Society & Social Justice · GS - II

Early childhood nutrition plays a crucial role in preventing lifestyle-related diseases and ensuring healthy human development. Discuss in the context of FSSAI’s proposal to restrict added sugars in processed foods for children up to three years of age.

EXAM YEAR	PAPER	SUBJECT
DAILY PRACTICE 17/10/2026	GS - II	Society & Social Justice

MARKS	WORD LIMIT
10	~150 words

Answer Hint

FSSAI, Infant Nutrition, Added Sugars, Childhood Obesity, Diabetes, Food Safety, Preventive Healthcare, Public Health Policy.

Model Answer

Introduction

Early childhood is a critical stage of physical and mental development. Poor dietary habits and excessive sugar consumption can increase the risk of obesity, dental problems and other health issues. Therefore, FSSAI’s proposal to restrict added sugars in processed foods for children up to three years aims to promote healthier eating habits.

Main Body

Significance of the Proposal

1. Disease prevention: Reducing added sugar may help lower the risk of unhealthy weight gain and related health problems.
2. Healthy habits: It can encourage children to develop better food preferences from an early age.
3. Consumer protection: Food regulations can help parents make informed choices about products for young children.

Challenges and Way Forward

1. Ensure clear food labels and effective monitoring of manufacturers.
2. Promote breastfeeding and age-appropriate, balanced complementary feeding.
3. Educate parents about hidden sugars in packaged foods.
4. Consult nutrition experts and establish evidence-based standards.

Conclusion

Restricting added sugars in foods for young children can support preventive healthcare. Effective implementation, public awareness and access to nutritious foods are essential to ensure healthy growth and reduce the long-term burden of lifestyle-related diseases.

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