

### Exercise 9: Identification of fortificants in food label



Food Item	Type of fortificants	Symbol represented or not
Pasteurised Toned Milk	Vitamin A & Vitamin D	Fortified symbol represented
Fortified Chakki Atta	Iron, Folic acid and Vitamin B12	Fortified symbol represented

<b>Fortified Full Cream Milk Powder</b>	Iron, B-Vitamins, Vitamin A, Vitamin C, Calcium & Vitamin D	Fortified symbol not represented
<b>Fortified Basmati Rice</b>	Iron, Vitamin B12, Vitamin B1, Vitamin B6, Folic acid, Vitamin A, Vitamin B3, Zinc	Fortified symbol represented
<b>White Cube Sugar</b>	Vitamin A	Fortified symbol not represented
<b>Iron Fortified Iodised Salt</b>	Iron, Iodine	Fortified symbol not represented