



Know your **SALT!**

Iodine Deficiency Disorder (IDD) is a major global public health problem.



FORTIFIED
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ANAEMIA and IDD both affect the health of a person dramatically



The Double Fortified Salt (DFS) is basically iodine and iron added to common salt

Imagine the beautiful Himalayan peaks and the picturesque landscape. The trans-Himalayan region of India holds within itself beauty that sparks up your imagination. The panorama of snowcapped mountains is unlike any other landscape of India. People who live in the hilly areas usually have iodine deficiency due to the fact that the iodine content leaches out of the soil in the hilly areas although a majority of the people in India suffer from IDD.

The Food Safety and Standards Authority of India (FSSAI), in order to address the problem of anaemia along with iodine deficiency, has come out with the standards for Double Fortified Salt (DFS) which is basically iodine and iron added to common salt. The fortification of common salt with both these micronutrients will help address both anaemia and iodine deficiency for the masses as common salt is consumed daily by all.

To gain knowledge about the causative factor of endemic goiter in the Himalayan belt, a study was organised in 1956 in the Kangra Valley of Himachal Pradesh in India by Sooch and Ramalingaswami. The result of the study laid the

foundation of the National Goiter Control Project which later on was changed to the National Iodine Deficiency Disorder Control programme in India. This study also showed that Iodised Salt is effective in addressing goitre. The FSSAI CEO, Pawan Agarwal says, "The FSSAI has set up the Food Fortification Resource Centre (FFRC) which is the go-to centre for Fortification. We work with various line ministries, development partners and key experts, together with whom we provide end to end solution for food fortification. The use of DFS has been encouraged in the government safety net programmes like the Integrated Child Development Services (ICDS) and the Mid Day Meal (MDM) by the MoWCD and the MoHRD since 2011. A latest directive has been issued by the MWCD to include fortified wheat flour, oil and salt in ICDS."

Anaemia and the IDD both affect the health of a person dramatically. The IDD covers a myriad of consequences of iodine deficiency at all stages of human growth and development – from foetus, infants, childhood, adolescent and to adulthood. Studies have shown that children who are deficient in iodine show poor scores on IQ tests (13 points less) and

have impaired school performance. Coupled with anaemia, there is lack of concentration, increased fatigue and low energy. This is why it is essential to choose double fortified salt or iodised salt over non-iodised salt. People who don't get sufficient iodine usually exhibit lowered mental function, low intelligence levels and high degree of apathy which is reflected in lack of ingenuity and decision-making capacity.

The FSSAI has also released the +F logo which can be now found on many of the fortified products available in the market. As a consumer, a wise and informed choice would be to pick up the products that will provide health benefits to you and your family should be a decision to be made while purchasing groceries.

For more information on fortification or on fortified products available in the market, please log on to <http://ffrc.fssai.gov.in/> **fbBUZZ**



Food Fortification Resource Centre
www.ffrc.fssai.gov.in/fortification