

# Nutrition Newsletter



KĀSIGA SCHOOL  
DEHRADUN  
■ KNOWLEDGE ■ STRENGTH ■ COMPASSION

## GOVERNMENT BAN ON JUNK FOOD IN SCHOOLS : WHAT LED TO IT!

Aimed at enabling children to eat and grow healthy, the Food Safety and Standards Authority of India (FSSAI) released regulations titled Food Safety and Standards (Safe Food and healthy diets for School Children) Regulations 2019, stating that foods high in fat, salt and sugar (HFSS) cannot be sold to children in school canteens/mess premises/hostel kitchens or within 50 m of the school campus.

Most junk food contains negligible nutrition, and substituting a healthy meal for something like a burger or a packet of chips rids the child of much needed nutrition. Children require good nutrition for optimal growth, therefore focussing on nutritious food in this phase of life is top priority. Moreover, junk foods are not wholesome, and children are highly capable of feeling hungry shortly, encouraging binge eating and other eating disorders.

A lot of products are falsely advertised as being healthy and nutritious, when in fact they are nowhere close to living up to those claims. Products like packaged fruit juices or soya chips are advertised as being healthy, when in fact they are loaded with unhealthy ingredients like sugar, salt, fats, and preservatives. Children are usually gullible, and are quick to believe any information that is presented to them. They are tempted by smell and appearance, which are enhanced for that very reason, and are persuaded by false advertising. This way, children end up indulging in food devoid of nutrition and end up compromising on vitamins and minerals required by the body for basic functioning.

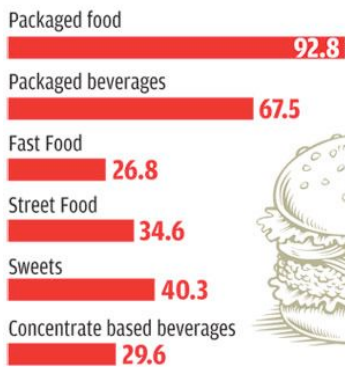
Foodstuffs prohibited include “deep-fried foods, for example french fries, chips, samosa, chole bhature, gulab jamun, sugar sweetened carbonated or non carbonated beverages, ready-to-eat foods, noodles, pizzas, burgers, confectionary items, sugar and sugar-based products.”

This drives a crisis where many Indian youths consume junk food on a regular basis – including 93 percent who consume packaged food at least once a week. This is especially concerning given that packaged food sold in India ranks among the unhealthiest of its kind sold in the world owing to high quantities therein of calories, saturated fat, total sugars, and sodium.

This initiative could prove to be a milestone development towards addressing the growing burden of obesity, diabetes and heart disease—among other noncommunicable diseases in our country.

### 1 High on packaged food items

Those consuming more than once a week on an average (%)

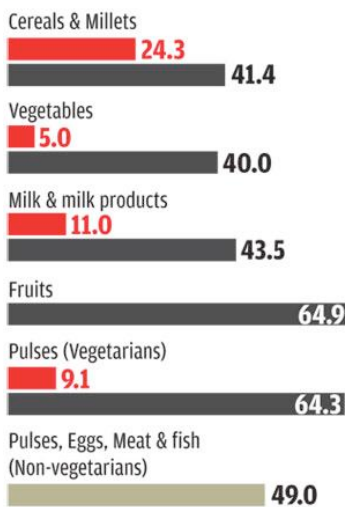


Note: (i) Packaged Food: Chips, instant noodles, chocolates and ice-creams; (ii) Packaged Beverages: Carbonated beverages (soft drinks), Juice-based packaged beverages & Milk-based packaged beverages like sweet lassi; (iii) Fast Food: Fries, pizzas, etc. from fast food outlets; (iv) Street Food: Chaat, samosa, etc.; (v) Sweets: Cake, pastry, mithai, etc.; (vi) Concentrate-based beverages: sherbats, squash, etc

### 2 Balanced diet takes a hit

Respondents (%)

- 6-7 days/ week but less times
- Less than 6 days/week
- Average < 2 times/day

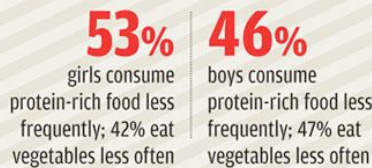


Note: Less times means: (i) Cereals 1-2 times/day; (ii) Vegetables and Milk & milk products: 1 time/day; (iii) Pulses (for vegetarians) : 1 time/day  
Limitation: For non-vegetarians, data does not capture the spread of the intake of pulses, eggs, meat & fish and only relies on average no. of times per day



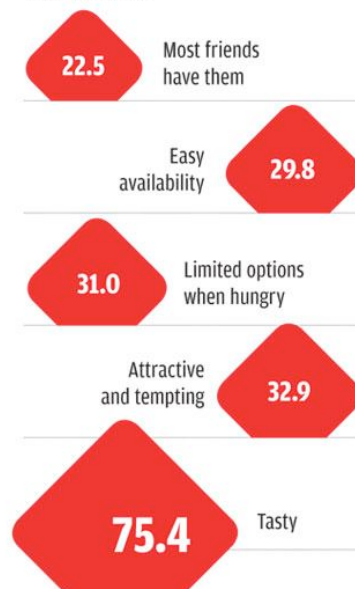
## Fact of the FAD

The recent online survey by the Centre for Science and Environment shows that schoolchildren are increasingly consuming packaged food products, high in fat, salt or sugar



### 3 Peer pressure, compelling ads, lead to a change in habit

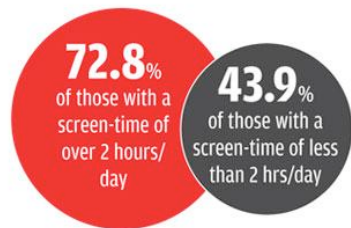
Respondents (%)



Note for 4 & 5: Screen-time is time spent in (i) watching television; (ii) browsing the internet for recreation

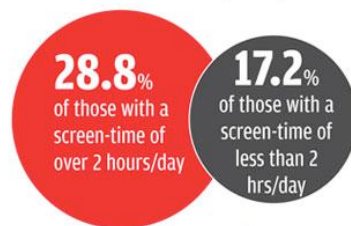
### 4 High the screen time, higher the unhealthy diet

Children who consume fast food & packaged food at least once a day



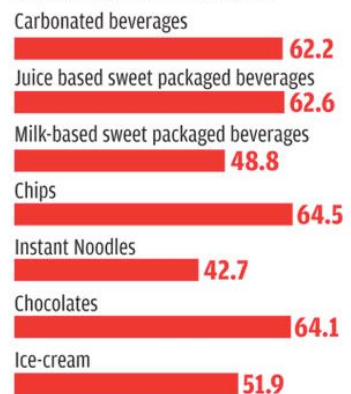
### 5 High the screen time, lesser the physical activity

Children who have sedentary lifestyle



### 6 When school serves junk

% of children who have packaged food & beverages over twice a week consume at school, or buy from or near school



Created and Published by - Tanya Khanna  
(M.Sc. Public Health Nutrition): Gold Medalist  
Life Member: Indian Dietetics Association (IDA)  
Founder: Nutrinya (Health and Wellness)  
Nutritionist: Kasiga School, The Doon School, Unison World School  
nutritionist@kasigaschool.com ;  
+91-9811980841