

FORTIFIED FOODS IN INDIA

Addresses the issue of micronutrient deficiencies.

The practice of intentionally increasing the content of one or more micronutrients (i.e., vitamins and minerals) in a food or condiment in order to improve the nutritional quality of the food supply and provide a public health benefit with minimal risk to health is known as **fortification.**

- In order to promote and differentiate between regular products and fortified products, a “+F” logo has been developed by FSSAI.



Square : Completeness.

Plus sign : Adding extra nutrition

Ring : good health, protection for an active and healthy life

Significance of fortification in India?



- More than 70% of India's population still consumes less than 50% of the RDA for micronutrients.
- India accounts for one-third of the approximately two billion people worldwide who are deficient in vitamins and micronutrients.
- India has a very high burden of malnutrition caused by micronutrient deficiencies.



According to the National Family Health Survey (NFHS-4):

- 58.4 % of children (6-59 months) are anaemic
- 53.1 % of women in the reproductive age group are anaemic
- 35.7 % of children under 5 are underweight

Fortified foods in India

- Wheat Flour and Rice → Iron, Vitamin B12 and Folic Acid
- Double Fortified Salt → Iodine and Iron
- Milk and Edible Oil → Vitamins A and D



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