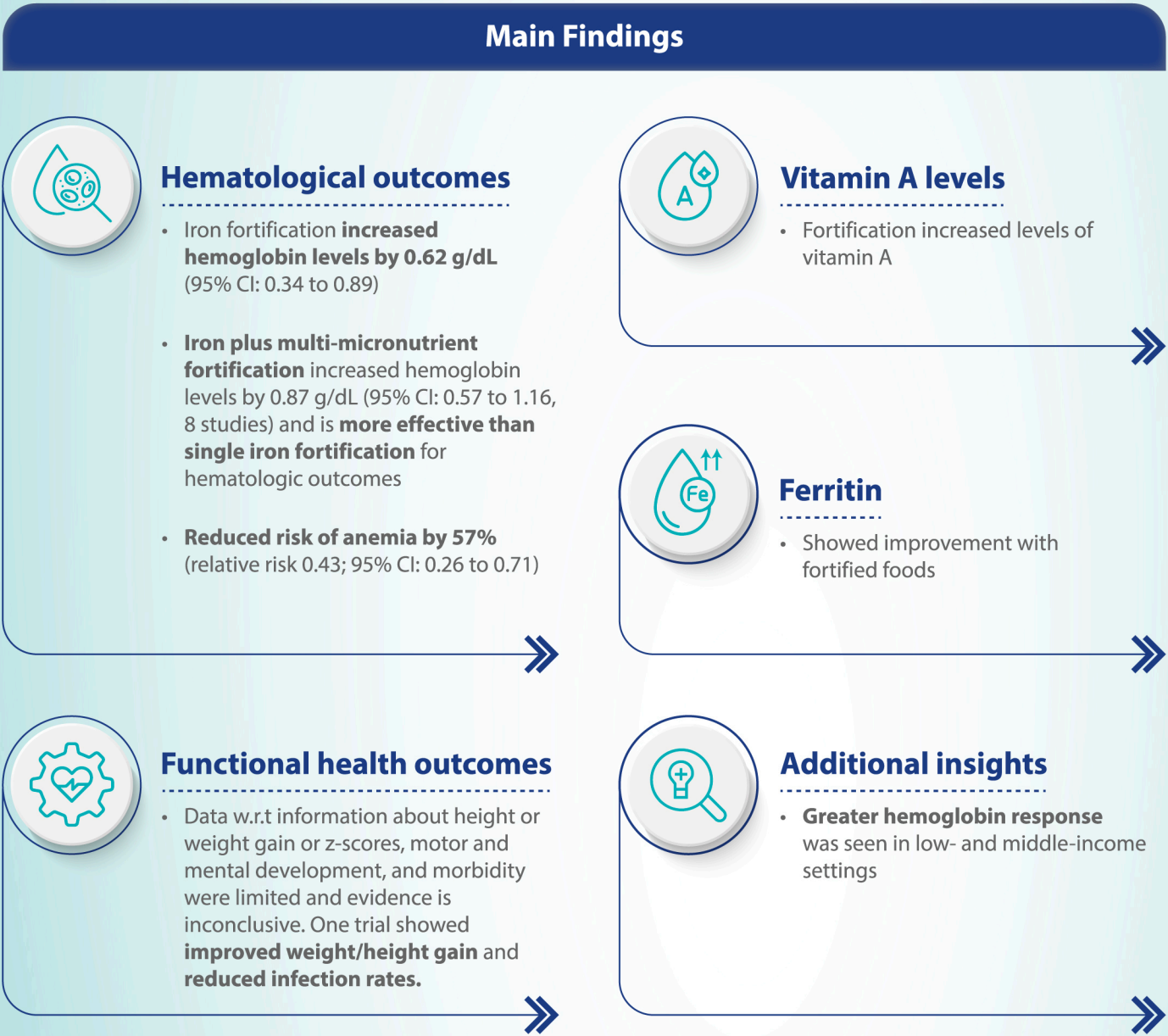


# Micronutrient Fortification for Young Children: What the Evidence Says

Micronutrient deficiencies, also known as ‘hidden hunger,’ is a pressing public health issue for children in the first two years of life, especially in developing countries. These nutritional gaps can lead to anemia, growth delay, and increased risk to frequent infections during the most critical period of growth and development.

Fortified complementary feeding can be considered as a strategy to bridge these nutritional deficiencies.

This summary presents key findings from “*Effects of Micronutrient Fortified Milk and Cereal Food for Infants and Children: A Systematic Review*” by Eichler *et al.* (2012) which analyzed data from 18 randomized controlled trials involving 5,468 children aged 6 months to 5 years. The objective was to assess the effectiveness of micronutrient-fortified milk and cereal products on the health of infants and young children compared to non-fortified foods.



Multi-micronutrient fortification is an effective way to improve hemoglobin levels and to mitigate the risk of anemia in young children living in resource-limited settings. Long-term robust studies are required to assess the impact of multi-micronutrient fortification on growth and development.