



IAS PARLIAMENT

Information is Empowering
A Shankar IAS Academy Initiative

Fortification of Food

Why in news?

\n\n

Government is planning to make good quality fortified foods widely available.

\n\n

What is the background?

\n\n

\n

- WHO estimates that **deficiency of key micronutrients** such as iron, vitamin A and iodine together affects a 1/3rd of the world's population.

\n

- A diversified diet that meets all nutritional requirements is difficult to provide, fortification of food is relied upon by many countries to prevent malnutrition.

\n

\n\n

How Malnutrition affects Indian population?

\n\n

\n

- Since iron deficiency contributes to **20% of maternal deaths** and is associated with nearly half of all maternal deaths in India.

\n

- Malnutrition extends to the children that women with anemia give birth to.

\n

- They often have **low birth weight**, are pre-term, and suffer from **poor development and lower mental abilities**.

\n

- Lack of essential nutrients in the diet makes growing children weak and make them under nourished.

\n

\n\n

What is Food fortification?

\n\n

\n

- It is the **process of adding micronutrients** (essential trace elements and vitamins) to food.
- Food fortification is a **proven and effective strategy** to meet the nutritional needs of a large number of people across various sections of the society.
- The efficacy of the fortification standards introduced by the Food Safety and Standards Authority of India (FSSAI) will depend on enforcement.
- **Reduces the risk of death from infectious diseases.**
- Standards-based fortification can help advance overall health goals, starting with maternal health.
- Fortified foods can help fill the gaps, in need of speedy remedial nutrition. It prevents and eliminates the nutritional deficiencies.

\n

\n\n

What are the various efforts taken by India in this regard?

\n\n

\n

- Milk cooperatives in Haryana, Punjab, Rajasthan, Assam and Maharashtra are fortifying their products.
- Targeting children, the Rajasthan, Madhya Pradesh, Haryana and Himachal Pradesh governments have begun using **fortified oil for their mid-day meal schemes.**
- West Bengal and Andaman and Nicobar Islands are now distributing fortified wheat flour through the public distribution system, and the Maharashtra government has started a pilot project.
- The FSSAI is also working with small local suppliers, for instance local flour grinding mills, to get them to add premixed micronutrients.

\n

\n\n

\n\n

Source: The Hindu

\n



IAS PARLIAMENT

Information is Empowering

A Shankar IAS Academy Initiative