

Micronutrient deficiencies referred to as hidden hunger are the most common type of nutritional deficiencies in India, as indeed they are globally. It is estimated that over 2 billion persons in the world, including a majority of the 1.3 billion Indians, are deficient in one or more micro-nutrients. Iodine, iron, folate, vitamin B 12, vitamin A and D deficiencies are recognised as major public health problems in India. When there is a major public health problem due to micro-nutrient deficiency, across all segments of the population, which cannot be tackled through food-based approach, food fortification strategy is the option for bridging the gap between intake and requirement.

Five decades ago, India initiated the iodine fortification of salt to combat iodine deficiency disorders. The mandatory fortification of salt with iodine in the last decade, gave an impetus to the programme and the country is now nearing the goal of universal household access to iodized salt. Rapid improvements in the technology of fortification, improved packaging, transport and marketing have made food fortification a viable, sustainable, effective and inexpensive strategy to combat widespread micro-nutrient deficiencies.

The success of salt fortification with iodine led to the exploration for using a similar technology to combat other even more widespread micronutrient deficiencies such as iron deficiency anaemia. FSSAI has approved two technologies for the manufacture of iron-fortified iodised salt. Centralised production and pre-existing programmes for fortification of salt with iodine offer a ready platform to launch iron-fortified iodised salt. This also raises the hope that the country will be able to scale up access to and use of iron-fortified iodised salt to combat both IDD and anaemia and achieve the Sustainable Development Goals (SDG) target of 50% reduction in prevalence of anaemia in women. Currently there are ongoing studies to explore the feasibility and efficacy of atta and rice fortified with iron, folic acid and vitamin B12 to combat anaemia.

Voluntary fortification of vegetable oils with vitamins A and D is underway. Vitamins A and D are lost when milk fat is removed during processing for production of toned, double toned and skimmed milk. Voluntary replenishment fortification of toned, double toned and skimmed milk with vitamins D and A is being taken up by some major milk producers.

There is a need for nutrition and health professionals to update their knowledge on the current status of food fortification and related issues. NFI in collaboration with NAMS is organising a symposium on "Food fortification for improving micronutrient intakes" with the objective of updating the participants on the global and Indian scenarios.

*The President and Members of the Governing
Body of Nutrition Foundation of India
cordially invite you to attend the
NAMS-NFI Symposium on*



Food Fortification for Improving Micronutrient Intakes

*Venue: KamlaRaheja Auditorium
JS Bajaj Centre for Multi-professional Education,
NAMS House, Ansari Nagar New Delhi - 110016
Date: 29.11.2017 9.00 AM-6.00 PM*