

# Food Fortification to Combat Micronutrient Malnutrition in Thailand



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# Situation of Micronutrient Malnutrition

**IDA**



Widely found in all parts of the  
country

**:- school children = 8.1**

**%**

**:- pregnant women =**

**VAD**

**12.57 %**

- Sporadically found in some parts  
Omkoï District, Chiangmai

**Xerophthalmia = 0.9 %**



# Situation of Micronutrient Malnutrition (continued)

**IDD** ■ Gradually reduce TGR = 2.17 %

**B1 & B2** ■ Increasingly found in many parts need more survey

**Folate** ■ Likely to be a hidden nutrition problem

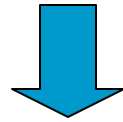


# Food Fortification

- Food to food fortification has been a strategy for more than two decades
- Fortification with nutrients is recognized as the most efficient and economical strategy
- Implementing
  - Mandatory
  - Voluntary

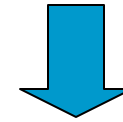


## Mandatory

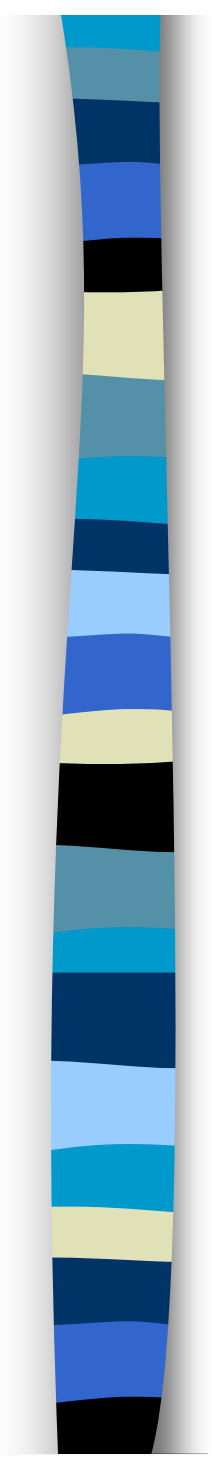


- Infant/Follow on formula
- Edible salt
- Sweetened condensed milk

## Voluntary



- Complementary food
- Instant noodles
- Dried banana
- Others driven by marketing



# Monitoring system is still needed at :-

- Processing line
- Finished product
- During storage
- Consumer usage



# Ongoing study

- Model for monitoring iodated salt quality using titration and spectrophotometric methods
- Double-fortified fish sauces with different forms of iron and iodine



# Progress from Manila Forum: National Food Fortification Committee"

## Composition:

- Department of Health
- FDA
- Academic - INMU
- Private sector
  - The Federation of Thai Industries(FTI)
  - Nutrition Association of Thailand
  - Private companies



## Goal

- To use food fortification as a strategy for improving nutritional status of the Thai population

## Objectives

- To evaluate the impact of implemented program (instant noodles) in target population
- To select the most appropriate fortificants used in implementing program (double fortified fish sauce)



# Objectives

(continued)

- To develop new fortified products to the market
- To implement “Nutrition Seal” as a tool for social marketing of the National Food Fortification Programme
- Encouraging Public-Private Partnership for more varieties of fortified food



# Future Plan

1. Evaluation of Impact of triple fortification of instant noodles
2. Implementation of double fortified fishsauce (with iron and iodine) in the market
3. Research on social marketing of fortified products
4. Development of the appropriate monitoring system for fortified products



# Future Plan

(continued)

5. Development of new fortified food products  
eg. fortified wheat flour with B1, B2, Folate
6. Introduction of “Nutrition Seal” concept for promoting consumption of the fortified products.
7. Establishment of Nutrition Communication Program through Public-Private partnership.