

TFDA set to check food quality

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TANZANIA Food and Drugs Authority (TFDA) has prepared a programme that is tailored to monitor the quality and safety of fortified food in the market.

The plan has been prepared at a time when different demographic and health surveys indicate that there is inaccurate deficiency of vitamin A and minerals among children and women

at the birth age in the country.

Addressing a press conference yesterday in Dar es Salaam, the TFDA spokesperson, Mrs Gaudencia Simwanza, said that the national demographic and health survey of 2010 indicates that Vitamin A deficiency in the country affects 33 per cent of children under five years of age and 37 per cent of women at the birth age.

“Deficiency of iron min-

erals in food affects 59 per cent of children, 41 per cent of pregnant women and nearly 7 per cent of all Tanzanians,” she said adding that; the monitoring programme have start to be implemented since April this year.

She also said that apart from that programme the government has prepared alternative strategies to solve the problem, including providing additional Vitamin A drops, folic acid and iron

minerals to children and pregnant women and also encouraging efficient production of quality food.

Mrs Siwanza went on to explain that in order to effectively address the problem at the grassroots level TFDA in collaboration with Tanzania Food and Nutrition Centre (TFNC) has provided training to 350 small-scale food processors from different councils in the country who are in a pilot programme of enhancement

of nutrients in the maize flour processed by small and medium producers.

Deficiency of vitamins and minerals is one of the major problems affecting the nutritional health of children and women at the birth age worldwide.

Some of the effects caused by deficiency of such nutrients includes visual deficiency, babies born with low weight, disability, stunting, and severe anaemia just to mention a few.