OIL BOARD

Use oil wisely for a healthier tomorrow.

Good food fuels your body.
Choose the right amount of oil!



How much oil?

Recommended limit per person per day
(for all cooking and food)

Adults
20–25 g
(about 4–5 teaspoons)



Children
15–20 g
(about 3–4 teaspoons)



Too much oil can lead to:



Weight gain and obesity | Heart diseases | High cholesterol | Type 2 diabetes

Choose healthier cooking habits

- Use the right amount of oil.
- Prefer steaming, boiling, grilling or baking instead of deep frying.
- Use oils rich in good fats (e.g. mustard, groundnut, rice bran, olive oil) and rotate oils.
- Include nuts, seeds and natural foods instead of fried snacks.

Limit high-oil foods



Avoid deep-fried and high-fat foods like chips, fries, samosas, puris and oily snacks.



SUGAR BOARD

Sugar adds taste and calories, but no nutrients.

Choose smarter
for a healthier tomorrow.



How much sugar?

Recommended limit per person per day

Adults
25 g
(about 6 teaspoons)



Children
20 g
(about 5 teaspoons)



Too much sugar can lead to:



Weight gain and obesity | Tooth decay | Type 2 diabetes | Heart diseases

Make healthier choices

- Choose fresh fruits instead of sweets.
- Read food labels and check for added sugar.
- Prefer water, fresh lime water or unsweetened milk instead of sugary drinks.
- Enjoy natural sweetness from fruits, nuts and whole foods.
- Limit cakes, candies, chocolates, pastries and sweetened beverages.

Hidden sources of sugar



Packaged juices | Flavoured yoghurt | Ketchup and sauces | Breakfast cereals

These everyday foods often contain high amounts of added sugar.



Reference: CBSE Circular No. Acad-45/2025 dated 15 July 2025 (Oil Boards) and Circular No. Acad-26/2025 dated 14 May 2025 (Sugar Boards).

*Limits are based on **WHO and ICMR-NIN guidance.***

Conversion used: 1 teaspoon sugar ≈ 4–5 grams. 1 teaspoon oil ≈ 5 grams.

lexEducate
Educate Regulate Elevate.

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