

August 18, 2011

Micronutrient Initiative Supports Mandatory Flour Fortification in Nepal to Improve Health of the Most Vulnerable

Kathmandu, NEPAL, August 18, 2011 – The Micronutrient Initiative congratulates the Government of Nepal in its decree that makes flour fortification mandatory in the country. With its recently published notice that all flour processed at roller mills must contain **iron, folic acid and vitamin A**, Nepal becomes the first South Asian country to make the addition of vitamins and minerals to this important food mandatory.

In [Nepal](#), the Micronutrient Initiative had been assisting the Government of Nepal and roller mills in implementing voluntary fortification measures for several years. As the voluntary fortification was satisfactorily carried out by the mills, the government decided to go further with the project and make all roller mill flour fortified.

“As we celebrate the ongoing success of wheat flour fortification in Nepal, we hope that it will contribute to the reduction of iron deficiency and anaemia among the whole population, especially among women and children,” says **M. R. Maharjan, Director of the Micronutrient Initiative in Nepal**. “Mandatory legislation will help bring sustainability to the fortification program and ensure a level playing field for all roller mills in the country.”

Flour fortification provides a platform to increase vitamins and minerals in the diet of the population. Regular consumption of foods such as bread, biscuits, noodles and other flour products fortified with micronutrients can contribute to improving a deficient diet. In general, flour fortification is technically simple and cost-effective, requiring only minor modifications in most flour mills, a steady supply of fortificants and a quality assurance and monitoring system. **Wheat flour in Nepal is being fortified at roller mills with iron (60 ppm, electrolytic elemental form), folic acid (1.5 ppm) and vitamin A (1 ppm).**

“This action has the potential to reduce vitamin and mineral deficiencies and their resulting consequences in Nepal,” says Maharjan. “Studies on recent nationally mandated flour fortification efforts with folic acid in Canada, South Africa and the United States have shown great reductions in numbers of children born with neural tube defects. The Micronutrient Initiative will continue to lend its support to these efforts so we can realize similar results and improve the health of the entire population.”

<http://www.micronutrient.org/English/view.asp?x=656&id=49>

For more details visit above line

Nepal, Cameroon, Tanzania Pass Flour Fortification Mandates
63 countries now have fortification legislation

Source: FFI Sept 2011