

No. PA/185/2024-CPMU (e-115799)
Government of India
Ministry of Women & Child Development

Shastri Bhawan, New Delhi -110001
Dated: 17th April, 2025

To

The Addl Chief Secretaries/Principal Secretaries/Secretaries dealing with
ICDS/Poshan Abhiyan of all States and UTs.

**Sub: Advisory on use of added sugar, salt, preservatives, colours, flavours,
etc., in Supplementary Nutrition- reg.**

Sir/Madam,

I am directed to invite reference to the Mission Saksham Anganwadi and Poshan 2.0 Scheme Guidelines issued by the Ministry of Women and Child Development, Government of India on 01.08.2022. In order to reduce malnutrition among children, pregnant women and lactating mothers and Adolescent Girls, supplementary nutrition should be provided as per the nutritional standards specified in Schedule II to The National Food Security Act, 2013 for beneficiaries under the Scheme to be given in 300 days of a year.

2. In this context, it has been observed from the recent analysis of the data available on the contents of Take Home Rations (THR) and Hot Cooked Meal (HCM) across States and UTs, that the proportion of sugar, salt and other items mentioned is very high in the THR recipes.

3. The recommendations with respect to use of added sugar and salt for children and adults are summarised below:

- i. While reviewing the nutrition norms for supplementary nutrition (Sch-II of NFSA), the National Institute of Nutrition in their Technical Report have recommended that under supplementary nutrition (THR, Morning Snacks and HCM), inclusion of refined sugar/jaggery should be restricted to maximum 5-10% of total energy intake to avoid excessive intake of discretionary/fattening calories. Similarly, addition of salt may also be restricted to the minimum required.
- ii. WHO has recommended a reduced intake of added sugar throughout the course of one's life and further recommended as under (report may be accessed at link: <https://www.who.int/publications/i/item/9789241549028>).
 - a. In both adults and children, WHO recommends reducing the intake of free sugars to less than 10% of total energy intake
 - b. WHO suggests a further reduction of the intake of free sugars to below 5% of total energy intake.

- iii. The Dietary guidelines for Indians, 2024 propagated by The National Institute of Nutrition, Hyderabad recommend as under (Guidelines may be accessed at link:

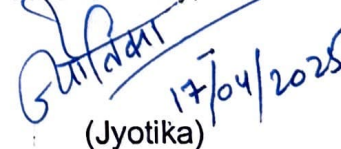
<https://www.nin.res.in/dietaryguidelines/pdfjs/locale/DGI07052024P.pdf>):

- a. No added sugar for children under 2 years of age.
- b. Sugar should be less than 5% of the total energy requirements for the day as part of the balanced diets for all other age and gender groups, including pregnant women.

4. In view of the above, all the States and UTs are advised to adhere to the below-mentioned guidelines while providing the Hot Cooked Meals and Take Home Ration to different categories of beneficiaries under the Mission Poshan 2.0:

- i. Refined sugar should not be used. Only jaggery should be used for sweetening, if needed. Inclusion of added jaggery should be restricted to less than 5% of total energy to avoid excessive intake of discretionary calories.
- ii. Use of foods high in fat, salt and sugar (HFSS) should be avoided for all age and gender groups as recommended by WHO and Dietary Guidelines for Indians.
- iii. Use of Salt may be limited.
- iv. States and UTs may also consider designing THR recipes without adding Salt and Sugar so that the beneficiaries may use the same as per their taste/preference.
- v. States/UTs may also reduce the number of sweet recipes served in Morning Snacks and Hot Cooked Meals.
- vi. It should be ensured that the ingredients used for production of supplementary nutrition are safe and comply with all the applicable provisions of Food Safety and Standards Regulations, 2011 and any further amendments to the regulations.
- vii. The foods for infant nutrition (foods intended for children up to the age of 2 years) should also be free from preservatives, added colours, flavours and other synthetic ingredients and should comply with the provisions of Food Safety and Standards (Foods for Infant Nutrition) Regulations, 2020.
- viii. Only emulsifiers which are permitted under the Food Safety and Standards (Foods for Infant Nutrition) Regulations, 2020 and any further amendment to the regulation should be used.

Yours faithfully,


(Jyotika)

Deputy Secretary

Copy To: The Directors/HODs dealing with ICDS / Poshan Abhiyan of all States and UTs