



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
 A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

The Fortification Clarification

Most of us consume an adequate amount of nutrients when we eat a balanced diet of vegetables, fruits, whole grains, and lean protein. However, certain populations may be more susceptible to nutritional deficiencies. For example, those who follow a vegan or vegetarian diet may fall short on vitamin B12. Those of us missing sunshine during long, cold, and cloudy winters may not get enough vitamin D. The fortification of food refers to the practice of deliberately adding an essential micronutrient (vitamins and minerals) in a food to increase its nutritional quality while providing a public health benefit. *Remember: fortified foods act to fill the gaps in an otherwise balanced diet, not as a substitute for general healthy, varied eating!*

Nutrient:	Function:	Fortified Foods:
Folic Acid 	Reduces the risk of severe brain and spine birth defects	Rice, bread s**, cereals
Vitamin B12 	Helps to maintain functions of the brain and nervous system	Non-dairy milk alternatives such as almond, coconut, or soy milk; nutritional yeast
Vitamin D 	Helps bodies absorb calcium, which improves bone health	Milk and non-dairy milk alternatives, cereals, orange juice *
Calcium 	Important for strong bones and teeth, helps muscles to relax and contract, helps to regulate blood pressure	Milk and non-dairy milk alternatives, tofu, orange juice *
Zinc 	Helps with wound healing, sexual processes, normal growth, and immune system health	Rice, bread s**, flour
Iron 	Important for supplying the body with oxygen; needed for energy metabolism	Rice, bread s**, cereals

*be sure to choose 100% juice that is fortified

** opt for whole grain breads

Make sure you don't get the fort end of the (nutrition) stick!

Authored by: Jessica Carr

Reviewed by: Dr. Quick-Department of Nutritional Sciences

References: *Why Fortify Flour and Rice?* Available at: http://www.ffinetwork.org/why_fortify/index.html Accessed on: 2/5/19.
Minerals: Their Functions and Sources. Available at: <https://www.uofmhealth.org/health-library/ta3912>. Accessed on: 2/10/19. *Healthy Eating: Taking Calcium and Vitamin D.* Available at: <https://www.uofmhealth.org/health-library/ty6656> Accessed on: 2/11/19.
Vegetarian and Vegan Vitamin B12 Food Sources. Available at: <https://oldwayspt.org/blog/vegetarian-and-vegan-vitamin-b12-food-sources> Accessed on: 2/11/19.

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email [peggy@dining.rutgers.edu](mailto:peggy@ dining.rutgers.edu).