



Dekha Kya?

Eat fortified foods with added vitamins and minerals for your daily needs



Iron



Vitamin B12



Folic Acid

Fight Anaemia

Wheat Flour & Rice



Vitamin A

Prevents night blindness



Vitamin D

Supports strong bones

Oil & Milk



Iron

Fights Anaemia



Iodine

Normal growth and brain development

Double Fortified Salt

No change in taste, smell, appearance, cooking and storing methods

