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Viewpoint: Monitoring and addressing trends in dietary exposure to micronutrients through voluntarily fortified foods in the European Union

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Manuscript: “A Framework to Assist Data Collection on Dietary Exposure to Vitamins, Minerals and Other Substances through Fortified Foods”

Highlights:

- Development of a framework on how to monitor the evolution of the fortified foods market, the dietary exposure to vitamins, minerals and other substances and potential changes in dietary habits of the population in the different EU Member States.
- There is a high level of variation in the amount of data available between the EU Member States. Some will be able to supply most of the requested information, while others might not have access to the requested data or the data is not available;
- There is an evident lack of harmonisation in the data that are expected to be supplied by the Member States (studied foods, types of diet recording methodology, survey periods, survey frequency, etc.) which make comparisons difficult and most probably not possible;
- Changes over time in food composition databases can indeed be due to food fortification, but also due to different analytical methodologies, changes in food products (other ingredients), changes in food habits, etc. The fortified foods market is a very dynamic and changing market, making its analysis over time quite challenging.

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