



## FORTIFIED RICE : SCIENCE & TECHNOLOGY

**NEWS :** Union Cabinet Extends Universal Fortified Rice Supply in Government Schemes Until 2028 to Combat Malnutrition

### WHAT'S IN THE NEWS ?

The Union Cabinet has extended the universal supply of fortified rice under central government schemes until December 2028. The initiative, aimed at combating anemia and micronutrient deficiencies, has now achieved universal coverage across the country, with three planned phases completed by March 2024.

**Definition:** Rice fortification enhances rice with essential micronutrients like iron, folic acid, and vitamin B12 to combat malnutrition and anemia.

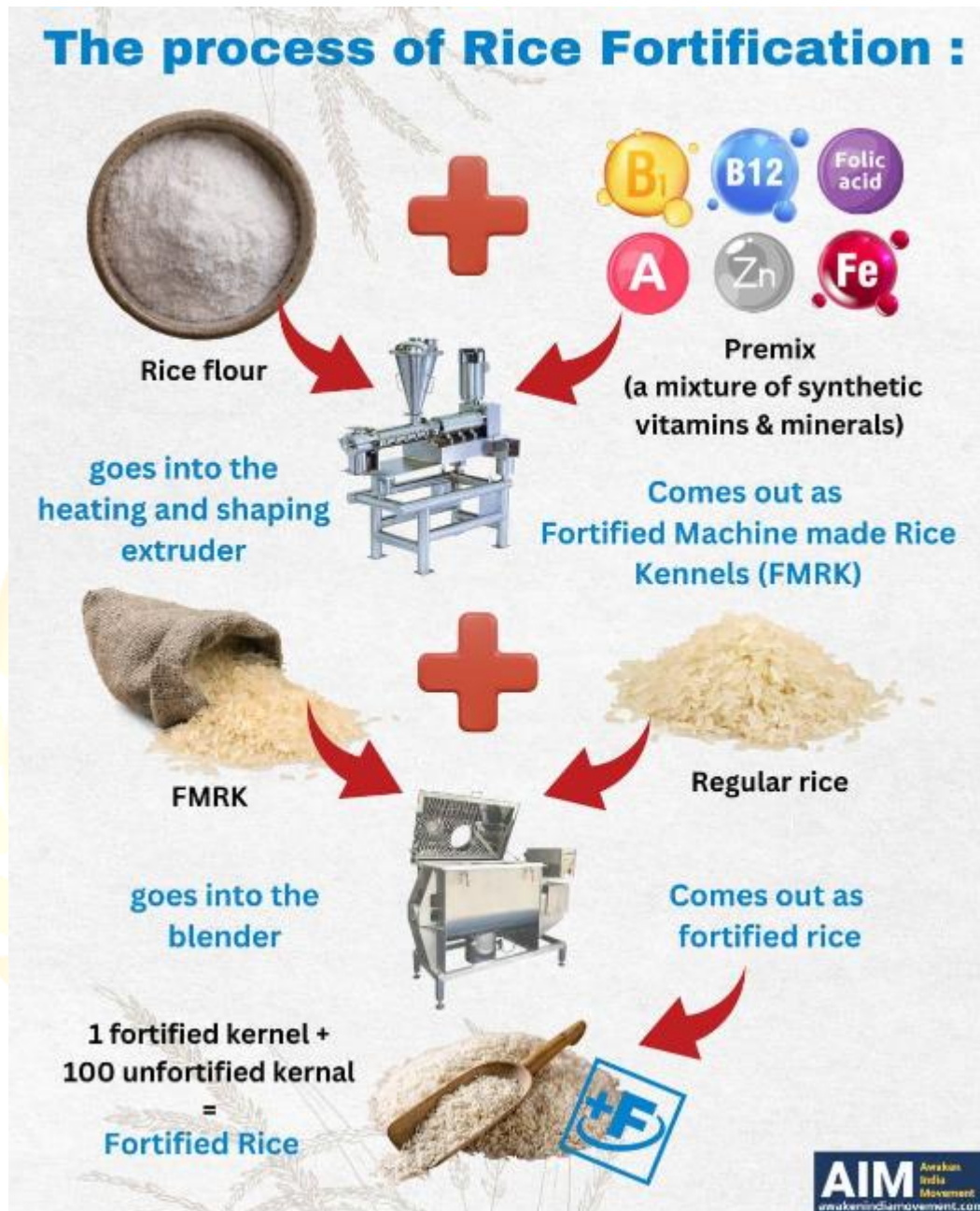


### Process:

- Involves coating, dusting, and extrusion.
- Extrusion, the preferred method in India, mixes rice flour with micronutrients, creating Fortified Rice Kernels (FRKs).
- FRKs are blended with regular rice in a 1:100 ratio.



**Cooking and Consumption:** Fortified rice is cooked like regular rice, retaining its nutrients, and marked with the '+F' logo.



## Progress:

- Launched in 2015, expanded to all districts, including high-stunting areas.
- By March 2024, 406 lakh metric tonnes of fortified rice were distributed, costing Rs 2,700 crore annually.



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## Benefits:

- Improves cognitive development.
- Enhances maternal and infant health by addressing anemia.

## Risks:

- May not meet all iron requirements, especially for individuals with low iron bioavailability.
- Excess iron can cause adverse effects like oxidative stress, organ damage, and increased infection risk, particularly for individuals with genetic disorders or liver diseases.

Source : <https://www.thehindu.com/news/national/centre-allocates-17082-crore-for-fortified-rice-supply-under-all-national-schemes/article68736117.ece>

