



Fortified Rice

Why in News

- Recently, there was confusion about coarse and yellow rice found in ration shops in Bareilly, Uttar Pradesh. After this, it was clarified by the [Food Safety and Standards Authority of India \(FSSAI\)](#) that it is **fortified rice** not plastic rice.

Key Points

- It is worth mentioning that for the solution of malnutrition, fortified rice is being distributed by the Central Government in the **Child Development Scheme**, [Mid-Day Meal Scheme](#) and [Public Distribution System](#).
- Elements like vitamin **B2**, **B3** and iron have been included in this fortified rice.
- According to **FSSAI**, **one kilogram of fortified rice is mixed with 50 kilograms of normal rice**.
- There is a **deficiency of nutrients like Vitamin B6, B3 and Vitamin E** at the **time of polishing of rice in rice meal**. For this, the government has decided to distribute fortified rice.

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