

Potential Contribution of Fortified Grains to Average Requirements and Tolerable Intake Levels of 15 Nutrients in 153 Countries

Countries that have a higher proportion of food intake that is industrially processed and fortified to the estimated average requirement (EAR) standards have a higher potential for nutrient contribution to the diet with minimal risk of exceeding upper recommended limits (UL).

Large-scale food fortification can be an effective intervention to reduce and control micronutrient deficiencies.

EAR and UL values for 15 key nutrients

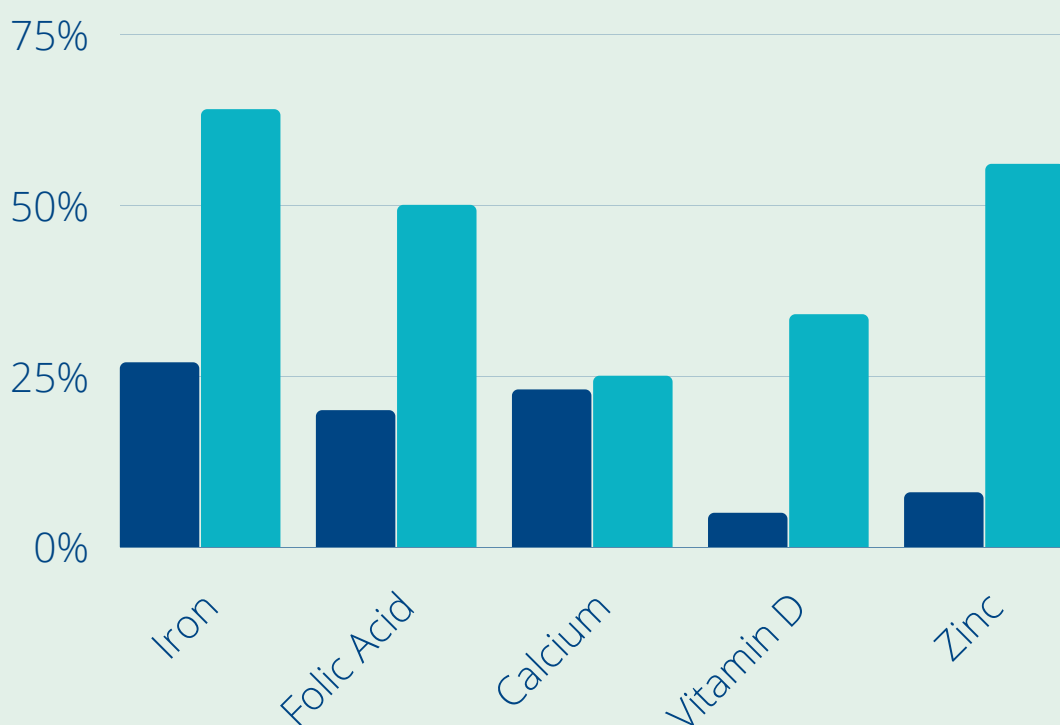


Nutrient	EAR (mg/day)	UL (mg/day)
Vitamin A	0.5	3.0
Thiamin	0.9	N/A
Riboflavin	0.9	N/A
Niacin	0.9	N/A
Vitamin B6	1.1	100
Folic Acid	0.4 ¹	1.0
Vitamin B12	0.002	N/A
Vitamin D	0.01	0.1
Vitamin E	12	1000
Calcium	800	2500
Iron	8.1	45
Fluoride	3.0 ²	10
Iodine	0.095	1.1
Selenium	0.045	0.4
Zinc	6.8	40

To see what nutrients are available through fortified foods in your country, visit the Global Fortification Data Exchange: <https://fortificationdata.org/nutrient-intake-for-all-food-by-country/>

For all nutrients in the realistic scenario, except iodine, the median contribution of fortification was 75% or less of the EAR, which is an indication that countries may need to assess compliance to standards.

COMPARISON OF UNADJUSTED AND ADJUSTED % EAR AMONG KEY NUTRIENTS OF INTEREST



The unadjusted assumption is 100% of the food in a country is fortified and industrially processed. The adjusted assumption is based on a country's recent available data on industrial processing and fortification compliance. This helps determine how much food fortification contributes to nutrient intake.

Legend:
■ Unadjusted
■ Adjusted