER 1**  
**GENERAL**

1.1: Short title and commencement

1.1.1: These regulations may be called the Food Safety and Standards (Packaging and labelling) Regulations, 2011

1.1.2: These regulations shall come into force on or after 5<sup>th</sup> August, 2011

1.2: Definitions—

1.2.1: In these regulations unless the context otherwise requires:

1. “Best before” means the date which signifies the end of the period under any stated storage conditions during which the food shall remain fully marketable and shall retain any specific qualities for which tacit or express claims have been made and beyond that date, the food may still be perfectly safe to consume, though its quality may have diminished. However the food shall not be sold if at any stage the product becomes unsafe.

2. “Date of manufacture” means the date on which the food becomes the product as described;

3. “Date of packaging” means the date on which the food is placed in the immediate container in which it will be ultimately sold;

4. “Infant” means a child not more than twelve months of age;

5. “Lot number” or “code number” or “batch number” means the number either in numerals or alphabets or in combination thereof, representing the lot number or code number or batch number, being preceded by the words “Lot No” or “Lot” or “code number” or “Code” or Batch No” or “Batch” or any distinguishing prefix by which the food can be traced in manufacture and identified in distribution.

6. “Multipiece package” means a package containing two or more individually packaged or labelled pieces of the same commodity of identical quantity, intended for retail either in individual pieces or packages as a whole.

7. “Non- Vegetarian Food” means an article of food which contains whole or part of any animal including birds, fresh water or marine animals or eggs or products of any animal origin, but excluding milk or milk products, as an ingredient;

8. “Prepackaged” or “Pre-packed food”, means food, which is placed in a package of any nature, in such a manner that the contents cannot be changed without tampering it and which is ready for sale to the consumer.

Note: The expression “package” wherever it occurs in these Regulations, shall be construed as package containing pre-packed food articles.

9. “Principal Display Panel” means that part of the container/package which is intended or likely to be displayed or presented or shown or examined by the customer under normal and customary conditions of display, sale or purchase of the commodity contained therein.

10. “Use – by date” or “Recommended last consumption date” or “Expiry date” means the date which signifies the end of the estimated period under any stated storage conditions, after which the food probably will not have the quality and safety attributes normally expected by the consumers and the food shall not be sold;

11. “Vegetarian Food” means any article of Food other than Non- Vegetarian Food as defined in regulation 1.2.1 (7).

12. “Wholesale package” means a package containing —

(a) a number of retail packages, where such first mentioned package is intended for sale, distribution or delivery to an intermediary and is not intended for sale direct to a single consumer; or

(b) a commodity of food sold to an intermediary in bulk to enable such intermediary to sell, distribute or deliver such commodity of food to the consumer in smaller quantities.

## CHAPTER-2

### PACKAGING AND LABELLING

#### 2.1: Packaging

##### 2.1.1: General Requirements

1. A utensil or container made of the following materials or metals, when used in the preparation, packaging and storing of food shall be deemed to render it unfit for human consumption:—

(a) containers which are rusty;

(b) enameled containers which have become chipped and rusty;

(c) copper or brass containers which are not properly tinned

(d) containers made of aluminium not conforming in chemical composition to IS:20 specification for Cast Aluminium & Aluminium Alloy for utensils or IS:21 specification for Wrought Aluminium and Aluminium Alloy for utensils.

2. Containers made of plastic materials should conform to the following Indian Standards Specification, used as appliances or receptacles for packing or storing whether partly or wholly, food articles namely :—

(i) IS : 10146 (Specification for Polyethylene in contact with foodstuffs);

(ii) IS : 10142 (Specification for Styrene Polymers in contact with foodstuffs);

(iii) IS : 10151 (Specification for Polyvinyl Chloride (PVC), in contact with foodstuffs);

(iv) IS : 10910 (Specification for Polypropylene in contact with foodstuffs);

(v) IS : 11434 (Specification for Ionomer Resins in contact with foodstuffs);

(vi) IS: 11704 Specification for Ethylene Acrylic Acid (EAA) copolymer.

(vii) IS: 12252 - Specification for Poly alkylene terephthalates (PET).

(viii) IS: 12247 - Specification for Nylon 6 Polymer;

(ix) IS: 13601 - Ethylene Vinyl Acetate (EVA);

(x) IS: 13576 - Ethylene Metha Acrylic Acid (EMAA);

(xi) Tin and plastic containers once used, shall not be re-used for packaging of edible oils and fats;

Provided that utensils or containers made of copper though not properly tinned, may be used for the preparation of sugar confectionery or essential oils and mere use of such utensils or containers shall not be deemed to render sugar confectionery or essential oils unfit for human consumption.

3. General packaging requirements for Canned products,

- (i) All containers shall be securely packed and sealed.
- (ii) The exterior of the cans shall be free from major dents, rust, perforations and seam distortions.
- (iii) Cans shall be free from leaks.

#### 2.1.2: Product specific requirements

##### 1. Packaging requirements for Milk and Milk Products

(a) Bottling or filling of containers with heat-treated milk and milk product shall be carried out mechanically and the sealing of the containers shall be carried out automatically.

(b) Wrapping or packaging may not be re-used for dairy products, except where the containers are of a type which may be re-used after thorough cleaning and disinfecting.

(c) Sealing shall be carried out in the establishment in which the last heat-treatment of drinking milk or liquid milk-base products has been carried out, immediately after filling, by means of a sealing device which ensures that the milk is protected from any adverse effects of external origin on its characteristic. The sealing device shall be so designed that once the container has been opened, the evidence of opening remains clear and easy to check.

(d) Immediately after packaging, the dairy products shall be placed in the rooms provided for storage.

##### 2. Packaging requirements for Edible oil/ fat:

Tin Plate used for the manufacture of tin containers for packaging edible oils and fats shall conform to the standards of prime grade quality contained in B.I.S. Standards No. 1993 or 13955 or 9025 or 13954 as amended from time to time and in respect of Tin containers for packaging edible oils and fats shall conform to IS No. 10325 or 10339 as amended from time to time.

##### 3. Packaging requirements for Fruits and Vegetables Products

(i) Every container in which any fruit product is packed shall be so sealed that it cannot be opened without destroying the licensing number and the special identification mark of the manufacture to be displayed on the top or neck of the bottle.

(ii) For Canned fruits, juices and vegetables, sanitary top cans made up of suitable kind of tin plates shall be used.

(iii) For Bottled fruits, juices and vegetables, only bottles/ jars capable of giving hermetic seal shall be used.

(iv) Juices, squashes, crush, cordials, syrups, barley waters and other beverages shall be packed in clean bottles securely sealed. These products when frozen and sold in the form of ice shall be packed in suitable cartons. Juices and Pulps may be packed in wooden barrels when sulphited.

(v) For packing Preserves, Jams, Jellies, and Marmalades, new cans, clean jars, new canisters, bottles, chinaware jars, aluminium containers may be used and it shall be securely sealed.

(vi) For Pickles, clean bottles, jars, wooden casks, tin containers covered from inside with polythene lining of 250 gauge or suitable lacquered cans shall be used.

(vii) For Tomato Ketchups and Sauces, clean bottles shall be used. If acidity does not exceed 0.5% as acetic acid, open top sanitary cans may also be used.

(viii) Candied fruits and peels and dried fruits and vegetables can be packed in paper bags, cardboard or wooden boxes, new tins, bottles, jars, aluminium and other suitable approved containers.

(ix) Fruits and Vegetable products can also be packed in aseptic and flexible packaging material having good grade quality conforming to the standards laid down by BIS.

##### 4. Packaging requirements for Canned Meat Products

(i) New sanitary top cans made from suitable kind of tin plate shall be used. The cans shall be lacquered internally; they shall be sealed hermetically after filling. The lacquer used shall be sulphur resistant and shall not be soluble in fat or brine.

(ii) Cans used for filling pork luncheon meat shall be coated internally with edible gelatin, lard or lined with vegetable parchment paper before being filled.

(iii) Meat products packed in hermetically sealed containers shall be processed to withstand spoilage under commercial conditions of storage and transport.

#### 5. Packaging requirements for Drinking Water (Both Packaged and Mineral Water)

It shall be packed in clean, hygienic, colourless, transparent and tamperproof bottles/containers made of polyethylene (PE) (conforming to IS:10146 or polyvinyl chloride (PVC) conforming to IS : 10151 or polyalkylene terephthalate (PET and PBT) conforming to IS : 12252 or polypropylene conforming to IS : 10910 or foodgrade polycarbonate or sterile glass bottles suitable for preventing possible adulteration or contamination of the water.

All packaging materials of plastic origin shall pass the prescribed overall migration and colour migration limits.

### 2.2: Labelling

#### 2.2.1: General Requirements

1. Every prepackaged food shall carry a label containing information as required here under unless otherwise provided, namely,—

2. The particulars of declaration required under these Regulations to be specified on the label shall be in English or Hindi in Devnagri script:

Provided that nothing herein contained shall prevent the use of any other language in addition to the language required under this regulation.

3. Pre-packaged food shall not be described or presented on any label or in any labelling manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect;

4. Label in pre-packaged foods shall be applied in such a manner that they will not become separated from the container;

5. Contents on the label shall be clear, prominent, indelible and readily legible by the consumer under normal conditions of purchase and use;

6. Where the container is covered by a wrapper, the wrapper shall carry the necessary information or the label on the container shall be readily legible through the outer wrapper and not obscured by it;

#### 2.2.2: Labelling of Pre-packaged Foods

In addition to the General Labelling requirements specified in 2.2.1 above every package of food shall carry the following information on the label, namely,—

1. The Name of Food: The name of the food shall include trade name or description of food contained in the package.

2. List of Ingredients: Except for single ingredient foods, a list of ingredients shall be declared on the label in the following manner:—

(a) The list of ingredients shall contain an appropriate title, such as the term “Ingredients”;

(b) The name of Ingredients used in the product shall be listed in descending order of their composition by weight or volume, as the case may be, at the time of its manufacture;

(c) A specific name shall be used for ingredients in the list of Ingredients;

Provided that for Ingredients falling in the respective classes, the following class titles may be used, namely:—

Classes	Class Titles
Edible vegetable oils/Edible vegetable fat	Edible vegetable oil/ Edible vegetable fat or both hydrogenated or Partially hydrogenated oil
Animal fat / oil other than milk fat	Give name of the source of fat. Pork fat, lard and beef fat or extracts thereof shall be declared by specific names
Starches, other than chemically modified starches	Starch
All species of fish where the fish constitutes an ingredient of another food and provided that the labelling and presentation of such food does not refer to a species of fish	Fish

All types of poultry meat where such meat constitutes an ingredient of another food and provided that the labelling and presentation of such a food does not refer to a specific type of poultry meat	Poultry meat
All types of cheese where cheese or mixture of cheeses constitutes an ingredient of another food and provided that the labelling and presentation of such food does not refer to a specific type of cheese	Cheese
All spices and condiments and their extracts	Spices and condiments or mixed spices/ condiments as appropriate
All types of gum or preparations used in the manufacture of gum base for chewing gum	Gum Base
Anhydrous dextrose and dextrose monohydrate	Dextrose or Glucose
All types of Caseinates	Caseinates
Press, expeller or refined cocoa butter	Cocoa butter
All crystallized fruit	Crystallized fruit
All milk and milk products derived solely from milk	Milk solids
Cocoa bean, Coconib, Cocomass, Cocoa press cakes, Cocoa powder (Fine/Dust)	Cocoa solids

Provided further that pork fat, lard and beef fat or extract thereof shall be declared by their specific names;

(d) Where an ingredient itself is the product of two or more ingredients, such a compound ingredients shall be declared in the list of ingredients, and shall be accompanied by a list, in brackets, of its ingredients in descending order of weight or volume, as the case may be:

Provided that where a compound ingredient, constitutes less than five percent of the food, the list of ingredients of the compound ingredient, other than food additive, need not to be declared;

(e) Added water shall be declared in the list of ingredients except in cases where water forms part of an ingredient, such as, brine, syrup or broth, used in the compound food and so declared in the list of ingredients:

Provided that water or other volatile ingredients evaporated in the course of manufacture need not be declared;

Provided further that in the case of dehydrated or condensed food, which are intended to be reconstituted by addition of water, the ingredients in such reconstituted food shall be declared in descending order of weight or volume as the case may be, and shall contain a statement such as "Ingredients of the product when prepared in accordance with the directions on the label";

(f) Every package of food sold as a mixture or combination shall disclose the percentage of the ingredient used at the time of the manufacture of the food (including compound ingredients or categories of ingredients), if such ingredient—

(i) is emphasised as present on the label through words or pictures or graphics; or

(ii) is not within the name of the food but, is essential to characterise the food and is expected to be present in the food by consumers, and if the omission of the quantitative ingredient declaration will mislead or deceive the consumer.

Provided that where the ingredient has been used as flavouring agent, the disclosure of such ingredient is not required:

Provided further that where the drained net weight is indicated on the label as required or in case of such food products where specific provisions are stipulated under these Regulations or where a pictorial representation of a serving suggestion is made for consumer information and use, the disclosure of such ingredient is not required.

Provided further that in case of any bottle containing liquid milk or liquid beverage having milk as an ingredient, soft drink, carbonated water or ready-to-serve fruit beverages, the declarations with regard to addition of fruit pulp and fruit juice shall invariably appear on the body of the bottle.

3. Nutritional information – Nutritional Information or nutritional facts per 100 gm or 100ml or per serving of the product shall be given on the label containing the following:—

- (i) energy value in kcal;
- (ii) the amounts of protein, carbohydrate (specify quantity of sugar) and fat in gram (g) or ml;
- (iii) the amount of any other nutrient for which a nutrition or health claim is made:

Provided that where a claim is made regarding the amount or type of fatty acids or the amount of cholesterol, the amount of saturated fatty acids, monounsaturated fatty acids and polyunsaturated fatty acids in gram (g) and cholesterol in milligram (mg) shall be declared, and the amount of trans fatty acid in gram (g) shall be declared in addition to the other requirement stipulated above;

(iv) Wherever, numerical information on vitamins and minerals is declared, it shall be expressed in metric units;

(v) Where the nutrition declaration is made per serving, the amount in gram (g) or milliliter (ml) shall be included for reference beside the serving measure;

Provided that the food claimed to be enriched with nutrients, such as, minerals, proteins, vitamins, metals or their compounds, amino acids or enzymes shall give the quantities of such added nutrients on the label.

Provided that —

(i) the nutritional information may not be necessary, in case of foods such as raw agricultural commodities, like, wheat, rice, cereals, spices, spice mixes, herbs, condiments, table salt, sugar, jaggery, or non –nutritive products, like, soluble tea, coffee, soluble coffee, coffee-chicory mixture, packaged drinking water, packaged mineral water, alcoholic beverages or fruit and vegetables, processed and pre- packaged assorted vegetables, fruits, vegetables and products that comprise of single ingredient, pickles, papad, or foods served for immediate consumption such as served in hospitals, hotels or by food services vendors or *halwais*, or food shipped in bulk which is not for sale in that form to consumers.

(ii) The compliance to quantity of declared nutrients on the label shall be according to the established practices.

*Explanation* — For the purpose of this provision, at the time of analysis, due consideration, based on shelf-life, storage, and inherent nature of the food shall be kept in view in case of quantity declared nutrients;

(iii) The food, in which hydrogenated vegetable fats or bakery shortening is used shall declare on the label that ‘hydrogenated vegetable fats or bakery shortening used- contains trans fats’;

Provided further that, a health claim of ‘trans fat free’ may be made in cases where the trans fat is less than 0.2 gm per serving of food and the claim ‘saturated fat free’ may be made in cases where the saturated fat does not exceed 0.1 gm per 100 gm or 100 ml of food.

For the purpose of regulation 2.2.2 (3);

(i) “Health claims” means any representation that states, suggests or implies that a relationship exists between a food or a constituent of that food and health and include nutrition claims which describe the physiological role of the nutrient in growth, development and normal functions of the body, other functional claims concerning specific beneficial effect of the consumption of food or its constituents, in the context of the total diet, on normal functions or biological activities of the body and such claims relate to a positive contribution to health or to the improvement of function or to modifying or preserving health, or disease, risk reduction claim relating to the consumption of a food or food constituents, in the context of the total diet, to the reduced risk of developing a disease or health related condition;

(ii) “Nutrition claim” means any representation which states, suggests or implies that a food has particular nutritional properties which are not limited to the energy value but include protein, fat carbohydrates, vitamins and minerals;

(iii) "Risk reduction" in the context of health claims means significantly altering a major risk factor for a disease or health-related condition;

Provided further that in the case of returnable new glass bottle manufactured and used for packing of such beverages on or after 19<sup>th</sup> March 2009, the list of ingredient and nutritional information shall be given on the bottle.

#### 4. Declaration regarding Veg or Non veg –

(i) Every package of "Non Vegetarian" food shall bear a declaration to this effect made by a symbol and colour code as stipulated below to indicate that the product is Non-Vegetarian Food. The symbol shall consist of a brown colour filled circle having a diameter not less than the minimum size specified in the Table mentioned in the regulation 2.2.2 (4) (iv), inside a square with brown outline having sides double the diameter of the circle as indicated below :



Brown colour

(ii) Where any article of food contains egg only as Non-Vegetarian ingredient, the manufacturer, or packer or seller may give declaration to this effect in addition to the said symbol.

(iii) Every package of Vegetarian Food shall bear a declaration to this effect by a symbol and colour code as stipulated below for this purpose to indicate that the product is Vegetarian Food. The symbol shall consist of a green colour filled circle, having a diameter not less than the minimum size specified in the Table below, inside the square with green outline having size double the diameter of the circle, as indicated below :



Green colour

#### (iv) Size of the logo

SlNo.	Area of principal display panel	Minimum size of diameters in mm
1.	Upto 100 cms. Square.	3
2.	Above 100 cms. square upto 500 cms square.	4
3.	Above 500 cms square upto 2500 cms square.	6
4.	Above 2500 cms. Square.	8

The symbol shall be prominently displayed

(i) on the package having contrast background on principal display panel;

(ii) just close in proximity to the name or brand name of the product;

(iii) on the labels, containers, pamphlets, leaflets, advertisements in any media;

Provided also that the provisions of regulation 2.2.2(4) shall not apply in respect of mineral water or packaged drinking water or carbonated water or alcoholic drinks, or liquid milk and milk powders.

#### 5. Declaration regarding Food Additives-

(i) For food additives falling in the respective classes and appearing in lists of food additives permitted for use in foods generally, the following class titles shall be used together with the specific names or recognized international numerical identifications:

Acidity Regulator, Acids, Anticaking Agent, Antifoaming Agent, Antioxidant, Bulking Agent, Colour, Colour Retention Agent, Emulsifier, Emulsifying Salt, Firming Agent, Flour Treatment Agent, Flavour Enhancer, Foaming Agent, Gelling Agent, Glazing Agent, Humectant, Preservative, Propellant, Raising Agent, Stabilizer, Sweetener, Thickener:

(ii) Addition of colours and/or Flavours—

(a) Extraneous addition of colouring matter to be mentioned on the label – Where an extraneous colouring matter has been added to any article of food, there shall be displayed one of the following

statements in capital letters, just beneath the list of the ingredients on the label attached to any package of food so coloured, namely:

CONTAINS PERMITTED NATURAL COLOUR(S)

OR

CONTAINS PERMITTED SYNTHETIC FOOD COLOUR(S)

OR

CONTAINS PERMITTED NATURAL AND SYNTHETIC FOOD COLOUR(S)

Provided that where such a statement is displayed along with the name or INS no of the food colour, the colour used in the product need not be mentioned in the list of ingredients.

(b) Extraneous addition of flavouring agents to be mentioned on the label.

Where an extraneous flavouring agent has been added to any article of food, there shall be written just beneath the list of ingredients on the label attached to any package of food so flavoured, a statement in capital letters as below :

CONTAINS ADDED FLAVOUR (specify type of flavouring agent as per Regulation 3.1.10(1) of Food Safety and Standards (Food product standards and food additive) Regulation, 2011

(c) In case both colour and flavour are used in the product, one of the following combined statements in capital letters shall be displayed, just beneath the list of ingredients on the label attached to any package of food so coloured and flavoured, namely :—

CONTAINS PERMITTED NATURAL COLOUR(S) AND ADDED FLAVOUR(S)

OR

CONTAINS PERMITTED SYNTHETIC FOOD COLOUR(S) AND ADDED FLAVOUR(S)

OR

CONTAINS PERMITTED NATURAL AND SYNTHETIC FOOD COLOUR(S) AND ADDED FLAVOUR(S)

Provided that in case of artificial flavouring substances, the label shall declare the common name of the flavours, but in case of the natural flavouring substances or nature identical flavouring substances, the class name of flavours shall be mentioned on the label and it shall comply with the requirement of label declaration as specified under the regulation 2.2.2 (5) (ii)

Note: — When statement regarding addition of colours and/or flavours is displayed on the label in accordance with regulation 2.2.2(5)(ii) and regulation 3.2.1 of Food Safety and Standards (Food Product Standards and Food Additive) Regulation, 2011, addition of such colours and/or flavours need not be mentioned in the list of ingredients. Also, in addition to above statement, the common name or class name of the flavour shall also be mentioned on label.

Provided further that when combined declaration of colours and flavours are given, the International Numerical Identification number of colours used shall also be indicated either under the list of ingredients or along with the declaration.

Provided also further that every package of synthetic food colours preparation and mixture shall bear a label upon which is printed a declaration giving the percentage of total dye content

6. Name and complete address of the manufacturer

(i) The name and complete address of the manufacturer and the manufacturing unit if these are located at different places and in case the manufacturer is not the packer or bottler, the name and complete address of the packing or bottling unit as the case may be shall be declared on every package of food;

(ii) Where an article of food is manufactured or packed or bottled by a person or a company under the written authority of some other manufacturer or company, under his or its brand name, the label shall carry the name and complete address of the manufacturing or packing or bottling unit as the case may be, and also the name and complete address of the manufacturer or the company, for and on whose behalf it is manufactured or packed or bottled;

(iii) Where an article of food is imported into India, the package of food shall also carry the name and complete address of the importer in India.

Provided further that where any food article manufactured outside India is packed or bottled in India, the package containing such food article shall also bear on the label, the name of the country of origin of the food article and the name and complete address of the importer and the premises of packing or bottling in India.

#### 7. Net quantity

(i) Net quantity by weight or volume or number, as the case may be, shall be declared on every package of food; and

(ii) In addition to the declaration of net quantity, a food packed in a liquid medium shall carry a declaration of the drained weight of the food.

*Explanation 1.*— For the purposes of this requirement the expression “liquid medium” include water, aqueous solutions of sugar and salt, fruit and vegetable juices or vinegar, either singly or in combination.

*Explanation 2.*— In declaring the net quantity of the commodity contained in the package, the weight of the wrappers and packaging materials shall be excluded:

(iii) Where a package contains a large number of small items of confectionery, each of which is separately wrapped and it is not reasonably practicable to exclude from the net weight of the commodity, the weight of such immediate wrappers of all the items of the confectionery contained in the package, the net weight declared on the package containing such confectionery or on the label thereof may include the weight of such immediate wrapper if the total weight of such immediate wrapper does not exceed –

(a) eight per cent, Where such immediate wrapper is a waxed paper or other paper with wax or aluminium foil under strip; or

(b) six per cent. In case of other paper of the total net weight of all the items of confectionery contained in the package minus the weight of immediate wrapper.

#### 8. Lot/Code/Batch identification

A batch number or code number or lot number which is a mark of identification by which the food can be traced in the manufacture and identified in the distribution, shall be given on the label.

Provided that in case of packages containing bread and milk including sterilised milk, particulars under this clause shall not be required to be given on the label.

#### 9. Date of manufacture or packing.—

The date, month and year in which the commodity is manufactured, packed or pre-packed, shall be given on the label:

Provided that the month and the year of manufacture, packing or pre-packing shall be given if the “Best Before Date” of the products is more than three months:

Provided further that in case any package contains commodity which has a short shelf life of less than three months, the date, month and year in which the commodity is manufactured or prepared or pre-packed shall be mentioned on the label.

#### 10. Best Before and Use By Date

(i) the month and year in capital letters upto which the product is best for consumption, in the following manner, namely:—

“BEST BEFORE ..... MONTHS AND YEAR

OR

“BEST BEFORE ..... MONTHS FROM PACKAGING

OR

“BEST BEFORE ..... MONTHS FROM MANUFACTURE

(Note: — blank be filled up)

(ii) In case of package or bottle containing sterilised or Ultra High Temperature treated milk, soya milk, flavoured milk, any package containing bread, dhokla, bhelpuri, pizza, doughnuts, khoa, paneer, or any

uncanned package of fruits, vegetable, meat, fish or any other like commodity, the declaration be made as follows:—

“BEST BEFORE .....DATE/MONTH/YEAR”

OR

“BEST BEFORE.....DAYS FROM PACKAGING”

OR

“BEST BEFORE ..... DAYS FROM MANUFACTURE”

Note:

- (a) blanks be filled up
- (b) Month and year may be used in numerals
- (c) Year may be given in two digits

(ii) On packages of Aspartame, instead of Best Before date, Use by date/recommended last consumption date/expiry date shall be given, which shall not be more than three years from the date of packing;

(iv) In case of infant milk substitute and infant foods instead of Best Before date, Use by date/recommended last consumption date/expiry date shall be given,

Provided further that the declaration of best before date for consumption shall not be applicable to

- (i) wines and liquors
- (ii) alcoholic beverages containing 10 percent or more by volume of alcohol.

Provided further that above provisions except net weight/net content, nutritional information, manufacturer's name and address, date of manufacture and “best before” shall not apply in respect of carbonated water (plain soda and potable water impregnated with carbon dioxide under pressure) packed in returnable glass bottles

11. Country of origin for imported food:

- (i) The country of origin of the food shall be declared on the label of food imported into India.
- (ii) When a food undergoes processing in a second country which changes its nature, the country in which the processing is performed shall be considered to be the country of origin for the purposes of labelling.

12. Instructions for use:

- (i) Instructions for use, including reconstitution, where applicable, shall be included on the label, if necessary, to ensure correct utilization of the food.

## 2.3: Manner of declaration

### 2.3.1: General Conditions

1. Any information or pictorial device written, printed, or graphic matter may be displayed in the label provided that it is not in conflict with the requirements of these Regulations.

2. Every declaration which is required to be made on package under these regulations shall be:

- (i) Legible and prominent, definite, plain and unambiguous
- (ii) Conspicuous as to size number and colour,
- (iii) as far as practicable, in such style or type of lettering as to be boldly, clearly and conspicuously present in distinct contrast to the other type, lettering or graphic material used on the package, and shall be printed or inscribed on the package in a colour that contrasts conspicuously with the background of the label

Provided that —

- (a) Where any label information is blown, formed or moulded on a glass or plastic surface or where such information is embossed or perforated on a package, that information shall not be required to be presented in contrasting colours:

(b) Where any declaration on a package is printed either in the form of a handwriting or hand script, such declaration shall be clear, unambiguous and legible.

3. No declaration shall be made so as to require it to be read through any liquid commodity contained in the package.

4. Where a package is provided with an outside container or wrapper, such container or wrapper shall also contain all the declarations which are required to appear on the package except where such container or wrapper itself is transparent and the declarations on the package are easily readable through such outside container or wrapper.

5. Labels not to contain false or misleading statements: A label shall not contain any statement, claim, design, device, fancy name or abbreviation which is false or misleading in any particular concerning the food contained in the package, or concerning the quantity or the nutritive value or in relation to the place of origin of the said food:

Provided that this regulation shall not apply in respect of established trade or fancy names of confectionery, biscuits and sweets, such as, barley, sugar, bull's eye, cream cracker or in respect of aerated waters, such as, Ginger Beer or Gold-Spot or any other name in existence in international trade practice.

2.3.2 Principal display panel: The information required under these Regulations shall be given on the principal display panel of the package or container and such information may be given in the following manner.

(a) All information should be grouped together and given at one place.

OR

The pre-printed information be grouped together and given in one place and ,

(b) Online information or those not pre-printed be grouped together in another place.

1. Area of the principal display panel

The area of principal Display panel shall not be less than —

(a) In the case of a rectangular container, forty percent of the product of height and width of the panel of such container having the largest area;

(b) In case of cylindrical or nearly cylindrical, round or nearly round, oval or nearly oval container, twenty percent of the product of the height and average circumference of such container; or

(c) In the case of container of any other shape, twenty percent of the total surface area of the container except where there is label, securely affixed to the container, such label shall give a surface area of not less than ten percent of the total surface area of the container.

Provided that in the case of package having a capacity of five cubic centimeters or less, the principal display panel may be card or tape affixed firmly to the package or container and bearing the required information under these regulations.

2.3.3 The height of numeral in the declaration

(i) The height of any numeral required under these regulations, on the principal display panel shall not be less than—

(a) as shown in Table - I below, if the net quantity is declared in terms of weight or volume and

(b) as shown in Table II below, if the net quantity is declared in terms of length, area or number.

TABLE – I When net quantity is in weight or volume

Sl. No	Weight/volume	Minimum height of numeral in mm	
		Normal case	When blown, formed Moulded, or perforated on container
1.	Upto 50g/ml	1	2
2.	Above 50g/ml upto 200g/ml	2	4
3.	Above 200 g/ml upto 1 kg/litre	4	6
4.	Above 1 kg/litre	6	8

TABLE – II When net quantity is in length, area, number

Sl. No	Area of principal display panel	Minimum height of numeral in mm	
		Normal case	When blown, formed Moulded, or perforated on container
1.	Upto 100 cms square	1	2
2.	Above 100 cms. Square upto 500 cms. Square	2	4
3.	Above 500 cms. Square upto 2500 cms. Square	4	6
4.	Above 2500 cms. Square	6	8

(ii) The height of letters in the declaration under 2.2 shall not be less than 1 mm height when blown, formed, moulded, embossed or perforated, the height of letters shall not be less than 2mm.

Provided that the width of the letter or numeral shall not be less than one-third of its height, but this proviso shall not apply in the case of numeral “T” and letters i, I & I:

Provided further that in case of label declarations required under 2.4 except in case declaration specifying instructions for use or preparation of the product, the size of letters shall not be less than 3mm.

#### 2.4: Specific Requirements/ Restrictions on manner of labelling

##### 2.4.1: Labelling of infant milk substitute and infant food

1. An article of infant milk substitutes /infant foods, whose standards are not prescribed under Food Safety and Standards (Food Products standards and Food Additives) Regulations, 2011 shall be manufactured for sale, exhibited for sale or stored for sale only after obtaining the approval of such articles of food and its label from the Authority.

2. Without prejudice to any other provisions relating to labelling requirements contained in these regulations, every container of infant milk substitute or infant food or any label affixed thereto shall indicate in a clear, conspicuous and in an easily readable manner, the words “IMPORTANT NOTICE” in capital letters and indicating there under the following particulars, namely:—

(i) a statement “MOTHER’S MILK IS BEST FOR YOUR BABY” in capital letters. The types of letters used shall not be less than five millimeters and the text of such statement shall be in the Central Panel of every container of infant milk substitute or infant food or any label affixed thereto. The colour of the text printed or used shall be different from that of the background of the label, container as the case may be. In case of infant food, a statement indicating “infant food shall be introduced only (after the age of six months and upto the age of two years)” shall also be given;

(ii) a statement that infant milk substitute or infant food should be used only on the advice of a health worker as to the need for its use and the proper method of its use;

(iii) a warning that infant milk substitute or infant food is not the sole source of nourishment of an infant;

(iv) a statement indicating the process of manufacture (e.g spray dried) except in case of infant foods, instruction for appropriate and hygienic preparation including cleaning of utensils, bottles and teats and warning against health hazards of inappropriate preparations, as under;

“Warning/ caution-Careful and hygienic preparation of infant foods/infant milk substitute is most essential for health. Do not use fewer scoops than directed since diluted feeding will not provide adequate nutrients needed by your infant. Do not use more scoops than directed since concentrated feed will not provide the water needed by your infant”.

(v) the approximate composition of nutrients per 100 gms. of the product including its energy value in Kilo Calories/Joules;

(vi) the storage condition specifically stating “store in a cool and dry place in an air tight container” or the like (after opening use the contents within the period mentioned or the expiry date whichever is earlier);

(vii) the feeding chart and directions for use and instruction for discarding leftover feed;

(viii) Instruction for use of measuring scoop (level or heaped) and the quantity per scoop (scoop to be given with pack);

(ix) indicating the Batch No. Month and Year of its manufacture and expiry date

(x) the protein efficiency ratio (PER) which shall be minimum 2.5 if the product other than infant milk substitute is claimed to have higher quality protein;

(xi) the specific name of the food additives, if permitted, shall be declared in addition to appropriate class names.

3. No containers or label referred to in 2.4.1(2) relating to infant milk substitute or infant food shall have a picture of infant or women or both. It shall not have picture or other graphic materials or phrases designed to increase the saleability of the infant milk substitute or infant food. The terms “Humanised” or “Maternalised” or any other similar words shall not be used. The Package and/or any other label of infant milk substitute or infant food shall not exhibit the words, “Full Protein Food”, “energy Food”, “Complete food” or “Health Food” or any other similar expression.

4. The containers of infant milk substitute meant for (premature baby (born before 37 weeks)/low birth weight infant (less than 2500gm) or labels affixed thereto shall indicate the following additional information, namely:—

(i) the words [PREMATURE BABY (BORN BEFORE 37 WEEKS) LOW BIRTH WEIGHT (LESS THAN 2.5 KG)] in capital letters along with the product name in central panel;

(ii) a statement “the low birth weight infant milk substitute shall be withdrawn under medical advice as soon as the mother’s milk is sufficiently available”; and

(iii) a statement “TO BE TAKEN UNDER MEDICAL ADVICE” in capital letters.

5. The product which contains neither milk nor any milk derivatives shall be labelled “contains no milk or milk product” in conspicuous manner.

6. The container of infant milk substitute for lactose or lactose and sucrose intolerant infants or label affixed thereto shall indicate conspicuously “LACTOSE-FREE or SUCROSE-FREE or LACTOSE and SUCROSE-FREE” in capital letters and statement “TO BE TAKEN UNDER MEDICAL ADVICE” and shall also bear the following statements, namely:—

“Lactose free Infant Milk Substitute should only be used in case of diarrhea due to lactose intolerance.

The lactose free/sucrose free Infant Milk Substitute should be withdrawn if there is no improvement in symptoms of intolerance”.

7. The container of infant milk substitute meant for infants with allergy to cow’s /buffalo’s milk protein or soy protein or label affixed thereto shall indicate conspicuously “HYPOALLERGENIC FORMULA” in capital letters and statement “TO BE TAKEN UNDER MEDICAL ADVICE”.

8. Declaration to be surrounded by line:

There shall be a surrounding line enclosing the declaration where the words “unsuitable for babies” are required to be used.

(i) Distance of surrounding line:

The distance between any part of the words “unsuitable for babies” surrounding the line enclosing these words shall not be less than 1.5 mm.

#### 2.4.2: Labelling of edible oils and fats

1. The package, label or the advertisement of edible oils and fats shall not use the expressions “Super-Refined”, “Extra-Refined”, “Micro-Refined”, “Double-Refined”, “Ultra-Refined”, “Anti-Cholesterol”, “Cholesterol Fighter”, “Soothing to Heart”, “Cholesterol Friendly”, “Saturated Fat Free” or such other expressions which are an exaggeration of the quality of the Product.

2. Every container in which solvent-extracted oil or de-oiled meal or edible flour is packed for sale shall, at the time of sale by the producer, bear the following particulars in English or Hindi (Devnagri script) :—

(i) the name, trade name, if any, or description of the solvent-extracted oil or de-oiled meal or edible flour, as the case may be:

(ii) in the case of oil not conforming to the standards of quality for “refined” grade solvent extracted oils specified in regulation 2.2.6 (1) of Food Safety and Standards (Food Products Standards and Food Additive) Regulation, 2011 for Edible vegetable oil/Vanaspati, a declaration in a type-size of not less than 50 mm, as follows shall appear on the label:

(a) “NOT FOR DIRECT EDIBLE CONSUMPTION”, in the case of oils complying with the requirements for the “semi-refined” or “raw-grade 1” grades of oil specified in regulation 2.2.6 (1) of Food Safety and Standards(Food Products standards and Food Additive) Regulation, 2011

(b) “FOR INDUSTRIAL NON-EDIBLE USES ONLY”, in the case of oils not complying with the requirements under item (a) above;

(iii) the name and business particulars of the producer;

(iv) the net weight of the contents in the container;

(v) the batch number, month and year of manufacture:

Provided that where solvent extracted oils are transported in bulk in rail tank-wagons or road tankers, or where de-oiled meal or edible flour is transported in bulk either for storage in silos or transferred to ship for bulk shipment, it shall be sufficient if the aforesaid particulars are furnished in the accompanying documents.

3. Every container in which solvent is packed shall, at the time of sale by the manufacturer or dealer thereof, bear the Indian Standards Institution certification mark.

4. Every container in which vanaspati, margarine, bakery shortening, blended edible vegetable oils, mixed fat spread and refined vegetable oil is packed in addition to other labelling requirements provided in these regulations shall bear the following particulars in English or Hindi in Devnagri script:

(a) The name/description of the contents, “free from Argemone Oil”;

(b) The mass/volume of the contents;

5. Every container of refined vegetable oil shall bear the following label, namely,—

Refined (name of the Oil) Oil
-------------------------------

Provided that the container of imported edible oil shall also bear the word, “Imported”, as prefix.

6. Every package containing an admixture of palmolein with groundnut oil shall carry the following label, namely,—

BLEND OF PALMOLEIN AND GROUNDNUT OIL
Palmolein.....per cent
Groundnut oil....per cent

7. Every package containing an admixture of imported rape-seed oil with mustard oil, shall carry the following label, namely :

BLEND OF IMPORTED RAPE-SEED OIL AND MUSTARD OIL
Imported rape-seed oil.....per cent
Mustard oil.....per cent

8. Every package of vanaspati made from more than 30 percent of Rice bran oil shall bear the following label, namely :—

This package of vanaspati is made from more than 30 per cent Rice bran oil by weight
---

9. Every package containing Fat Spread shall carry the following labels namely:—

Milk Fat Spread

Use before .....

Date of packing .....

Total Milk Fat Content Per cent by weight.....

.....

Mixed Fat Spread

Use before .....

Date of packing .....

Per cent by weight.....

Milk Fat Content.....

Total Milk Fat Content Percent by weight.....

Vegetable Fat Spread

Use before .....

Date of packing .....

Total Fat Content Per cent by weight .....

10. A package containing annatto colour in vegetable oils shall bear the following label namely :—

Annatto colour in oil (Name of oil/oils) used

11. Every package containing an admixture of edible oils shall carry the following label, namely:—

This blended edible vegetable oil contains an admixture of :

(i) .....% by Weight  
(ii) .....% by Weight

(Name and nature of edible vegetable oils i.e. in raw or refined form)

Date of Packing.....

There shall also be the following declaration in bold capital letters along with the name of product on front/ central panel,—

NOT TO BE SOLD LOOSE

#### 2.4.3: Labelling of permitted food colours

1. No person shall sell a permitted synthetic food colours for use in or upon food unless its container carries a label stating the following particulars:—

- (i) the words “Food Colours”;
- (ii) the chemical and the common or commercial name and colour index of the dye-stuff.

2. No person shall sell a mixture of permitted synthetic food colours for use in or upon food unless its container carries a label stating the following particulars:—

- (i) the words “Food Colour Mixture”;
- (ii) the chemical and the common or commercial name and colour index of the dye stuff contained in the mixture.

3. No person shall sell a preparation of permitted synthetic food colours for use in or upon food unless its container carries a label stating the following particulars:—

- (i) the words “Food Colour Preparation”;
- (ii) the name of the various ingredients used in the preparation.

## 2.4.4: Labelling of irradiated Food

Irradiated foods.- The label of a food, which has been treated with ionizing radiation, shall carry a written statement indicating the treatment in close proximity to the name of the food.

In addition all packages of irradiated food shall bear the following declaration and logo, namely:—

PROCESSED BY IRRADIATION METHOD  
DATE OF IRRADIATION .....



LICENSE NO of Irradiation Unit.....  
PURPOSE OF IRRADIATION.....

## 2.4.5: Specific Labelling Requirements of other Products

1. Coffee-Chicory Mixture:- (i) Every package containing a mixture of coffee and chicory shall have affixed to it a label upon which shall be printed the following declaration:

Coffee blended with Chicory  
This mixture contains  
Coffee..... Per cent  
Chicory..... Per cent

(ii) Every package containing Instant Coffee-Chicory mixture shall have affixed to it a label upon which shall be printed the following declarations;

Instant Coffee-Chicory mixture made from  
blends of coffee and chicory  
Coffee..... Per cent  
Chicory..... Per cent

## 2. CONDENSED MILK OR DESICCATED (DRIED) MILK:

Every package containing condensed milk or desiccated (dried) milk shall bear a label upon which is printed such one of the following declarations as may be applicable or such other declaration substantially to the like effect as may be allowed by the State Government, namely,—

(i) In the case of condensed milk (unsweetened):

CONDENSED MILK UNSWEETENED  
(Evaporated Milk) (This tin contains the equivalent) of (x)..... litres of toned milk

(ii) In the case of condensed milk (sweetened):

CONDENSED MILK SWEETENED  
This tin contains the equivalent of (x)..... litres of toned milk with sugar added

(iii) In the case of condensed skimmed milk (unsweetened):

CONDENSED SKIMMED MILK UNSWEETENED  
(Evaporated Skimmed Milk) This tin contains the equivalent of (x)..... litres of skimmed milk

(iv) In the case of condensed skimmed milk (sweetened):

CONDENSED SKIMMED MILK SWEETENED  
This tin contains the equivalent of (x).....litres of skimmed milk with sugar added”

(v) In the case of condensed milk (sweetened and flavoured):

This has been flavoured with.....  
NOT TO BE USED FOR  
INFANTS BELOW SIX MONTHS

(vi) In the case of condensed milk/condensed Skimmed milk (unsweetened) Sterilised by Ultra High Temperature (UHT) treatment:

This has been sterilised by UHT Process

(vii) In the case of milk powder:

MILK POWDER  
This tin contains the equivalent of  
(x).... litres of toned milk

(viii) In the case of milk powder which contains lecithin:

MILK POWDER IN THIS PACKAGE CONTAINS LECITHIN

(ix) In the case of partly skimmed milk powder :

PARTLY SKIMMED MILK POWDER  
This tin contains the equivalent of  
(x)..... litres of partly skimmed milk  
having..... per cent milk fat

(x) In the case of skimmed milk powder:

SKIMMED MILK POWDER  
This tin contains the equivalent of (x)..... litres of skimmed milk

3. The declaration shall in each case be completed by inserting at (x) the appropriate number in words and in figures, for example, “one and a half (1½)”, any fraction being expressed as eight quarters or a half, as the case may be.

4. There shall not be placed on any package containing condensed milk or desiccated (dried) milk any comment on, explanation of, or reference to either the statement of equivalence, contained in the prescribed declaration

or on the words “machine skimmed” “skimmed” or “unsuitable for babies” except instructions as to dilution as follows:

“To make a fluid not below the composition of toned milk or skimmed milk (as the case may be) with the contents of this package, add (here insert the number of parts) of water by volume to one part by volume of this condensed milk or desiccated (dried) milk”.

Sweetened condensed milk and other similar products which are not suitable for infant feeding shall not contain any instruction of modifying them for infant feeding.

5. Wherever the word “milk” appears on the label of a package of condensed skimmed milk or of desiccated (dried) skimmed milk as the description or part of the description of the contents, it shall be immediately preceded or followed by the word “machine skimmed” or “partly skimmed”, as the case may be.

6. Fluid milk: — The caps of the milk bottles /pouch/tetrapack shall clearly indicate the nature of the milk contained in them. The indication may be either in full or by abbreviation shown below :

(i) Buffalo milk may be denoted by the letter ‘B’.

(ii) Cow milk may be denoted by the letter ‘C’

(iii) Goat milk may be denoted by the letter ‘G’

(iv) Standardized milk may be denoted by the letter ‘S’

(v) Toned milk may be denoted by the letter ‘T’

(vi) Double toned milk may be denoted by the letter ‘DT’

(vii) Skimmed milk may be denoted by the letter ‘K’

(viii) Pasteurised milk may be denoted by the letter ‘P’ followed by the class of milk. For example Pasteurised Buffalo milk shall bear the letters ‘PB’.

(ix) Alternatively suitable indicative colours of the packs/caps/bags shall be indicative of the nature of milk contained in them, the classification of colours being displayed at places where milk is sold/stored or exhibited for sale, provided that the same had been simultaneously intimated to the concerned Designated Officer, and information disseminated through the local media

7. Ice cream — Every dealer in ice-cream or mixed ice-cream who in the street or other place of public resort, sells or offers or exposes for sale, ice-cream or ice-candy, from a stall or from a cart, barrow or other vehicle or from a basket, phial, tray or other container used without a staff or a vehicle shall have his name and address along with the name and address of the manufacturer, if any, legibly and conspicuously ‘displayed’ on the stall, vehicle or container as the case may be.

8. Hingra — Every container containing Hingra shall bear a label upon which is printed a declaration in the following form, namely,—

“This container contains Hingra (Imported from Iran\Afghanistan) and is certified to be conforming to the standards laid down in the Food Safety and Standards regulations”

9. Light Black Pepper:- Every package containing light black pepper shall bear the following label in addition to the Agmark seal and the requirements prescribed under regulation 2.2.1 and 2.2.2 of these regulations:

Light Black Pepper (Light berries)
------------------------------------

10. Every package containing “Cassia Bark” shall bear the following label.

CASSIA BARK (TAJ)
-------------------

11. Every package containing “CINNAMON” shall bear the following label

CINNAMON (DALCHINI)
---------------------

12. Every package of chillies which contains added edible oil shall bear the following label:

CHILLIES IN THIS PACKAGE CONTAINS AN ADMIXTURE OF NOT MORE THAN 2 PERCENT  
OF.....(NAME OF OIL) EDIBLE OIL

13. Every package of ice-cream, kulfi, kulfa and chocolate ice-cream containing starch shall have a declaration on a label as specified in regulation 2.7.1(2)

14. Masala: Every package of mixed masala fried in oil shall bear the following label:

MIXED MASALA (FRIED)  
THIS MASALA HAS BEEN FRIED IN  
(Name of the edible oil used)

15. Compounded Asafoetida: Every container of compounded asafoetida shall indicate the approximate composition of edible starch or edible cereal flour used in the compound, on the label.

16. Every package containing maida treated with improver or bleaching agents shall carry the following label, namely,-

WHEAT FLOUR TREATED WITH IMPROVER/BLEACHING AGENTS, TO BE USED BY BAKERIES ONLY

17. Unless otherwise provided in these regulations, every package of malted milk food which contains added natural colouring matter except caramel, shall bear the following label, namely,-

MALTED MILK FOOD IN THIS PACKAGE CONTAINS  
PERMITTED NATURAL COLOURING MATTER

18. Every advertisement for and/or a package of food containing added Monosodium Glutamate shall carry the following declaration, namely,-

This package of (name of the food contains added)..... MONOSODIUM GLUTAMATE  
NOT RECOMMENDED FOR INFANTS BELOW -12 MONTHS

19. Every container of refined salseed fat shall bear the following label, namely,-

REFINED SALSEED FAT FOR USE IN BAKERY AND CONFECTIONERY ONLY

20. Every container or package of table iodised salt or iron fortified common salt containing permitted anticaking agent shall bear the following label, namely,-

IODIZED SALT / IRON FORTIFIED COMMON SALT\* CONTAINS PERMITTED ANTICAKING AGENT

\* Strike out whichever is not applicable

21. Every container or package of iron fortified common salt shall bear the following label, namely,—

IRON FORTIFIED COMMON SALT

22. Every package of Dried Glucose Syrup containing sulphur dioxide exceeding 40 ppm shall bear the following label namely,—

DRIED GLUCOSE SYRUP FOR USE IN SUGAR CONFECTIONERY ONLY

23. A package containing tea with added flavour shall bear the following label, namely,—

“FLAVOURED TEA” (common name of permitted flavour/percentage)  
Registration No....

24. Every package of food which is permitted to contain artificial sweetener mentioned in table given in regulation 3.1.3 (1) of Food Safety and standards (Food Products standards and Food Additive) Regulations, 2011 and an advertisement for such food shall carry the following label, namely,—

- (i) This contains ..... (Name of the artificial sweeteners).  
(ii) Not recommended for children.  
(iii) (a) \*Quantity of sugar added ..... gm/100 gm.  
      (b) No sugar added in the product.  
(iv) \*Not for Phenylketonurics (if Aspartame is added)

\*strike out whatever is not applicable

25. In addition to the declarations under regulation 2.4.5 (24 and 26), every package of food which is permitted to contain artificial sweetener mentioned in table in regulation 3.1.3 (1) of Food Safety and Standards (Food Products standards and Food Additive) Regulations, 2011 and an advertisement for such food shall carry the following label, namely,-

CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS

26. The declaration under regulation 2.4.5 (25) shall be provided along with name or trade name of product and shall be half of the size of the name/ trade name. The declaration may be given in two sentences, but in the same box.

27. Every package of Aspartame (Methyl ester), Acesulfame K, Sucralose and Saccharin Sodium, Neotame marketed as Table Top Sweetener and every advertisement for such Table Top Sweetener shall carry the following label, namely,-

- (i) Contains..... (name of artificial sweetener)  
(ii) Not recommended for children

Provided that the package of aspartame (Methyl ester), marketed as Table Top Sweetener and every advertisement for such Table Top Sweetener shall carry the following label, namely,—

“Not for Phenylketonurics”

28. Every package of food which is permitted to contain a mixture of Aspartame (Methyl Ester) and Acesulfame Potassium Sweeteners mentioned in the Table given in regulation 3.1.3(1) of Food Safety and Standards (Food Products Standards and Food Additive) Regulation, 2011, shall carry the following label, namely,-

This ..... (Name of food) contains ..... contains an admixture of Aspartame (Methyl Ester and Acesulfame Potassium. Not recommended for children.  
(a) \*Quantity of sugar added..... gm/100gm,  
(b) No sugar added in the product.  
\*Not for Phenylketoneurics (if Aspartame is added)

\*strike out whatever is not applicable

29. Every package of food which is permitted to contain a mixture of Acesulfame Potassium and Sucralose sweeteners mentioned in the Table given in Regulation 3.1.2 (1) of Food Safety and Standards (Food Products Standards and Food Additive) Regulation, 2011 shall carry the following label, namely,—

- (i) This .....(Name of Food) contains a mixture of Sucralose and Acesulfame Potassium;  
(ii) Not recommended for children;  
(iii) \*(a) Quantity of sugar added.....gm/100gm;  
\*(b) No sugar added in the product;

(\*Strike out whichever is not applicable)

30. Every package of Pan Masala and advertisement relating thereto, shall carry the following warning, namely,—

Chewing of Pan Masala is injurious to health

31. Every package of supari and advertisement relating thereto shall carry the following warning in conspicuous and bold print, namely,—

Chewing of Supari is injurious to Health

32. Every package of fruit squash by whatever name it is sold, containing additional sodium or potassium salt shall bear the following label, namely,—

IT CONTAINS ADDITIONAL  
SODIUM/POTASSIUM SALT

33. Every package of Cheese (hard), surface treated with Natamycin, shall bear the following label, namely,—

SURFACE TREATED WITH NATAMYCIN

34. Every package of Bakery and Industrial Margarine made from more than 30 per cent of Rice Bran Oil shall bear the following label, namely,—

This package of Bakery & Industrial Margarine is made from more than 30 per cent of Rice Bran Oil by Wt.

35. Every container or package of flavour emulsion and flavour paste meant for use in carbonated or non-carbonated beverages shall carry the following declaration, in addition to the instructions for dilution, namely,—

FLAVOUR EMULSION AND FLAVOUR PASTE FOR USE IN CARBONATED OR  
NON-CARBONATED BEVERAGES ONLY

36. Every package of drinking water shall carry the following declaration in capital letters having the size of each letter as prescribed in Regulation 2.3.3 ;

PACKAGED DRINKING WATER

One time usable plastic bottles of packaged drinking water shall carry the following declaration.

CRUSH THE BOTTLE AFTER USE

37. Every package of mineral water shall carry the following declaration in capital letters having the size of each letter as prescribed in regulation 2.3.3 ;

NATURAL MINERAL WATER

One time usable plastic bottles of mineral water shall carry the following declaration.

CRUSH THE BOTTLE AFTER USE

38. Every package of food having added caffeine, shall carry the following label, namely,—

“CONTAINS CAFFEINE”

Provided if caffeine is added in the products, it shall be declared on the body of the Container/bottle.

Provided also that in case of returnable glass bottles, which are recycled for refilling the declaration of caffeine, may be given on the crown.

39. Every package of Low Fat Paneer/ Chhana shall carry the following label, namely,—

LOW FAT PANEER / CHHANA

40. Every package of Cheese(s), if coated/packed in food grade waxes polyfilm/wrapping of cloth, shall bear the following label, namely,—

REMOVE THE OUTER PACKING BEFORE CONSUMPTION

41. Every package of Frozen Desert / Frozen Confection shall bear the following label, namely,—

Frozen Desserts / Frozen Confection Contain ..... Milk Fat\* / Edible Vegetable Oil\* /  
and Vegetable Fat\*

\*strike out whatever is not applicable

42. Every container or package of common salt shall bear the following label, namely,—

COMMON SALT FOR IODISATION\* / IRON FORTIFICATION\* / ANIMAL USE\* / PRESERVATION / MEDICINE\* /  
INDUSTRIAL USE\*

\*strike out whichever is not applicable.

43. Every package of biscuits, bread and cakes containing Oligofructose shall bear the following declaration, namely,—

Contains Oligofructose (dietary fiber) — gm/100 gm

44. Every package of fresh fruit if coated with wax shall carry the following label, namely,—

Coated with wax (give name of wax)

45. Gelatin meant for human consumption should be labeled as "Gelatin Food Grade"

46. Every package of food containing Polyols shall bear the following label,-

Polyols may have laxative effects

47. Every package of food containing Polydextrose shall bear the following label:-

Polydextrose may have laxative effects

#### 2.4.6: Specific restrictions on Product labels

(1) Labels not to contain reference to Act or rules or regulations contradictory to required particulars :- The label shall not contain any reference to the Act or any of these regulations or any comment on, or reference to, or explanation of any particulars or declaration required by the Act or any of these regulations to be included in the label which directly or by implication, contradicts, qualifies or modifies such particulars or declaration.

(2) Labels not to use words implying recommendations by medical profession: - There shall not appear in the label of any package, containing food for sale the words "recommended by the medical profession" or any words which imply or suggest that the food is recommended, prescribed, or approved by medical practitioners or approved for medical purpose.

#### (3) Unauthorized use of words showing imitation prohibited

1. There shall not be written in the statement or label attached to any package containing any article of food the word 'imitation' or any word, or words implying that the article is a substitute for any food, unless the use of the said word or words is specifically permitted under these regulations.

2. Any fruit syrup, fruit juice, fruit squash, fruit beverages, cordial, crush or any other fruit products standardised under Food Safety and Standards (Food Products standards and Food Additives) Regulations, 2011 which does not contain the prescribed amount of fruit juice or fruit pulp or fruit content shall not be described as a fruit syrup, fruit juice, fruit squash, fruit beverages, cordial, crush or any other fruit product as the case may be.

3. Any food product which does not contain the specified amount of fruit and is likely to deceive or mislead or give a false impression to the consumer that the product contains fruit, whether by use of words or pictorial representation, shall be clearly and conspicuously marked on the label as 'ADDED(NAME OF THE FRUIT)FLAVOUR'.

4. Any food product which contains only fruit flavours, whether natural flavours and natural flavouring substances or nature identical flavouring substances, artificial flavouring substances as single or in combination thereof, shall not be described as a fruit product and the word "ADDED" (NAME OF FRUIT) FLAVOUR shall be used in describing such a product;

5. Carbonated water containing no fruit juice or fruit pulp shall not have a label which may lead the consumer into believing that it is a fruit product.

6. Any fruit and vegetable product alleged to be fortified with vitamin C shall contain not less than 40 mgms. of ascorbic acid per 100 gm. of the product.

#### (4) Imitations not to be marked "pure"

The word "pure" or any word or words of the same significance shall not be included in the label of a package that contains an imitation of any food.

#### (5) Labelling prohibitions for Drinking Water (Both Packaged and Mineral Water)

(i) No claims concerning medicinal (preventative, alleviative or curative) effects shall be made in respect of the properties of the product covered by the standard Claims of other beneficial effects related to the health of the consumer shall not be made.

(ii) The name of the locality, hamlet or specified place may not form part of the trade name unless it refers to a packaged water collected at the place designated by that trade name.

(iii) The use of any statement or of any pictorial device which may create confusion in the mind of the public or in any way mislead the public about the nature, origin, composition, and properties of such waters put on sale is prohibited.

### 2.5: Restriction on advertisement

There shall be no advertisement of any food which is misleading or contravening the provisions of Food Safety and Standards Act, 2006 (34 of 2006) or the rules/regulations made thereunder.

### 2.6: Exemptions from labelling requirements-

#### 2.6.1

1. Where the surface area of the package is not more than 100 square centimeters, the label of such package shall be exempted from the requirements of list of ingredients, Lot Number or Batch Number or Code Number, nutritional information and instructions for use, but these information shall be given on the wholesale packages or multi piece packages, as the case may be.

2. the 'date of manufacture' or 'best before date' or 'expiry date' may not be required to be mentioned on the package having surface area of less than 30 square centimeters but these information shall be given on the wholesale packages or multipiece packages, as the case may be;

3. in case of liquid products marketed in bottles, if such bottle is intended to be reused for refilling, the requirement of list of ingredients shall be exempted, but the nutritional information specified in regulation 2.2.2 (4) these regulations shall be given on the label.

Provided that in case of such glass bottles manufactured after March 19, 2009, the list of ingredients and nutritional information shall be given on the bottle.

4. in case of food with shelf-life of not more than seven days, the 'date of manufacture' may not be required to be mentioned on the label of packaged food articles, but the 'use by date' shall be mentioned on the label by the manufacturer or packer.

5. In case of wholesale packages the particulars regarding list of ingredients. Date of manufacture/ packing, best before, expiry date labelling of irradiated food and , vegetarian logo/non vegetarian logo, may not be specified.

### 2.7: Notice of addition, admixture or deficiency in food

#### 2.7.1

1. Every advertisement and every price or trade list or label for an article of food which contains an addition, admixture or deficiency shall describe the food as containing such addition, admixture or deficiency and shall also specify the nature and quantity of such addition, admixture or deficiency and no such advertisement or price or trade list or label attached to the container of the food shall contain any words which might imply that the food is pure:

Provided that for purpose of this regulation the following shall not be deemed as an admixture or an addition, namely:—

- (a) salt in butter or margarine;
- (b) vitamins in food.

2. Every package, containing a food which is not pure by reason of any addition, admixture or deficiency shall be labelled with an adhesive label, which shall have the following declaration:

#### Declaration

This (a) ..... contains an admixture/addition of not more than (b) ..... per cent of (c).....

- (a) Here insert the name of food.
- (b) Here insert the quantity of admixture which may be present.
- (c) Here insert the name of the admixture or the name of ingredient which is deficient.

Where the context demands it, the words 'contains an admixture of' shall be replaced by the words 'contains an addition of' or 'is deficient in'.

3. Unless the vendor of a food containing an addition, admixture or deficiency, has reason to believe that the purchaser is able to read and understand the declaratory label, he shall give the purchaser, if asked, the information contained in the declaratory label by word of mouth at the time of sale.

4. Nothing contained in regulation 2.7.1 shall be deemed to authorize any person to sell any article of food required under the Act or these regulations which is to be sold in pure condition, otherwise than in its pure condition.

5. Nothing contained in regulation 2.7.1 shall apply in the case of sweets, confectionery, biscuits, bakery products, processed fruits, aerated water, vegetables and flavouring agents.

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V.N. GAUR,  
Chief Executive Officer