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AN EVALUATION OF THE EFFECTIVENESS OF THE FLOUR IRON FORTIFICATION PROGRAMME IN ARDEBIL

Mahsa Mohajeri[1], Ali Nemati[3]

1. 1- PhD student of food and nutrition policy, nutrition faculty, Tabriz University of Medical Sciences, Tabriz, Iran
2. Associate Professor of nutrition, nutrition faculty, Ardebil University of Medical Sciences, Ardebil, Iran

Email: mahsa.mohajeri.93@gmail.com

Background and Aim: The present communication reports a strategy to calculate the intake of Iron based on data available for folic acid and evaluate the programme of flour fortification in Ardebil.
Methods: Cross-sectional study conducted in Ardebil during 2016 and 2017. A 3d dietary record of individuals was used. The usual intake of folic acid by sex and age group was estimated using the National Cancer Institute method. The quantity of folic acid and Iron established by mandatory food fortification in Ardebil was used, and based on that quantity we calculated the amount of flour consumed and the intake of Fe from fortification and Iron from food. Then, the absorption of each nutrient was calculated
Results: Mean intake and absorption of Iron from fortification (electrolytic Fe) was low in men and women
Conclusion: The impact from the consumption of fortified products is small in relation to Iron intake in Ardebil. The strategy proposed to estimate Iron intake from the fortification program indicates that the amount of flour intake observed in Ardebil does not justify the current ranges of mandatory flour fortification and the form of Iron that is mainly used (electrolytic Fe).
Keywords: Electrolytic iron; Flour fortification; Folic acid; Iron; Program assessment