**Fortification of Foods With Vitamin D in India: Strategies Targeted at Children**

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**Abstract**

Vitamin D deficiency is endemic in India, despite abundant sunshine, due to several socioeconomic and cultural constraints. Fortification of staple foods with vitamin D is a viable population-based strategy for the general population in India. These strategies are discussed in the review article entitled, “Fortification of Foods With Vitamin D in India” [1]. The quantity of foods consumed by children is much smaller compared to adults. Therefore, children need energy-dense and micronutrient-dense foods to meet their daily nutritional requirements. Targeted food fortification programs are needed to meet the special needs of children. This review explores potential strategies that could be used for fortification of foods with vitamin D for children in India. *Sattu* has the potential to be a valuable vehicle for vitamin D fortification in India. The salient characteristics and merits of *sattu* as an ideal food to be fortified with micronutrients, especially vitamin D, are reviewed here.

**Key teaching points:**

• Fortification of foods with vitamin D, specifically targeted towards the nutritional requirements of infants and children, is a viable strategy in the Indian scenario.

•Government programs targeting the nutritional needs of children in India, especially *via* midday meal programs in schools, should incorporate indigenous ready-to-eat foods fortified with micronutrients including vitamin D. These foods would need to have longer shelf life, require minimal preparation, and have economic and technological feasibility.

• *Sattu*, a protein rich Indian fast food, comprised of roasted flour made from cereals and legumes, has immense potential to serve as an economically and technologically feasible fortification vehicle for vitamin D fortification strategies.