



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/DS(MS)/2025

Date: 14.05.2025

Circular No: Acad-26/2025

All the Heads of Schools affiliated to CBSE

**Subject: Establishing 'Sugar Boards' in Schools to Monitor and Reduce Sugar Intake Among Children – reg.**

Dear Principal

National Commission for Protection of Child Rights (NCPCR) is a statutory body formed under section (3) of the Commission for Protection of Child Rights (CPCR) Act, 2005 (No.4 of 2006) to ensure that rights of the children are protected especially those who are most vulnerable and marginalized.

Over the past decade, there has been a significant increase in Type 2 diabetes among children, a condition once primarily seen in adults. This alarming trend is largely attributed to high sugar intake, often due to the easy availability of sugary snacks, beverages, and processed foods within school environments. The excessive consumption of sugar not only increases the risk of diabetes but also contributes to obesity, dental problems, and other metabolic disorders, ultimately impacting children's long-term health and academic performance. Studies indicate that sugar constitutes 13% of daily calorie intake for children aged 4 to 10 years, and 15% for those aged 11 to 18 years, substantially exceeding the recommended limit of 5%. The proliferation of sugary snacks, beverages, and processed foods, often readily available in school environments, contributes significantly to this excessive intake.

In view of above, all schools are requested to:

1. **Establish 'Sugar Boards'** where information is displayed for educating students about the risks of excessive sugar intake. These boards should provide essential information, including the recommended daily sugar intake, the sugar content in commonly consumed foods (unhealthy meals such as junk food, cold drinks, etc.), health risks associated with high sugar consumption, and healthier dietary alternatives. This will educate students about informed food choices and promote long-term health benefits among students.
2. Organize awareness seminars/ workshops in this regard.

A brief report of the above and few photographs may be uploaded by the schools at the following link, in pdf format, on or before 15<sup>th</sup> July 2025:

<https://shorturl.at/E3kKc>

In view of above, you are requested to do the needful in this regard so as to promote a healthier school environment and safeguarding the well-being of children.

With best wishes

**Dr. Praggya M Singh**  
Director (Academics)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली – 110002

'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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**Copy to the respective Heads of Directorates, Organizations and Institutions with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3<sup>rd</sup> Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Jharkhand Education Project Council, Ranchi, Jharkhand
14. The Director, Sambhota Tibetan Schools Society (STSS), Central Tibetan Administration (CTA), Dharamshala, HP
15. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
16. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
17. The Director, Navy Education Society, Directorate of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, Delhi – 110066
18. DS to Chairperson, CBSE
19. Secretary/ Controller of Examinations/ All Directors, CBSE
20. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
21. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
22. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
23. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
24. In-Charge, Library
25. Record File

**Director (Academics)**



‘शिक्षा सदन’ ,17 राऊज़ एवेन्यू ,इंस्टीट्यूशनल एरिया, नई दिल्ली –110002

‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002



## **Decoding Sugar: Risks, Recommendations, and Alternatives**

- **Excessive sugar intake makes you prone to Obesity, Diabetes, Heart Problems, Fatty Liver disease And Dental Issues**
- **The Recommended Daily Sugar Intake**  
**Adults: Not more than 7 tsps (30 gm) of added sugar per day.**  
**Children: less than 6 teaspoons (25 grams) of added sugar per day.**
- **Sugar Content in Commonly Consumed Foods**  
  
**375 ml of any Soft Drinks contains about 10 teaspoons (42g) of added sugar**  
  
**200 ml of any Fruit Drinks contains around 32 gm of sugar**  
  
**One biscuit has 10-30 gm of sugar**  
  
**A slice of bakery item has around 10-30 gm of sugar**  
  
**100 gm of milk chocolate has 50 gm of sugar**
- **Healthy alternatives to above are chachh / lassi, coconut water, lime water and fresh fruits**

## **Tips for Reducing Sugar Intake**

- **Read labels to check for added sugars.**
- **Choose unsweetened or low-sugar versions of products.**
- **Gradually reduce sugar in food.**