

SALT IODISATION



What are the regulations in various countries?



Iodine is an essential micronutrient required for the production of thyroid hormones, which regulate metabolism and bone and brain development. To prevent widespread of iodine deficiency that iodine deficiency called goitre, or brain damage and intellectual disability in children, WHO recommended daily intake of iodine is best met by fortifying salt with iodine in countries where the problem of iodine deficiency is widespread. Today, salt iodisation is common in many countries as a strategy to increase iodine intake of the population.

This document summarises the regulations regarding salt iodisation across Asia. It should be noted that many countries in Asia require mandatory salt iodisation, while others adopt a voluntary approach. Some countries, however, still do not adopt salt iodisation.

ASIA AT A GLANCE

Requirement	Countries
Mandatory	 
Voluntary	
No Provision	

[^]For Malaysia, only two states Sabah and Sarawak mandates salt iodisation.

[@] For Australia and New Zealand, specific product has been mandated for iodine fortification

AUSTRALIA & NEW ZEALAND

- Salt iodisation is voluntary in Australia and New Zealand in general
- Under Standard 2.10.2 of the Australia New Zealand Food Standards Code¹, iodised salt is defined as a mixture of salt and potassium iodide/iodate or sodium iodide/iodate
- Mandatory salt iodisation is required under Standard 2.1.1 – Cereals and Cereal Products which requires that iodised salt be used for making bread where salt would otherwise be used, with few exceptions.²
- Composition: no less than 25 mg/kg and no more than 65 mg/kg of iodine

BRUNEI DARUSSALAM

- Voluntary for salt iodisation
- “Iodised salt shall be salt that contains potassium or sodium iodide or iodate in a proportion equivalent to not less than 25 parts of iodide and not more than 40 parts of iodide in every million parts of salt”³
- Fortificant: potassium or sodium iodide or iodate
- Level: 25 - 40 ppm of iodide

CAMBODIA

- All salts available in the country must be iodised and labelled with the logo as shown in the diagram below⁴



- Non-iodised salt should be labelled as “not qualified for human and animal consumption”
- Labelling of iodised salt product must include the name of the product, name and address of the manufacturers, iodine content, manufacturing and expiry date, lot no., weight

¹ Australia New Zealand Food Standards Code - Standard 2.10.2 - Salt and Salt Products (2016). Retrieved from: <https://www.legislation.gov.au/Details/F2016C00184>

² Mandatory salt iodization in Cereals and Cereals Products (2009). Retrieved from: https://www.foodstandards.gov.au/code/userguide/documents/Rewrite%20Mandatory%20Iodine%20Fortification%20User%20Guide%20Formatted%20Master_.pdf

³ Public Health (Food) Act Regulation 281. Retrieved from: <http://www.agc.gov.bn/AGC%20Images/LOB/PDF/Cap182subRg1.pdf>

⁴ Management of Iodized Salt Exploitation (2003). Royal Government of Cambodia. Retrieved from: <https://extranet.who.int/nutrition/gina/sites/default/files/KHM%202003%20Sub-decree%20on%20the%20management%20of%20Iodized%20Salt.pdf>

- Fortificant: potassium iodate, sodium iodate, potassium iodide
- Level: 50 – 60 mg/kg (producer level) of iodine; 30 – 60 mg/kg (retail level) of iodine

CHINA

- All edible salt including salt for food processing and animal consumption require iodisation⁵
- Circulation of non-iodized salt and inadequately iodised salt is prohibited
- Fortificant: potassium iodate, sodium iodite, potassium iodide, sodium iodide
- Level: median of 20 – 30 ppm iodine, but provinces can choose medians of 20, 25 or 30 ppm, giving rise to different iodisation ranges

HONG KONG

- Salt iodisation is voluntary, and all iodised salt products should be labelled accordingly to allow informed choices for consumers⁶

INDIA

- All salt that is for human consumption must be iodised⁷
- Fortificant: potassium iodate
- Level: 20 – 30 ppm iodine content (at production level); 15 – 30 ppm iodine content (at distribution channel including retail level)

⁵ National Standard for Iodized Salt GB 26878. (2011). Retrieved from: <http://www.shfda.gov.cn/spagbz/GB26878-2011%20%E9%A3%9F%E7%94%A8%E7%9B%90%E7%A2%98%E5%90%AB%E9%87%8F.pdf>

⁶ Study on salt in local market. (2005). Retrieved from: https://www.cfs.gov.hk/english/programme/programme_rafs/programme_rafs_fci_01_01.html

⁷ Food Safety and Standards (Fortification of Foods) Regulations. (2018). Retrieved from: https://fssai.gov.in/dam/jcr:aaf95c16-2c39-4634-98c9-93a0ef1da0b1/Gazette_Notification_Food_Fortification_10_08_2018.pdf

INDONESIA

- All edible salt for human consumption, animal feed, salted fish preservation and food processing has to be iodised⁸
- Fortificant: potassium iodate
- Level: at least 30 mg/kg of Potassium Iodate; ≥18ppm iodine

JAPAN

No provisions were given on salt iodisation.

KOREA

No provisions were given on salt iodisation.

LAOS

- All salt must be iodised⁹
- Fortificant: potassium or sodium iodate
- Level: ≥ 35 mg potassium or sodium iodate per 1 kg salt, and ≤ 100 mg potassium or sodium iodate per 1 kg salt; iodised salt should have iodine content of 40 – 60 ppm at production site and borders, and ≥ 20 ppm at point of sale places and household

MACAU

No provisions were given on salt iodisation.

⁸ Presidential Decree No 69/1994. Retrieved from: http://idih.pom.go.id/produk/peraturan%20menteri/PERMENPERIN_NO.42_M-IND_PER_11_2005%20TAHUN%202005_TENTANG%20%20PENGOLAHAN,%20PENGEMASAN%20DAN%20PELABELAN%20GARAM%20BERYODIUM.pdf

⁹ Iodized Salt Standard. (2004). Ministry of Health Laos. Retrieved from: <https://extranet.who.int/nutrition/gina/sites/default/files/LAO%202004%20Decision%20on%20Iodized%20Salt%20Standard.pdf>

MALAYSIA

- All salt must be iodised in 2 states Sabah and Sarawak only¹⁰. The enforcement of salt iodisation in nationwide has been extended to 1 January 2021.
- Fortificant: potassium iodide, sodium iodide, potassium iodate, sodium iodate
- Level: 20 – 40 ppm iodine

MYANMAR

- Salt iodisation is mandatory¹¹
- Level: 40 – 60 ppm (at production level); ≥ 15 ppm (at retail level); 15 ppm (at household level)

PHILIPPINES

- All salt must be iodised¹²
- Level: 30 – 70 ppm (at all distribution channels)¹³

SINGAPORE

- Salt iodisation is voluntary¹⁴
- Fortificant: potassium iodide, sodium iodide, potassium iodate, sodium iodate
- Level: 25 – 40 ppm iodide

¹⁰ Food Regulations 1985. (2020). Retrieved from: <http://fsq.moh.gov.my/v6/xs/dl.php?filename=8d5c76ef4e25e89a74bfe93dda41c2a5.pdf>

¹¹ Notification No. 40/98. Retrieved from: <https://www.myanmartradeportal.gov.mm/uploads/legals/2019/3/2.The%20Salt%20Regulation.pdf>

¹² An Act Promoting Salt Iodization Nationwide and For Related Purposes. (1995). Retrieved from: https://www.doh.gov.ph/sites/default/files/policies_and_laws/RA08172.pdf

¹³ FDA Circular 2013-007. (2013). Retrieved from: <https://www.fda.gov.ph/attachments/article/17208/FC2013-007.pdf>

¹⁴ Food Regulations. (2019). Retrieved from: <https://www.sfa.gov.sg/docs/default-source/default-document-library/food-regulations1.pdf>

SRI LANKA

- Under the Food (Iodisation of Salt) Regulations 2005¹⁵, all edible salt sold in Sri Lanka must be either iodised or iodated.
- Fortificant: potassium iodide, potassium iodate, calcium iodate
- Level: 15 – 30 mg iodine (I) content per kg of salt, dry weight basis

TAIWAN

- All salt must be iodised¹⁶
- Fortificant: potassium iodide, potassium iodate
- Level: 20 – 33 mg/kg of iodine

THAILAND

- All salt must be iodised¹⁷
- Fortificant: potassium iodide, sodium iodide, potassium iodate, sodium iodate
- Level: 20 – 40 mg/kg iodine content

VIETNAM

- All salt must be iodised¹⁸

¹⁵ Food (Iodization of Salt) Regulations 2005 - 1405/3. (2005). Retrieved from: http://eohfs.health.gov.lk/food/images/pdf/regulations/food_iodization_of_salt_regulations_2005_en.pdf

¹⁶ Standards for Scope, Application and Limitation of Food Additives. (2018) Retrieved from: <https://www.fda.gov.tw/ENG/lawContent.aspx?cid=16&id=308>

¹⁷ Notification Re: Edible Salt. (2011) Retrieved from: http://food.fda.moph.go.th/law/data/announ_moph/V.English/No.%20333%20Edible%20Salt.pdf

¹⁸ Decree No. 9/2016 /ND-CP Retrieved from: <https://thuvienphapluat.vn/van-ban/The-thao-Y-te/Decree-No-09-2016-ND-CP-fortification-of-food-with-micronutrients-303302.aspx>

- Fortificant: potassium iodate¹⁹
- Level: 20 – 40 mg/kg iodine content

¹⁹ National Technical Regulation on Iodised Food Grade Salt (2011). Retrieved from: http://www.fsi.org.vn/pic/files/9_1_muoi-va-iod.pdf