

Regarding need for strict monitoring of sugar content in baby foods and soft drinks along with mandatory labelling and pictorial warning on added ingredients to safeguard public health-Laid

SHRI ANURAG SINGH THAKUR (HAMIRPUR): The issue of elevated sugar levels in baby foods and soft drinks in India, many of which exceed WHO guidelines is a key concern we should act on. The World Health Organization recommends limiting free sugars to below ten percent of total energy intake for adults and children, ideally under five percent, and advises no added sugars in infant foods. Yet studies indicate some packaged baby foods contain around 2.7 grams of added sugar per serving, while several soft drinks average about 10.6 grams per 100 ml, contributing to rising obesity and diabetes risks among youth. The Government's initiatives, including the Fit India Movement and the proactive work of FSSAI in revising nutrition standards are commendable. To strengthen these efforts, I urge strict monitoring of added sugars in baby foods, soft drinks and appeal for the introduction of wider, bolder front-of-pack labelling regulations with clear pictorial or star-based warnings on sugar, salt, and fats. Prominent labels will empower consumers, encourage reformulation, discourage excessive consumption, and align India with global best practices. Such decisive steps will safeguard children's health, support informed choices, and advance our collective vision of a fit, healthy India for present and future generations.