



Islamic Republic of Afghanistan
Ministry of Public health
GD of Preventive Medicine
Public Nutrition Department



Draft National standards for low extracted flour

Dr. M.Hamayoun Ludin
Director, Public Nutrition Department
Ministry of Public Health, Kabul-Afghanistan

National Draft Standards

First step:

- A national food fortification workshop was organized with the participation of the following Organization to review the proposed standard with current standard:

MoPH departments (Environmental Health , Food quality control and Public Nutrition and Policy departments) , ANSA, MoCI, Ministry of Haj and religion , Ministry of Finance , Afghanistan Flour Mill Association , WHO, UNICEF, WFP and GAIN

- As the result of this workshop , all partners were in agreement to assign a technical committee to finalize the adaptation of harmonized standard

Cont---

Second step:

- The assigned national technical committee conducted a meeting to review all the standards to finalized and approve the food fortification standards with the participation of : PND-MoPH, WHO, UNICEF, USAID, ANSA, GAIN, WFP
- The committee reviewed national standard and proposed standard which developed by KAN
- At the end , the committee concluded following decision

Cont---

- According to analysis of the Academy for the mandatory fortification of low-extraction wheat flour the following 7 micronutrients are selected:
 - Vitamin B9 (folate)
 - Vitamin B12 (cyanocobalamin)
 - Iron (NaFeEDTA)
 - Zinc (zinc oxide)
 - Vit B1 (Thiamine)
 - Vit B2 (Riboflavin)
 - Vit B3 (Niacin)
- The committee agreed to have the above number of micronutrient in low extraction flour
- The committee also accepted the change on level of Vit B12 for low extraction flour from 0.008 ppm to 0.004 ppm

Comparison of draft National standards with proposed draft standard template developed by KAN

Afghanistan standard (low extraction)	ppm	proposed standard by KAN(low extraction)	ppm
Iron (NaFeEDTA)	15,0	Iron (NaFeEDTA)	15,0
Zinc (Zinc oxide)	50,0	Zinc (Zinc oxide)	30,0
Vit B ₉ (Folic acid)(folate)	1,0	Vit B9 (Folic acid)	1,0
Vit B ₁₂ (Cyancobalamin)	0,008	Vit B12 (Cyancobalamin)	0,004
		Vit B1 (Thiamine)	2,0
		Vit B2 (Riboflavin)	3,0
		Vit B3 (Niacin)	10,0

Explanation and rationale for differences (science/evidence basis)

- Afghanistan is facing high percentage of micronutrients deficiencies and adding other B vitamins in the low extracted flour will help to reduce micronutrient malnutrition
- The micronutrients are proposed by WHO that based on the countries they can be added in the premix
- According to the academy analysis the level of Vit B12 in harmonized regional standard for low extracted flour which is mostly used in Afghanistan and Pakistan it would be acceptable to use the 0.004 mg/kg instead of 0.008mg/kg (based on scientific analysis), after long discussions I with consideration of the cost of premix and facilitation of trade , the technical committee agreed and accepted the proposed change by Kazakh Academy of Nutrition on level of Vit B12 from 0.008 mg/kg to 0.004mg/kg.

Implementation timeframe

- The proposed standards for low extraction flour with 7 micronutrients will be officially sent by MoPH to ANSA for finalization and dissemination
- Once the food fortification regulation was finalized, the standard will go for mandatory implementation

**Thanks ,
Better future and better coordination**

