

WHO GUIDELINE: **FORTIFICATION OF MAIZE FLOUR AND CORN MEAL WITH VITAMINS AND MINERALS**



**World Health
Organization**

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PUBLICATION HISTORY

This guideline, *Fortification of maize flour and corn meal with vitamins and minerals*, is a partial update of, and supersedes, the recommendations related to maize flour only in the 2009 WHO guideline, *Recommendations on wheat and maize flour fortification. Meeting report: interim consensus statement*, which was published during the interim period of the adoption of the evidence-informed guideline development process in WHO. The focus is on the use of this intervention as a public health strategy. Given the many types of maize flour and corn meal consumed in various countries in Africa and in the Americas as food vehicles for fortification, a separate guideline for this food vehicle was deemed necessary. In order to produce this guideline, the rigorous procedures described in the [WHO handbook for guideline development](#) were followed. This guideline complements the WHO/FAO (Food and Agriculture Organization of the United Nations) [Guidelines on food fortification with micronutrients](#) (2006) and the Pan American Health Organization (PAHO) publication, [Iron compounds for food fortification: guidelines for Latin America and the Caribbean](#) (2002). The overall direct evidence is limited but supports the use of maize flour and corn meal as a food vehicle for micronutrients where these foods are staples. This document expands the sections on dissemination and updates the summary of evidence used for the guideline, based on the most recent systematic reviews on the topic.

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