



1ST Pakistan Food –Nutrition International Summit 2019

Monday –Thursday, July 10-11, 2019

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.

Conference Abstract

FOOD FORTIFICATION: TECHNICAL ASPECTS

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Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Keywords: Food fortification, Food carrier, Nutritional balance, Label.

ABSTRACT

To evaluate the population productivity and quality, the nutritional position of population is a best factor, which disturb the national productivity. The good status of nutritional quality of the population gives health for long term. In developing countries like Pakistan, the nutritional status of the peoples may improve by conducting the awareness programs. Food fortification, i.e., the nutrients addition in desired food items, based on health and status of nutrition of the targeted peoples for improving the health and nutritional status of the targeted peoples. The technical aspects of fortification of food is needed to assess by carefully. These contain the acceptability of consumer (taste and price) for fortified foods, explanation of nutrition of the fortified food items and limits of technical aspects to overcome the labeling and food rules and regulation requirements. The most important features for starting the food fortification programs are; food carrier choice, nutrients availability, safety and stability of nutrients under different storage condition. The addition of nutrients in fortification should not affect the human health and nutritional balance. The overage concept should be started for consumer information. Overage is a use of kinetic data on nutrients stability to calculate the nutrients which is added, so that at the end of shelf life of the product the expected level of nutrients should be according to the level that mentioned on the product label.

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Citation:

Khizar H Umar F, Afshan S. Food Fortification: Technical Aspects. Adv Food Nutr Sci. Vol. 4. 2019.p.143-144.

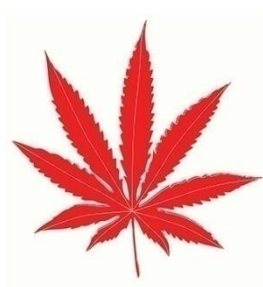
Funding:

The authors received no direct funding for this research.

Competing Interests:

The authors declare no competing interests.

Additional information is available at the end of the article.



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The abstract appearing is approved to present in 9th Pak Pharma Healthcare Expo | 1ST Pakistan Food –Nutrition International Summit 2019, July 10-11, 2019 at Pak-China Friendship Centre, Islamabad, Pakistan. The submissions were selected and processed by the Organizing Committee to be presented in oral or poster session, and were subject to review by the Program Committee.