**FOOD FORTIFICATION**

 **WHO Definition-** The process whereby nutrients are added in foods (in                                    relatively small quantities)

 –To maintain or improve the quality of the diet of a –Group

 -Community or

 - Population

 **WHO & FAO Definition**- (Food & Agricultural organization of the United                                                   Nations.)

 FORTIFICATION- “The practice of deliberately increasing the content of an                 essential micronutrient i.e., vitamins & minerals (including trace                   elements in a food supply and to provide a Public health benefit with                 minimal risk to health”.

* Food Enrichment is synonymous with Fortification and refers to addition of micronutrient to a food which is last during processing”.
* It’s a Public Health measure to reinforce the usual dietary intake of nutrients with addition to prevent or control some nutritional disorders.
* Vehicle is the food like Ghee, oil, salt etc.

**CRITERIA FOR VEHICLE & NUTRIENTS:**

 a) The vehicle must be consumed consistently as part of regular daily diet                  by the people.

 b) The amount of nutrient must be sufficient for low consumers but must                  not be hazardous to people who consume it in high quantities.

     c) The addition (mixing) of the nutrient should not change the taste, smell,             appearance or consistency for the people to notice it.

 d) The cost of addition must not increase the price to such an extent that                 people can not buy it.

 - Food fortification is a long term measure for controlling & preventing             malnutrition. Therefore adequate system of surveillance & control is a                 must for it’s effectiveness.

**Examples**- a) Flouridation (adding Flouride) of water to prevent dental caries.

 b) Iodization of salt for Endemic goitre.

 c) Addition of Iodide and Iron for preventing Iron deficiency anemia                       and goitre.

 d) Fortification of oil & Ghee with vit. A & Vit. D.

 vit. A - 2500IU

 vit. D - 175 IU per 100 gms.

 e) Folic Acid (Folate) in Flour – Anemia prevention

 f) Niacin in Flour/corn flour for prevention of pellagra.

 Dr. S.B. Purohit

 Deptt.of Comm. Med.