

දුරකථන ) 0112669192, 0112675011  
தொலைபேசி ) 0112698507, 0112694033  
Telephone ) 0112675449, 0112675280

ෆැක්ස් ) 0112693866  
பெக்ஸ் ) 0112693869  
Fax ) 0112692913

විද්‍යුත් තැපෑල )  
மின்னஞ்சல் முகவரி ) postmaster@health.gov.lk  
e-mail )

වෙබ් අඩවිය )  
இணையத்தளம் ) www.health.gov.lk  
website )



සුවසිරිපාය  
சுவசிரிபாய  
SUWASIRIPAYA

මගේ අංකය )  
எனது இல ) PA/Nut/II B/06/2011  
My No. )

ඔබේ අංකය )  
உமது இல )  
Your No. )

දිනය )  
திகதி ) 30/03/2015  
Date ) 29/04

සෞඛ්‍ය හා දේශීය වෛද්‍ය අමාත්‍යාංශය  
சுகாதாரம் மற்றும் சுதேசவையத்திய அமைச்சு  
Ministry of Health & Indigenous Medicine

Circular No: 01-17/2015

All Provincial Directors of Health Service  
All Regional Directors of Health Service  
All Directors /Teaching Hospitals  
All Heads of Specialized campaigns  
All Head of Line Ministry Institutes  
All Directors/Medical superintendent/DMO/MOH/MOIC  
All Heads of State Ministries, Co operations and Departments

**Introduction of a Healthy Canteen in work places**

Under nutrition, over nutrition, obesity as well as non communicable diseases are rapidly increasing in number in Sri Lanka. The sales of unhealthy foods at work place canteens in state and private sector have become a major contributory factor for this existing situation. In view of this situation, the Ministry of Health and Indigenous Medicine has taken steps to issue following guidelines for canteens in the Government Ministries, Departments, Corporations & other institutions to ensure operation of healthy canteens with effect from 30 March 2015.

01. Daily availability of foods from all six food groups. All food items must be of optimum quantity and diversity when served to the consumer.

**Major food groups**

**Quantity per meal**

- |   |   |
|---|---|
| 1. Cereals (Rice)                         | 1.5 - 2 cups rice                               |
| 2. Vegetable (including green leaves)     | 3 table spoons per vegetable – 2 to3 vegetables |
| 3. Fruits                                 | a fruit or 1 cup salad                          |
| 4. Fish, eggs, meat & protein rich pulses | 30g of fish or meat, 3 table spoons of pulses   |

**Per Day**

- |  |                     |
|--|---------------------|
| 5. Milk & milk products                                | 1-2 Glasses of milk |
| 6. Oily nuts & seeds<br>(Cashew, Peanuts, Avocado etc) | 1 table spoons      |

02. Rice must be available as the main food and also parboiled rice or lightly polished red rice must be given preference.
03. Fresh fruits to be made available daily for purchase by the consumer. Locally available seasonal fruits are preferred to be available as fresh fruits, fruit salad or fruit juice without added sugar.
04. Vegetables and green leaves (salad, mallow or curry) must be available to be purchased by consumer. A minimum of 2 vegetables and a green leafy vegetable per meal per day must be made available.

05. Protein rich foods (A minimum of one animal protein and one plant protein) per meal must be made available daily.
06. Fresh milk or milk products must be available daily for purchasing.
07. Facilities for consumption of clean drinking water must be there within the canteen premises.
08. Daily availability of oily nuts like Cashew, Peanuts, Gingerly (thala), healthily oils and fruits with healthily oils like Avocado.
09. Minimum quantity of oils to be used for cooking and also once used oil for cooking must be discarded and should not be re-used for cooking. Serving deep fried items as well as tempered foods should be minimized and limited to one or two such items per meal. Refrain from tempering all items in the menu. Deep fried snacks must be limited. Coconut oil to be used for deep frying.
10. The maximum salt consumption per day per person is less than one tea spoon (< 5mg) and the amount of salt that can be used should be calculated according to the average number of consumers.
11. Use of sugar when preparing foods & drinks should be minimized. Tea and fruits juices must be presented to consumers without added sugar and only add minimum amount of sugar on customer request.
12. Healthy Snacks and other eatables must be available in the canteen regularly.
13. Banners and posters promoting healthy foods and life style must be displayed in a manner clearly visible to the consumer, within the canteen.
14. The display of natural healthy foods must be within the green area and foods with high salt, high sugar and oils must be within the yellow or red areas in accordance to the "Guide lines for a healthy canteen in work places" published by health ministry.

**\* It is recommended that the price subsidies be limited to healthy food items so that the consumption of such food items are encouraged. Prices of the foods containing oil, sugar, salt will not be given for reduced prices.**

15. For nutrition and food safety, refer to "Guide lines for a healthy canteen in workplaces" published by the Ministry of Health. For further information on food safety, refer to gazette number 1742/22012 on Thursday 26<sup>th</sup> January 2012.

\* Please send this circular to all institutions under your supervision.



Dr. D.M.R.B Dissanayake  
Secretary  
Ministry of Health & Indigenous Medicine

Dr. D. M. R. B. Dissanayake  
Secretary  
Ministry of Health & Indigenous Medicine  
"Suwasiripaya",  
385, Rev. Baddegama Wimalawansa Thero Mawatha,  
Colombo 10, Sri Lanka.

Copy:-

1. Additional Secretary
2. Provincial Secretary
3. DGHS
4. DDG(PHS 1 & 11)
5. DDG(MS)
6. D/HFB
7. D/HEB
8. D/Estate Health
9. D/E&OH
10. D/MRI
11. D/Nutrition
12. D/Nutrition Co-ordination Division
13. D/NCD
14. Directors of state co operations and departments