

# Fortified food product

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## Introduction

Fortified foods are beneficial to one's health. The research indicates the nutrients of the fortified food. The essay shows the added value of fortified food products. Vital nutrients are added to the fortified food products.

## Kroger Milk

The 8 oz Kroger milk product, which is readily sold in my neighborhood grocery store, is several beneficial ingredients. One of the ingredients is 5 grams of saturated fat. Another ingredient is 8 grams of total fat. A third ingredient is 35 mg Cholesterol. The fourth ingredient is 120 gram of salt (sodium). The fifth ingredient is 12 grams of total carbohydrate. Another content is 11 grams of sugar (Fatsecret, 2014)

Further, the Kroger milk product has other beneficial fortifications. The 6 percent of the product is Vitamin A. The product contains 30 percent Calcium. Next, 4 percent vitamin C is added to the milk (Fatsecret, 2014).

## History of the Recommendations to fortify the Milk Product

The fortifications were made to comply with the average individual's daily requirement. However, each person has a different daily nutrient requirement. In terms of daily requirement, the 5 grams of saturated fat fills 25 percent of the average individual's daily requirement. Similarly, 8 grams of total fat fills 12 percent of the average person's daily requirement. The 35 mg Cholesterol 12 percent of the average individual's daily requirement. The 120 gram of salt (sodium) fills the 5 percent daily need. The 12 grams of total carbohydrate supplies 4 percent of the person's daily need. The 11 grams of sugar is used to add taste to the product (Fatsecret, 2014).

In terms of the vitamin fortifications, the milk product supplies a portion of the body's daily vitamin needs. The product supplies 6 percent of the

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average person's Vitamin A need. The same product supplies 30 percent of the body's calcium demands. The product also fills 4 percent of the individuals' Vitamin C demands (Fatsecret, 2014).

#### Reasons for Milk Fortifications

In our current society, the milk fortification significantly meets the real public's healthcare needs. The person's drinking the Kroger milk assures the individual that he or she knows the quantity of vitamins and other nutrients. Likewise, the product description helps the customers to learn that he or she needs a minimum level of vitamins in order to maintain a healthy physical condition (Paquin, 2009).

Further, the milk fortifications were done to help the milk consumers retain a healthy lifestyle. First, vitamins and other nutrients are added to help the body absorb foods consumed by the body. The introduction of Vitamin D to the milk products was done during the 1920s to reduce the Vitamin D deficiency, rickets, among the children. Vitamin A is added in order to maintain healthy eyes. Vitamin is also included to keep the person's skin and eyes moist Vitamin C is added in order to increase the person's infection resistance (Paquin, 2009).

#### Conclusion

Fortified foods help retain a healthy body. The nutrients of the fortified food fill the body's vitamin needs. The milk fills the nutrient requirements of the body. Clearly, the vital nutrients are added to the fortified food products for improve the individual's health.

#### References:

Paquin, P. (2009). *Functional and Specialty Beverage Technology*. New York: Elsevier Press.

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Fatsecret, (2014). Kroger Milk. Retrieved February 19, 2014 from  
< <http://www.fatsecret.com/calories-nutrition/kroger/vitamin-d-whole-milk>  
> Comment on Classmate's post

The classmates' post vividly shows People visit the grocery stores cannot escape observing the processed, prepacked food products. The rightfully shows the health benefits of “healthier” food options. The post shows the importance of food ingredients like calcium, vitamin D and Vitamin C. the post correctly shows people lack their daily Vitamin D amounts. The classmate's post correctly indicates that people must take the minimum amount of milk needed by the body to function well. The post rightly shows that people are not aware that their daily food consumption is not enough to fill the body's craving for the required daily vitamin and mineral amounts to keep a healthy body. The post correctly states sodium and fat are unhealthy.