Supplementary material for assignment B3

Information about fortification programmes:

The World Health Organisation (WHO) provides guidelines to assist countries in designing and implementing effective food fortification programmes.

Food vehicles for fortification vary, ranging from basic commodities like flour, sugar, and salt available in retail markets for consumer use, to processed foods fortified during manufacturing. Basic commodities are better suited for mass fortification, intended to reach the entire population. In contrast, certain processed formulated foods are ideal for targeted fortification initiatives, aimed at specific population groups.

Choosing salt as a fortification strategy is based on several factors:

- Salt is widely consumed by everyone
- Salt consumption remains stable throughout the year
- Salt production is usually limited to specific geographical areas
- Salt iodisation technology is easy to implement and cost-effective in low-income countries
- Adding iodine to salt does not affect its colour, taste, or odour
- The quality of iodised salt can be monitored at production, retail, and household levels

(Reference: *World Health Organisation: https://iris.who.int/bitstream/handle/10665/43412/9241594012_eng.pdf?sequence=1*)

Here is an example from Denmark (2024):

Since 2000, iodine fortification of household salt and salt added to bread and bakery products has been mandatory. The fortification level of iodine in salt was initially 13 mg iodine/g salt. In 2019, it was increased to 20 mg iodine/g salt to ensure iodine nutrition in the general Danish population.

Besides the mandatory iodisation of household salt and salt added to bread and bakery products, voluntary fortification with iodine of specific food groups is allowed in Denmark. These include, among others, milk-based drinks and their corresponding plant-based alternatives (18 mg iodine/g), and salt added as an ingredient to different food products (27-50 mg iodine/g).