

**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SCHOOL BRANCH  
OLD SECRETARIAT: DELHI-110054.**

No. DE.23 (604)/Sch.Br./2015/ 399

Dated: 29/2/16

**Circular**

**Sub: Creating Awareness Among Students About ill Effects of Foods High in Fat, Sugar & Salt (HFSS).**

In compliance of directions issued by the Hon'ble High Court of Delhi in W.P.(C) No. 8568/2010 and in accordance with notification No. DE/Act/27/PB/Delegation/2001/4863 dated 04.09.2001, all the Heads of Government/Government Aided/Recognised Unaided Schools are hereby directed to sensitize the students and parents about ill effects of Food High in Fat, Sugar & Salt (HFSS) through Morning Assembly/Teacher Interactive Period (TIP)/School Activities/Parent Teacher Meetings etc.

- As per World Health Organization (WHO), the adverse effects of each of the constituents on HFSS are briefly as under:
  - **Fats:** When consumed in excess, they are known to clog arteries and increase risk of heart attack and stroke, increase insulin resistance and promote obesity. Fats can be further classified in:
    - **Saturated Fatty Acids (SFAs)** which are widely used in packaged foods including cookies, crackers and snack chips. When consumed in excess of the recommended limit (less than 10% of total calorie intake), SFAs are known to clog arteries and increase risk of heart attack and stroke.
    - **Trans Fatty Acids (TFA)** which are formed during the process of Hydrogenation of Vegetable Oil (PHVOs) to make it semi-solid for longer shelf life, better form and texture. TFAs are well known to have an adverse impact on blood lipid levels as they reduce the amount of good cholesterol (High Density Lipids of HDL) and increase bad cholesterol (Low Density Lipids of LDL). Their consumption increases insulin resistance and promotes obesity. WHO recommends less than 1% of calories from TFAs.
  - **Sugar:** Sugar contains empty calories with no beneficial effect and there is no safe level of its intake. High use of sugar is harmful. Studies have established direct relationship of sugar with obesity, diabetes and metabolic syndrome.
  - **Salt:** High salt content in diet is strongly associated with high blood pressure and related cardiovascular diseases.
- Besides this, **caffeine used in carbonated beverages and energy drinks is an addictive stimulant, which, if consumed in excess, can lead to impaired muscle and nerve functions, dehydration and a host of other disorders.**
- Heads of Schools may take the following measures to create awareness among students:
  - Consider banning the sale of foods which are high in Fat, Sugar and Salt from school Canteen.
  - Ensure that the school canteen sells fresh and healthy foods which are low in Fat, Sugar and Salt contents.
  - Regular instructions from the morning assembly. Morning assembly may be dedicated for this purpose once in a month.
  - Maintaining a Notice Board for creating awareness.
  - Organizing Drawing, Painting, Slogan Writing Activities and Debates in a class wise manner with special emphasis on lower classes. Selected entries may be given space on the School Notice Board.

- Spread the word for healthy food options like Vegetable, Sandwiches, Fruit/Vegetable Salad, Fruits, Paneer/Vegetable Cutlets, Khandvi, Poha, Utthapam, Upma, Idlis, Kathi Rolls Etc. and low fat Milk Shakes with seasonal Fruits, no added Sugar, fresh Fruit Juice and Smoothies with Fruits, fresh Lime Soda, Badam Milk, Lassi, Jaljeera etc.

All the Heads of Schools in the NCT of Delhi are also directed to read and implement the Guidelines issued by authorities like Food Safety and Security Authority of India (FSSAI), CBSE and the earlier Circular No. DE.23(455)/Sch.Br./NGO M/44/1874 dated 14.11.14 issued by Directorate of Education in this regard.

  
(PADMINI SINGLA)  
DIRECTOR (EDUCATION)  
29/2/2016

**All Heads of Schools in the NCT of Delhi through DEL-E**

No. DE.23 (606)/Sch.Br./2015/ 399

Dated: 29/2/16

Copy to:

1. PS to Secretary (Education).
2. Addl. DE (Act)
3. Addl. DE (School)
4. All RDEs/DDEs