



Dieters need fortified foods to help meet nutritional needs

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Abstract

The burden of overweight and obesity is increasing globally and energy reduction by manufacturer and through personal choice is widely encouraged. However, one in five adults across Europe have pre-existing low intakes of vitamin D, folic acid, vitamin C, calcium, selenium, and iodine. Zinc inadequacy is also common. A review of evidence published since 1990 has shown that conscious energy restriction results in a concomitant reduction in micronutrient intake, even when macronutrient balance is improved. Fortification can reduce risk of sub-optimal micronutrient intakes at a population level, and also improve individual status for selected micronutrients (e.g. folate, vitamin D and riboflavin) in both children and adults. Commonly consumed fortified foods include breakfast cereals, milks, breads, fat spreads, cereal bars and juices. Voluntary fortification of foods by manufactures appears to be an effective strategy to increase micronutrient intakes and reduce inadequacy - without increasing calorie intake. Food manufacturers in Europe are currently fortifying with a range of micronutrients such as B-group vitamins, D, C, iron and more recently zinc. Fortification of the foods routinely consumed by large numbers of the European population has been shown to effectively deliver micronutrients specifically to meet the needs of consumers consciously restricting their energy intake. Awareness of the need to actively choose fortified foods to avoid micronutrient deficiency while watching weight needs to be raised in order to avoid unintended health consequences arising from energy restriction.

Biography

Angie Jefferson is a qualified dietitian registered with the British Dietetics Association, and a member of the BDA Freelance Dietitians Group. With a Degree in Nutrition and Post Graduate qualification in Dietetics, Angie is uniquely placed to promote the whole spectrum of good nutrition - from everyday optimal health and well being to a clinical perspective on nutrition and its overlap with disease. After qualifying Angie spent a decade working in the NHS in order to gain in-depth practical experience of nutrition and how it affects health. Much of her time was spent working in Diabetes, Paediatrics and public health settings, providing support and training to a wide range of Primary Health Care professionals. Her Public Health Experience led Angie to realise that her true passion lay in promoting optimal health at all ages and preventing ill-health due to poor nutrition. Scope for this was limited in the NHS and so Angie embarked on a Freelance career instead.

Publications

The Effects of Increasing Intake of Intact Wheat Fibre or Wheat Bran on Gut Microbiota Diversity: a Systematic Review

The Effects of Intact Cereal Grain Fibers, Including Wheat Bran on the Gut Microbiota Composition of Healthy Adults: A Systematic Review.

Using wheat bran fibre to improve bowel habits during pregnancy - A call to action

Fibre: Understanding the true heart of the grain

Breaking down barriers - Examining health promoting behaviour in the family. Kellogg's Family Health Study 2005



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