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???? ??????? ?~~ **Vitamin D Malayalam | Dinu Varghese Oil**

Fortification: How It's Done? | FSSAI ~~Vitamin A Fortification Of P~~

Vitamin A fortification of staple foods. Vitamin A is important for visual health, immune function and fetal growth and development. Vitamin A deficiency is a public health problem in many parts of the world, particularly Africa and South-East Asia. It can cause visual impairment in the form of night blindness and, in children, may increase the risk of illness and death from childhood infections,

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including measles and those causing diarrhoea.

~~WHO | Vitamin A fortification of staple foods~~

In the Philippines, wheat flour used in making the popular bread pandesal is fortified with vitamin A (4.5 mg/kg) to produce a pandesal fortified at 2.8 mg/kg . Daily consumption of 40 g of bread provides about 19% of the vitamin A RDI.

~~Food Fortification to Reduce Vitamin A Deficiency ...~~

Its consequences (disorders) include xerophthalmia (the leading cause of early childhood blindness), increased severity of infection, anemia, and death. Because vitamin A deficiency is largely due to chronic dietary insufficiency of preformed vitamin A and proactive carotenoids, food fortification can offer an effective approach to

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prevention.

~~Vitamin A Fortification of Wheat Flour: Considerations and...~~

line in establishing fortification levels in other countries.

Fortification procedure After a number of studies, the vitamin A selected for fortification was retinyl palmitate 250 CWS (cold water soluble). This product, a gelatin microencapsulated preparation that contains 250,000 IU of vitamin A per gram and is water-miscible, is manufactured by

~~Fortification of sugar with vitamin A~~

Currently, more than 130 countries have mandatory fortification of salt with iodine, and around 85 have mandatory fortification of wheat flour with micronutrients such as iron, iodine, folate, and...

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~~(PDF) Vitamin food fortification today~~

Background: Vitamin A deficiency is a significant public health problem in many low- and middle-income countries, especially affecting young children, women of reproductive age, and pregnant women....

~~(PDF) Fortification of staple foods with vitamin A for ...~~

The goal of a vitamin A fortification program is to prevent vitamin A deficiency. Its objectives are to increase vitamin A intake and to improve vitamin A status among population groups whose daily dietary needs for vitamin A are not routinely met, while minimizing the risk of overconsumption among groups whose vitamin A status is normal.

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~~Vitamin A fortification of wheat flour: Considerations and ...~~

Natural dietary vitamin A remained unchanged throughout. Addition of retinyl palmitate to sugar increased significantly the intake ($p < 0.001$). After 1 yr of fortification 76% of the children experienced an elevation of retinol. All those with initial values < 20 microgram/dl showed an increase.

~~The effect of vitamin A fortification of sugar on the ...~~

Vitamin A is essential for normal tissue growth. Vitamin A functions in vision cell differentiation, embryonic development, spermatogenesis, the immune response, and epithelial cell integrity. Vitamin A deficiency (VAD), which mainly affects young children and pregnant women in lower income countries, can cause eye

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disease, irreversible blindness, reduced resistance to infection, and an increased risk of morbidity and mortality.

~~Vitamin A Fortification of Cooking Oils | SpringerLink~~

Vitamin fortification has a long history in fluid milk in the United States to reduce rickets in children, and the FDA mandated in the 1990s that fortified fluid milks must be within 100% to 150% of label claims to address documented variability in vita-

~~Vitamin Fortification of Fluid Milk~~

RESULTS: The annual incremental private sector cost of vitamin fortification is US \$555,668 for oil and US \$2,644,765 for sugar. Assuming that oil and sugar fortification are both effective in reducing vitamin A deficiency by 30% among those who consume

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these foods, the estimated cost per disability-adjusted life year (DALY) averted is US \$82 for sugar and US \$18 for oil.

~~Vitamin A fortification in Uganda: comparing the ...~~

The effect of fortification of staple foods with vitamin A alone on vitamin A stores and on subclinical vitamin A deficiency is uncertain. It is uncertain whether this intervention might reduce clinical vitamin A deficiency (night blindness).

~~Fortification of staple foods with vitamin A for vitamin A ...~~

The potential effects of fortification (and enhanced nutrient intake) on other nutrient and health indicators must also be considered, for example high intakes of folic acid from fortified foods (or supplements) may mask vitamin B 12 deficiency. Also, high intakes

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of some micronutrients can interfere with the absorption of others, triggering new problems.

~~Fortification—British Nutrition Foundation—Page #1~~

Animal?feeding trials with added vitamin D in the animals' diets (e.g. to biofortify meat or eggs), food production studies and data from dose–response and dietary modelling studies indicate that dairy products, bread, meats and hens' eggs could be viable fortification vehicles and that diverse fortification strategies could increase vitamin D intake across the distribution of population ...

~~Is a vitamin D fortification strategy needed?—Buttriss ...~~

The present thesis focuses on in situ fortification of vitamin B12 in native grain materials by fermentation with *P. freudenreichii*. This

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study has demonstrated that fermentation of wheat flour, whole-wheat flour and wheat bran with *P. freudenreichii* resulted in a physiologically significant level of vitamin B12 (up to 155 ng/g dw) after 7 days.

~~In situ fortification of vitamin B12 in grain materials by ...~~

Consumption of vitamin A–fortified pandesal increased the estimated vitamin A intake by 95 ?g RE/d (averaged over 7 d), which, in effect, raised their average daily intake from 40% to 75% of the age-specific Filipino RDA.

~~Efficacy of a vitamin A fortified wheat flour bun on the ...~~

Vitamin D deficiency is widely prevalent in India, despite abundant sunshine. Fortification of staple foods with vitamin D is a viable

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strategy to target an entire population. Vitamin D fortification programs implemented in the United States and Canada have improved the vitamin D status in these countries, but a significant proportion of the population is still vitamin D deficient.

~~Fortification of Foods with Vitamin D in India~~

Citing the example of Rajasthan, where fortification of edible oil is being done since 2011, Vij said there is a substantial reduction in vitamin A deficiency among children (10-19 years) in the ...

~~FSSAI mulling making fortification of edible oil with ...~~

Folic acid is an essential water soluble B vitamin which has been used for decades in the prevention of folate deficiency anemia of pregnancy. In 1991, folic acid taken prior to the start of pregnancy

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was shown unequivocally to prevent spina bifida and anencephaly—two of the most serious and common birth (neural tube) defects. Soon governments recommended that women of reproductive age ...

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