NAME; OBUH NMA MARY

MATRIC NUMBER; 16/MHS02/032

COURSE TITLE; NUTRITION PLANNING AND POLICY

COURSE CODE; NTD 404

ASSIGNMENT-

LIST AND EXPLAIN THE TYPES OF FOOD FORTIFICATION.

GIVE THE ADVANTAGES AND DISADVANTAGES OF FOODFORTIFICATION

Food fortification is defined as the process of deliberately adding/increasing the content of essential micro-nutrients in a food in order to improve the nutritional quality of the food

TYPES OF FOOD FORTIFICATION

Mass fortification

Targeted fortification

Market-driven fortification

1. Mass fortification:

In mass fortification, fortification is done in a food that are consumed by the general public.

Mass fortification is considered best when majority of population has an unacceptable risk (public health risk) related to nutritional deficiency. Examples include fortification of cereals, condiments, milk, oil and vegetables etc.

This type of fortification is usually mandated/regulated by the government.

2. Targeted fortification:

In targeted fortification, fortification is only done in those foods that are specifically aimed at specific sub-groups of the population. Examples: complementary foods for infant and young children, foods for school feeding program, special biscuits and other products for small children, pregnant and lactating women.

3. Market driven fortification:

In market driven fortification, food manufacturer adopts a business-oriented initiative to add/fortify the food with certain micronutrients. Although this sort of fortification is voluntary, the manufacturer must abide by the government-set regulatory limits for fortification.

Market driven fortification is more commonly found on industrialized countries compared to developing nations.

**Advantages of Food Fortification:**

* Fortification helps to minimize or decrease the potential occurrence of micro-nutrient deficiency.
* Fortification helps to improve dietary intake and nutritional status of an individual.
* Fortification is one of the most cost-effective procedures that can be executed on a bigger scale.
* Fortified foods are better at bringing down the danger of different insufficiency that can result from shortfalls in the nutrition supply or a low-quality eating routine.
* It doesn’t require an adjustment in the individual and utilization design.

**Disadvantages of Food Fortification:**

* Food fortification may overshadow the importance of dietary diversity if it is considered as a long-term solution to micro-nutrient deficiency.
* Food fortification involves extensive expenses in the process. These may extend from beginning up expenses and the expenses of leading preliminaries for micro-nutrient levels, physical characteristics, and taste, to a practical investigation of the acquiring intensity of the plausible recipients.
* In some foods, the shelf life of foods is reduced due to fortification.
* In some cases, especially in market-driven fortification, the manufacturers may fortify highly junk and relatively unhealthy foods in order to attract the consumers. These foods may have more negative health effects than the positive effect.
* There are technological issues relating to food fortification, especially with regard to appropriate levels of nutrients, stability of fortificants, nutrient interactions, physical properties, as well as acceptability by consumers.