



Sugar Boards

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To combat the rising health risks associated with excessive [sugar consumption](#) among school children, the [Central Board of Secondary Education \(CBSE\)](#) has mandated the establishment of ‘**sugar boards**’ in over 24,000 affiliated schools across India.

- ‘Sugar boards’ visually display the **sugar content in common beverages and snacks, educating children about the health risks** of high sugar intake using simple, relatable comparisons like teaspoons of sugar.
- The [National Commission for Protection of Child Rights \(NCPCR\)](#) has urged all schools, including state boards, to implement sugar boards, highlighting a significant increase in [Type-2 diabetes](#).
- Studies show Indian children consume sugar amounts (**13-15% of daily calories**) far exceeding the **recommended 5% limit**, increasing their risk of lifestyle diseases.
- The [Food Standards and Safety Authority of India \(FSSAI\)](#) is yet to finalize **High Fat, Salt, and Sugar (HFSS) standards** for school meals and front-of-pack labelling.
- India follows [World Health Organization \(WHO\)](#) guidelines recommending adults and children limit **free sugar intake** to under **10% of daily energy**.
 - Experts urge stricter limits due to higher local heart disease risk. A nationwide study is needed to set suitable standards.

Read more: [Curbing Intake of Processed Foods](#)

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