Among the existing approaches, iron fortification of foods remains to be cheaper and effective in targeting large-scale populations without the intervention of pharmaceutical drugs. The key challenge is the bioavailability of iron from fortified foods.

The most efficient way to prevent and treat iron deficiency anemia is through the fortification of food products with a form of iron that is easily absorbed by the body. Ferrazone is both safe and effective in reducing iron deficiency, even in inhibitory diets lacking bioavailable iron.

A novel form of iron for fortification of foods
Whey protein nanofibrils loaded with iron nanoparticles: ETH researchers are developing a new and highly effective way of fortifying iron into food and drinks. Around 1.2 billion people worldwide...

Fortified cereals can provide all the iron a person needs during the day. Breakfast cereals are often a leading source of iron, but it is essential to choose the right types. The key is to look for...

Cast Iron Utensils And Iron Fortification Of Foods
Iron cookware can fortify food with iron content by increasing the amount of iron in the diet. And the best is to cook with cast iron pots instead of iron vessels such as karahi s are often used in cooking for their health benefits.

Fortification of food - Canadian Food Inspection Agency
The Food and Drug Regulations (FDR) set the framework for fortification of foods, including which foods are required or recommended to be fortified, and voluntary permissions for fortification are set out in food standards under Part B and Part D, Division 3 of the FDR.

Food fortification - Wikipedia
Examples of fortification in foods Iodised salt. Severe deficiencies cause cretinism, stillbirth and miscarriage. But... ingredient, folic acid) functions in reducing blood homocysteine levels, forming red... Niacin. Niacin has been added...

Iron-rich Foods and Anemia Management and Treatment
The iron in food comes from two sources: animals and plants. Iron from animal sources is known as heme iron and is found... and in iron-fortified foods such as breakfast cereals. Heme iron is better absorbed by the body than nonheme iron.

FOOD FORTIFICATION TECHNOLOGY
Iron Cereals are the most widely used vehicles for iron fortification although many others, such as milk products, sugar, starch and... are examples of preferred iron fortificants.

Guidelines on food fortification with micronutrients
Food fortification has the dual advantage of being able to deliver nutrients to large segments of the population without requiring radical changes to... 5.1.5 Experience with iron fortification of specific foods 104 5.1.6 Safety issues 110 5.2 Vitamin A and β-carotene 111

FFRC: Food Fortification Resource Centre
The new standards now provide a minimum and a maximum range for fortification of staples like wheat flour (atta), maida,... a very small source of dietary iron Iron vessels such as karahi s are often used in cooking for their health benefits.

Iron - Health Professional Fact Sheet
Plants and iron-fortified foods contain nonheme iron only, whereas meat products, fish, eggs, and dairy products contain heme iron. Heme iron is better absorbed by the body than nonheme iron.

12 Healthy Foods That Are High in Iron
12 Healthy Foods That Are High in Iron 1. Shellfish. Shellfish is tasty and nutritious. All shellfish is high in iron, but the smallest source of heme iron, which is absorbed more efficiently by the body than nonheme iron.
13. Liver and other products. Liver and other organ meats are a very good source of heme iron, which is absorbed more efficiently by the body than nonheme iron.

Iron Fortification of Foods
Iron Fortification of Foods discusses in detail the problems encountered with different iron sources in staple foods, beverages, condiments, and salt as well as provides a "how to" approach toward solving these problems in both developed and developing countries. Organized into three parts, the book begins with the discussion on the prevalence, causes, and treatment of anemia, as well as the effect of iron on the availability of iron fortificants.

Wheat and maize flour fortification in the Americas Wheat flour: fortificant, ferrous sulfate or fumarate; level: at least 5 mg/d of additional iron, but no < 25 ppm (above...