

Canada

Flour fortification of wheat flour is mandatory by law in Canada and is governed by the Food and Drug Regulations through the Food and Drug Act. Wheat flour is designated a “standardized food.” Food and Drug Regulations are legally rigid and can only be amended by Parliament. The following dosage is taken directly from the Food and Drug Regulations citing specific levels of vitamins and minerals for fortification:

Divisions13: Grain and Bakery Products

(d) shall contain in 100 grams of flour

- (i) 0.64 milligram of thiamine,
- (ii) 0.40 milligram of riboflavin,
- (iii) 5.30 milligrams of niacin or niacinamide,
- (iv) 0.15 milligram of folic acid, and
- (v) 4.4 milligrams of iron;

If produced flour does not meet standards set out in the Food and Act, it is termed to be “unfit for human consumption”. This offense carries criminal consequences for the offender. Canadian regulations reflect a strict mandatory approach to wheat flour fortification at a national level.