Countries that have a higher proportion of food intake that is industrially processed and fortified to the estimated average requirement (EAR) standards have a higher potential for nutrient contribution to the diet with minimal risk of exceeding upper recommended limits (UL). Large-scale food fortification can be an effective intervention to reduce and control micronutrient deficiencies.

For all nutrients in the realistic scenario, except iodine, the median contribution of fortification was 75% or less of the EAR, which is an indication that countries may need to assess compliance to standards.

To see what nutrients are available through fortified foods in your country, visit the Global Fortification Data Exchange: https://fortificationdata.org/nutrient-intake-for-all-food-by-country/

COMPARISON OF UNADJUSTED AND AdjustED % EAR AMONG KEY NUTRIENTS OF INTEREST

The unadjusted assumption is 100% of the food in a country is fortified and industrially processed. The adjusted assumption is based on a country's recent available data on industrial processing and fortification compliance. This helps determine how much food fortification contributes to nutrient intake.