

ಗೋಲ್ಡ್ ವಿನ್ನರ್ ರೀಫೈನ್ಡ್ ಕುಕ್ಕಿಂಗ್ ಆಯಿಲ್ ವಿಟಾ D3 ಜೊತೆಗೆ ಭಾರತವನ್ನು D+VE ಯನ್ನಾಗಿ ಮಾಡುವಲ್ಲಿ ಮುಂದಾಳುತ್ವ ವಹಿಸಿದೆ.

ಪೌಷ್ಟಿಕಾಂಗಳನ್ನು ಹೊಂದಿರುವುದಕ್ಕೆ ಕುರಿತಾದ FSSAI ಮಾನಕಗಳ ಪ್ರಕಾರ ಗೋಲ್ಡ್ ವಿನ್ನರ್ D3 ವಿಟಮಿನ್ D3 ಯಿಂದ ಸಮೃದ್ಧವಾಗಿರುವ ಪ್ರಪ್ರಥಮ ಖಾದ್ಯ ತೈಲವೆಂದು ಘೋಷಿಸಲ್ಪಟ್ಟಿದೆ. ಇದರ ಅರ್ಥವೆಂದರೆ, ಇನ್ನು ಮುಂದೆ ವಿಟಮಿನ್ D ಬಗ್ಗೆ ಯಾರೂ ಚಿಂತಿಸಬೇಕಾಗಿಲ್ಲ. ಭಾರತವನ್ನು D+ve ಯನ್ನಾಗಿ ಮಾಡೋಣ.

Gold Winner
Refined Cooking Oil

Fortified with
VITA D3+
VEGAN VITAMIN D3

Fortified foods to tackle malnutrition

MNCs, co-ops, other manufacturers will add premixes of micronutrients to products

Food for thought

Fortification of eatables is aimed at fighting malnutrition

What it means
Fortification is the addition of key vitamins and minerals, such as iron, iodine, zinc, Vitamins A & D, to staple foods such as rice, milk and salt to improve their nutritional content



- The nutrients may or may not have been originally present in the food before processing
- It is a simple, proven, cost-effective and complementary strategy in use across the globe
- The draft Food Safety and Standards Regulations, 2016, prescribe the standards for fortification of salt, oil, milk, and rice

Malnutrition isn't about acute starvation. Often, healthy-looking people are malnourished too, because their diet does not include the right micronutrients.

To tackle the issue, the Food Safety and Standards Authority of India (FSSAI) released a set of standards and a logo last year. Since then, it has focussed on awareness and consensus building. Now, a number of enterprises will begin adding premixes of micronutrients to launch fortified foods.

Smita Mankad, head of the FSSAI's Food Fortification Resource Centre, told The Hindu that in the next few months, Kaleesuwari Refineries are working on oil,

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Fortified with
Vitamins D3 & A

