

GUIDELINE:
**FORTIFICATION OF
RICE WITH VITAMINS
AND MINERALS
AS A PUBLIC
HEALTH STRATEGY**



World Health
Organization

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Guideline: fortification of rice with vitamins and minerals as a public health strategy

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PUBLICATION HISTORY

This *Guideline: fortification of rice with vitamins and minerals as a public health strategy*, is the first evidence-informed guideline from the World Health Organization (WHO) for this intervention with this specific food vehicle – rice. The focus of this document is on the use of this intervention as a public health strategy and not on market-driven fortification of rice.¹ Given the many types of rice consumed in various countries worldwide as food vehicles for fortification, as well as an update on the process currently used in fortification of rice kernels, a separate guideline for this food vehicle was deemed necessary. In order to produce this guideline, the rigorous procedures described in the [WHO handbook for guideline development](#) were followed. This guideline complements the WHO/FAO (Food and Agriculture Organization of the United Nations) [Guidelines on food fortification with micronutrients](#) (2006) and the Pan American Health Organization publication, [Iron compounds for food fortification: guidelines for Latin America and the Caribbean 2002](#). This document expands the sections on dissemination and updates the summary of evidence used for the guideline, based on the most recent systematic and narrative reviews on the topic.

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¹ Market-driven fortification refers to the situation where the food manufacturer takes the initiative to add one or more micronutrients to processed foods, usually within regulatory limits, in order to increase sales and profitability. Fortification as a public health strategy refers to the practice of deliberately increasing the content of one or more micronutrients, i.e. vitamins and minerals (including trace elements), in a food, in order to improve the nutritional quality of the food supply and provide a public health benefit with minimal risk to health.

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Donors do not fund specific guidelines and do not participate in any decision related to the guideline development process, including the composition of research questions, membership of the guideline groups, conduct and interpretation of systematic reviews, or formulation of the recommendations.

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