

Shelf Life of traditional Indian sweets

Source : Guidance Note on Traditional Milk Products by FSSAI

Shelf Life	Kinds of sweets
To be kept at room temperature and consumed on the same day	Kalakand and its variants like Butterscotch Kalakand, Rose Kalakand, Chocolate Kalakand.
To be kept in refrigerator and consumed within 2 days from date of manufacturing	Milk Products and Bengali Sweets such as Badam Milk, Rasgulla, Rasamalai, Rabri Rasmalai, Shahi Toast, Rajbhog, Cham Cham, Sandesh, Malai Roll, Bengali Rabri, Hiramani, Gur Sandesh, Hari bhog, Anurodh, Anarkali, Madhuri, Pakiza, Raskadam, Gur Kaccha Gola Sandesh, RasKatta, KheerMohan, GurRasmalai, Gur Rabri, GurRasgulla.
To be consumed within 4 days from date of manufacturing	Ladoo and Khoya Sweets such as Milk Cake, Mathura Peda, Plain Burfi, Milk Burfi, Pista Burfi, Coconut Burfi, Chocolate Burfi, Safed Pede, Boondi Ladoo, Coconut Ladoo, Lal Ladoo, Motichor Modak, KhoyaBadam, MewaBatti, Fruit Cake, KhoyaTil Fruit Cake, Kesar coconut ladoo, Coconut Ladoo, Small MewaLadoo, Pink Burfi, Sevbadam Burfi, Til Bugga, ShahiGhewar, KhoyaKesarBadam Roll, Kheer Kadam, Kheera Beej Burfi, Khoya Coconut Burfi, MotiPak
To be consumed within 7 days from date of manufacturing	Sweets with ghee and dry fruits such as Dry fruit ladoo, Kaju Katli, Ghewar, Sakkar Para, Gur Para, Shahi Ladoo, Moong Burfi, Aata ladoo, Besan Ladoo, Dry fruit Gujia, Moti Boondi Ladoo, Kaju Kesar Burfi, Kaju Baked Gujia, BadamLaung, Balusahi, Badam burfi,, Chandrakala, KesarGujia, Maida Gujia, Kajukhazoor, Kesar Chandrakala, Anjeer Cake, Kaju apple, Kaju Gujia, Kaju Honey Dew, Kaju Kalash, Kaju Kesar, Kaju Ladoo, Kaju Roll, Kaju Samosa, Dil Khushal Burfi, Kaju Rose Katli, Kaju Baked gujia Besan Burfi, Kaju Rose

	Katli.
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