

TABLE OF CONTENTS

INTRODUCTION	1
BACKGROUND	2
FOOD FORTIFICATION TECHNOLOGY	3
Iodine	3
Iron	4
Vitamin A	6
Vitamin D	6
Vitamin E	6
Vitamin C	7
B-Complex Vitamins	7
Practical Problems Encountered in Establishing Fortification Programmes	7
IMPACT OF LEGISLATION	9
General principles for addition of nutrients to foods	9
Consideration of additional requirements	11
FOOD CONTROL SYSTEMS IN FOOD FORTIFICATION PROCESSES	12
The effects of inadequate food control	12
Obstacles to adequate food control	12
REQUIREMENTS FOR EFFECTIVE FORTIFICATION IN FOOD AID PROGRAMMES	13
CONCLUSIONS AND RECOMMENDATIONS	14
General recommendations	14
Specific recommendations and areas for future work	15
ANNEX 1 - LIST OF PARTICIPANTS	19
ANNEX 2 - PROVISIONAL AGENDA	21
ANNEX 3 - LIST OF WORKING PAPERS	23
ANNEX 4 - MICRONUTRIENT FORTIFICATION OF FOOD: TECHNOLOGY AND QUALITYCONTROL	25
ANNEX 5 - HISTORY OF TECHNOLOGY DEVELOPMENT FOR VITAMIN A FORTIFICATION OF FOODS IN DEVELOPING COUNTRIES	65
ANNEX 6 - REQUIREMENTS FOR EFFECTIVE FORTIFICATION IN FOOD AID PROGRAMMES	77
ANNEX 7 - LEGISLATION PERTAINING TO FOOD FORTIFICATION	93