

NUTRITION ADVOCACY IN PUBLIC INTEREST-India (NAPi)

March 8, 2024

To,

1. **Ms. Jaya Varma Sinha**
Chairman & Chief Executive Officer, Railway Board, Ministry of Railways.
2. **Ms. Aruna Nayar,**
Secretary, Ministry of Railways,
Rail Bhawan, Rafi Marg, New Delhi-110001.

Subject: Proposal to avoid High Fat, High Sugar and High Salt Food Products in Railways.

Dear Madam,

Greetings from Nutrition Advocacy in Public Interest (NAPi)!

NAPi is a national think tank on nutrition –consisting of independent experts in epidemiology, human nutrition, community nutrition and paediatrics, medical education, administration, social work, and management. The members have decades of experience in their respective fields and have come together since 2016 to advocate on nutrition policy in public health interest.

Concerned over the rising obesity, diabetes and other NCDs, the Government of India MOHFW developed the “National multi -sectoral Plan of Action (NMAP) for Prevention and Control of common Non-communicable Diseases (NCDs) (2017-2022).

The NMAP provides Role of Key Ministries. Potential role of Railway ministry in implementation of the National Multisectoral Action Plan on NCDs includes:

- **Promote healthy food that is low in saturated fats, sugar and salt in trains & at railway stations**

During our recent travel on ‘Shatabdi’ and ‘Vande Bharat’ trains from Delhi to Chandigarh and back, several food products were served which are High in Sugar and Salt (Annex-1)

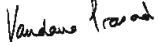
You may like to consider phasing out these food products and replaced by healthy food options.

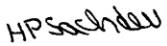
We hope to hear from you a positive response.

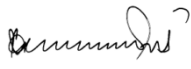
A line of acknowledgment shall be highly appreciated.


With my best regards

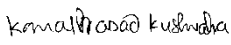
Sincerely,

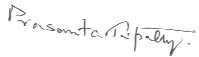

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CC: Mr. T. Srinivas, Joint Secretary, Ministry of Railways

Enclosed: Annex-1

Annex-1

