

AFRICA : FOOD FORTIFICATION REGULATIONS

COUNTRY	PRODUCT	MANDATE	NUTRIENT	LEVELS / KG
Zambia	Sugar	Government of Zambia Statutory Instrument No. 90 of 2001	Vitamin A (as retinol)	Not less than 10 mg / 33 300 IU
Zambia	Fortified Maize Meal	Government of Zambia Statutory Instrument No. 90 of 2001	Vitamin A (as retinol) Vitamin B1 Vitamin B2 Vitamin B6 Folic Acid Niacin Iron Zinc	1700 RE / 5 661 IU 2,4 mg 2,0 mg 2,4 mg 0,4 mg 22,4 mg 12,0 mg 12,0 mg
Zambia	Enriched Flour	Government of Zambia Statutory Instrument No. 90 of 2001	Vitamin B1 Vitamin B2 Nicotinic Acid Iron	Not specified 3,3 mg – 4,5 mg 35,5 mg – 44,4 mg 28,9 mg – 36,7 mg
Nigeria	Wheat Flour	Nigerian Industrial Standard : NIS 438:2000	Vitamin A Thiamine Niacin Riboflavin Iron	30 000IU 6,2 mg 49,5 mg 3,7 mg 40,7 mg
Nigeria	Sunflower Oil Coconut Oil Soya bean Oil Rape seed Oil Palm kernel Oil Cotton seed Oil Palm Oil Maize Oil Groundnut Oil Sesame Seed Oil	NIS 90:2000 NIS 387:2000 NIS 392:2000 NIS 394:2000 NIS 289:2000 NIS 389:2000 NIS 230:2000 NIS 391:2000 NIS 388:2000 NIS 393:2000	Vitamin A	20 000 IU
Nigeria	Sugar, refined white Sugar, refined brown	NIS 90:2000 NIS 438:2000	Vitamin A	25 000 IU
Nigeria	Margarine	NIS 243:2000	Vitamin A Vitamin D	26 000 – 33 000 IU 28 000 – 33 000 IU

COUNTRY	PRODUCT	MANDATE	NUTRIENT	LEVELS / KG
Nigeria	Milled Maize Products	NIS 295:2000	Vitamin A	30 000 IU
South Africa	Margarine	Voluntary	Vitamin A Vitamin D	20 000 – 40 000 IU 1 000 IU
South Africa	Enriched Maize meal	Act 54, 1972	Vitamin B2 Niacin	2.5 mg 25 mg
South Africa	Maize Meal	Act 54, 1972 (draft)	Vitamin A Thiamin Riboflavin Niacin Folic acid Pyridoxine Iron Zinc	6 400 IU 3,85 mg 1,85 mg 28,5 mg 1,5 mcg 3,2 mg 37 mg 18,5 mg
South Africa	Wheat Flour	Act 54, 1972 (draft)	Vitamin A Thiamin Riboflavin Niacin Folic acid Pyridoxine Iron Zinc	5 400 IU 3,6 mg 2,0 mg 31 mg 1,5 mg 3,2 mg 43 mg 20 mg
Malawi	Sugar	MBS 202:1989 Amendment No. 1, August 2001	Vitamin A	50 000 IU
Malawi	Maize flour	MS34 : 2002 (draft)	Vitamin A Thiamin Riboflavin Niacin Pyridoxine Cyanocobalamin Iron Zinc Folate	850 RE/2830 IU 0,894 mg 1,05 mg 12,2 mg 1,3 mg 1,6 mcg 9,4 mg 7,5 mg 206,3 mcg

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WHEAT FLOUR

NUTRIENT	LEVELS / KG	SOUTH AFRICA	ZAMBIA	NIGERIA
		Mandatory	Voluntary	Mandatory
Vitamin A	IU/kg	5 400		30 000
Thiamin – B1	mg/kg	3,6	Not specified	6,2
Riboflavin – B2	mg/kg	2,0	3,3 – 4,5	3,7
Niacin	mg/kg	31	35,5 – 44,4	49,5
Folic Acid	mg/kg	1,5		
Pyridoxine	mg/kg	3,2		
Iron	mg/kg	43	28,9 – 36,7	40,7
Zinc	mg/kg	20		

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SUGAR

NUTRIENT	LEVELS / KG	SOUTH AFRICA	ZAMBIA	NIGERIA	MALAWI
			Mandatory	Mandatory	Draft
Vitamin A (as retinol)	IU/kg		Not less than 33 300	25 000	50 000

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FATS AND OILS

Margarine

NUTRIENT	LEVELS / KG	SOUTH AFRICA	ZAMBIA	NIGERIA
		Voluntary		Mandatory
Vitamin A	IU/kg	20 000 – 40 000		26 000 – 33 000
Vitamin D	IU/kg	1 000		28 000 – 33 000

Oils

NUTRIENT	LEVELS / KG	SOUTH AFRICA	ZAMBIA	NIGERIA
				Mandatory
Vitamin A	IU/kg			20 000

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MAIZE MEAL

NUTRIENT	LEVELS / KG	SOUTH AFRICA	ZAMBIA	NIGERIA	MALAWI
		Mandatory	Voluntary	Mandatory	Draft
Vitamin A	IU/kg	6 400	5 661	30 000	2830
Thiamin – B1	mg/kg	3,85	2,4		0,9
Riboflavin – B2	mg/kg	1,85	2,0		1,05
Niacin	mg/kg	28,5	22,4		12,2
Folic Acid	mg/kg	1,5	0,4		0,2
Pyridoxine – B6	mg/kg	3,2	2,4		1,3
Iron	mg/kg	37	12,0		9,4
Zinc	mg/kg	18,5	12,0		7,5
Cyanocobalam in	mcg/kg				1,6

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