

FORTIFIED FOODS

WHAT DOES FORTIFYING DO?

Fortification is used to **increase the amount of vitamins and minerals** in common foods and beverages. Nutrients added to fortified foods include:

Folic Acid

Vitamin A

Vitamin B6

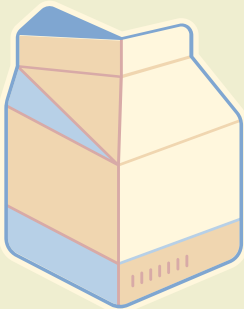
Calcium

Iron

Vitamin D

SHOPPING FOR FORTIFIED FOODS

Foods with added nutrients can be beneficial for children, people who are pregnant, and individuals diagnosed with a micronutrient deficiency. Fortified foods have **no negative health impacts** for the general public. **Talk with your doctor** about which fortified foods and nutrient supplements could improve your health.



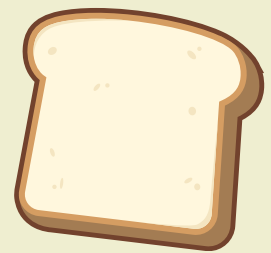
Dairy Products

Milk is often fortified with **Vitamins A and D**. Plant-based alternatives often add calcium.



Breakfast Cereal

Though fortified cereal may contain extra nutrients, still **look out for added sugars!**



Bread

You may see the label **“enriched”** on breads fortified with folic acid.

