

Enrichment ^{vs} Fortification

What's the difference?

ENRICHMENT



**Replacing
nutrients lost
during processing**

Example: adding back
nutrients like iron and vitamin
B9 to enriched flour

FORTIFICATION



**Adding nutrients to
provide additional
health benefits**

Example: adding vitamins
and minerals to foods to help
address nutrient gaps

**Understanding these differences helps us
understand how food policies can improve health.
Vitamin B9 in enriched flour has helped prevent
neural tube defects!**



Food Fortification Initiative

Enhancing Grains for Healthier Lives