



## The Impact of Food Fortification on Health and Nutrition Outcomes

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### **Message from the Guest Editor**

Dear Colleagues,

In many settings, micronutrient deficiencies remain in parallel to, and may even exacerbate, growing epidemics of communicable and noncommunicable diseases. Food fortification increases the micronutrient density of foods, supporting increases in immune and metabolic competence, improving health outcomes. It is critical to effectively link the increased intakes of micronutrients of concern with related improvements in health outcomes.

This special issue of *Nutrients* welcomes original research and reviews covering food fortification impacts on nutrition and human health outcomes. The scope of this issue spans from preparatory research evaluating dietary patterns and current health issues towards selection of foods for fortification, to clinical and population-based studies of efficacy and effectiveness. It encompasses studies ranging from the evidence-based exploration of the potential health impacts of future fortification, to the direct quantification of micronutrient bioavailability and impacts on nutrition and health outcomes.





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