FSSAI

Draft sets high fat, sugar and salt thresholds for school food

FSSAI's draft would add regulation 7 to the 2020 school food regulations, defining food high in added fat, added sugar or sodium by ICMR's 2024 guidelines.

THE FOOD SAFETY AND Standards Authority of India (FSSAI) issued a notification under F. No. SS-T0SP08(NOTI)/1/2026-Standard-FSSAI, dated August 7, 2026, publishing the draft Food Safety and Standards (Safe food and balanced diets for children in school) Amendment Regulations, 2026. It appeared in the Gazette of India, Extraordinary, Part III, Section 4, No. 490, dated August 10, 2026. FSSAI proposes to make the regulations with the previous approval of the Central Government, under section 92(2)(v) of the Food Safety and Standards Act, 2006, and publishes the draft as section 92(1) requires, for the information of all persons likely to be affected. It is signed by Rajit Punhani, Chief Executive Officer.

KEY FACTS

AUTHORITY

FSSAI

PUBLISHED

August 7, 2026

ISSUED BY

Food Safety and Standards Authority of India (FSSAI)

DOCUMENT

Draft Food Safety and Standards (Safe food and balanced diets for children in school) Amendment Regulations, 2026, notification F. No. SS-T0SP08(NOTI)/1/2026-Standard-FSSAI

Draft sets high fat, sugar and salt thresholds for school food

FSSAI · August 7, 2026

The Food Safety and Standards Authority of India (FSSAI) issued a notification under F. No. SS-T0SP08(NOTI)/1/2026-Standard-FSSAI, dated August 7, 2026, publishing the draft Food Safety and Standards (Safe food and balanced diets for children in school) Amendment Regulations, 2026. It appeared in the Gazette of India, Extraordinary, Part III, Section 4, No. 490, dated August 10, 2026. FSSAI proposes to make the regulations with the previous approval of the Central Government, under section 92(2)(v) of the Food Safety and Standards Act, 2006, and publishes the draft as section 92(1) requires, for the information of all persons likely to be affected. It is signed by Rajit Punhani, Chief Executive Officer.

The draft would amend the Food Safety and Standards (Safe food and balanced diets for children in school) Regulations, 2020. After regulation 6, on "Monitoring and surveillance", it would insert a new regulation 7. For the purpose of the regulations, the food products "high in added fat or added sugar or sodium" would be as per the Dietary Guidelines for Indians-2024, ICMR. Food containing more than 4.2 g of added fat per 100 g in solid form, or more than 1.5 g per 100 ml in liquid form, would be considered high in fat. The sugar figures are more than 3 g of added sugar per 100 g or 2 g per 100 ml, and the salt figures more than 0.625 g of salt per 100 g or 0.175 g per 100 ml.

The 2020 regulations, as published on September 4, 2020, end at regulation 6 and set no such figures. Their regulations 3 and 5, on selling, marketing and advertising food in and around schools, speak of food products "high in saturated fat or trans-fat or added sugar or sodium", and their Schedule lists such food as "Not to be made available in the school, hostel, etc." The draft's definition uses a different phrase. It does not mention saturated fat or trans-fat, it sets its third threshold for salt rather than sodium, and it does not say how the new definition applies to the phrase used in regulations 3 and 5.

The draft will be taken into consideration after the expiry of sixty days from the date on which copies of the Gazette containing it are made available to the public. Objections or suggestions may be addressed to the Chief Executive Officer, Food Safety and Standards Authority of India, FDA Bhawan, Kotla Road, New Delhi-110002, or sent by email to regulation@fssai.gov.in, and FSSAI will consider those received before the period ends. The notification does not state when copies were made available, so it gives no closing date. The Gazette issue is dated August 10, 2026 and FSSAI listed the draft on August 11, 2026. By October 28, 2026, more than sixty days had passed since both dates.

The draft has a short title but no commencement clause, so it does not say when regulation 7 would take effect, and it gives no transition period. It does not define added fat or added sugar, say how the amounts are to be measured, or list the foods it would cover. To October 28, 2026, FSSAI's list of notifications shows no final regulations made from this draft.

Issued by	Food Safety and Standards Authority of India (FSSAI)
Document	Draft Food Safety and Standards (Safe food and balanced diets for children in school) Amendment Regulations, 2026, notification F. No. SS-T0SP08(NOTI)/1/2026-Standard-FSSAI
Dated	August 7, 2026
Published	Gazette of India, Extraordinary, Part III, Section 4, No. 490, August 10, 2026
Status	Draft, published for objections and suggestions
Would amend	Food Safety and Standards (Safe food and balanced diets for children in school) Regulations, 2020 (a new regulation 7 inserted after regulation 6)
Principal regulations	Published by notification F. No. 15(1)2016/School Children Regulation/Enf/FSSAI, dated September 4, 2020
Would define	Food products "high in added fat or added sugar or sodium", as per the Dietary Guidelines for Indians-2024, ICMR
Applies to	Food, for the purpose of the Food Safety and Standards (Safe food and balanced diets for children in school) Regulations, 2020
High fat	More than 4.2 g of added fat per 100 g in solid form, or more than 1.5 g per 100 ml in liquid form
High sugar	More than 3 g of added sugar per 100 g in solid form, or more than 2 g per 100 ml in liquid form
High salt	More than 0.625 g of salt per 100 g in solid form, or more than 0.175 g per 100 ml in liquid form
Comment period	Sixty days from the date copies of the Gazette are made available to the public; no closing date stated
Send comments to	The Chief Executive Officer, FSSAI, FDA Bhawan, Kotla Road, New Delhi-110002, or regulation@fssai.gov.in
Takes effect	Not stated in the draft
Legal basis	Section 92(2)(v) of the Food Safety and Standards Act, 2006, with the previous approval of the Central Government
Final regulations	None on FSSAI's list of notifications to October 28, 2026
Signed by	Rajit Punhani, Chief Executive Officer

Proposed thresholds, as per the Dietary Guidelines for Indians-2024, ICMR

Nutrient	Solid form	Liquid form
High Fat (added fat)	More than 4.2 g per 100 g	More than 1.5 g per 100 ml
High Sugar (added sugar)	More than 3 g per 100 g	More than 2 g per 100 ml
High Salt (salt)	More than 0.625 g per 100 g	More than 0.175 g per 100 ml

The notification (draft regulations) (PDF, 576 KB)

Source: Gazette of India, CG-DL-E-10082026-275350.

Checked against the official copy on October 28, 2026.

IndusDesk

hello@indusdesk.com · +91 11 4141 3939

9th Floor, Hemkunt House, Rajendra Place, New Delhi, Delhi 110008, India

Read online: indusdesk.com/fssai/insights/draft-sets-high-fat-sugar-and-salt-thresholds-for-school-food/