



Fortified Rice

Source: [PIB](#)

The Union Cabinet has approved the continuation of **fortified rice** distribution under government schemes, including **PMGKAY**, from July 2024 to December 2028, aimed at combating micronutrient deficiencies in India.

- **About Fortification:** Fortification is the process of adding nutrients to food products that are not naturally present or are present in insufficient amounts.
 - **Rice fortification** can be achieved by either coating grains with a micronutrient premix or by blending extruded rice kernels enriched with micronutrients with regular rice.
 - Fortification **aligns with WHO guidelines** and is crucial as 65% of India's population consumes rice daily.
 - India's rice fortification program **started in 2019** as a pilot program and scaled up in a 3 phased manner.
 - Fortified rice has been distributed in states like **Jharkhand and Maharashtra**, with no reported adverse effects.
- **PM-GKAY:** **PMGKAY** aimed at providing each person who is covered under the **National Food Security Act 2013** with an additional 5 kg grains (wheat or rice) for free, in addition to the 5 kg of subsidised foodgrain already provided through the **Public Distribution System (PDS)**.
- **Safety Assurance:** Scientific evidence confirms that fortified rice is safe for individuals with **Thalassemia and Sickle Cell Anaemia**.
- **Labeling Update:** The requirement for health advisories on fortified rice packaging has been removed after a review found no safety risks, aligning with global practices where organizations like WHO and the FDA do not mandate such advisories.
 - Currently, 18 countries actively allow rice fortification.

Read more: [Fortification of Rice](#)

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