

CONTENTS

	Page No
ACKNOWLEDGEMENTS	I - II
ABSTRACT	III - IV
OVERVIEW OF THE STUDY AND ORGANIZATION OF THESIS	V - VI
CONTENTS	VII - XIII
LIST OF TABLES	XIV
LIST OF FIGURES	XIV
ABBREVIATIONS	XIV
CHAPTER 1 – GENERAL INTRODUCTION	1 - 10
1.1 Nutrition	2
1.1.1 Effects of undernutrition on the life cycle	2
1.2 Micronutrient Malnutrition	4
1.3 Interaction among Micronutrients	5
1.4 Micronutrient Intervention	6
1.4.1 Effectiveness of Micronutrient Supplementation	7
1.4.2 Effectiveness of Food-Fortification	7
1.5 Rice the dietary staple in Sri Lanka	8
1.6 Fortification of Rice with Micronutrients	9
1.7 Bioavailability	9
CHAPTER 2 – SAMPLING AND ANALYTICAL METHODS	11 - 33
2.1 Assessment of growth, dietary intake and micronutrient status in adolescence and efficacy of multiple micronutrient supplementations	12
2.1.1 Selection of Sample	12
2.1.2 Study design	14
2.2 Survey on rice flour consumption pattern	17
2.2.1 Selection of Sample	17
2.2.2 Experimental Technique	18
2.3 Consumer acceptance of fortified rice flour based meals	18
2.3.1 Fortification of rice flour	18
2.3.2 Consumer acceptance of fortified rice flour based meals	19
2.4 Determination of bioavailability of iron and zinc from fortified rice flour and study the enhancing effect of DisodiumEDTA	20
2.4.1 Selection of Sample	21
2.4.2 Experimental Technique	23
2.5 Efficacy of rice flour fortification in improving iron, zinc and folate	

status and the anthropometry of children	24
2.6 Laboratory Analysis	25
2.6.1 Assessment of anaemia and iron status	25
2.6.2 Assessment of serum zinc status	27
2.6.3 Assessment of folic acid (serum folate) status	29
2.6.4 Red cell iron (^{57}Fe and ^{58}Fe)	32
2.6.5 Urinary zinc (^{67}Zn and ^{70}Zn)	32
 CHAPTER 3 – BASELINE ASSESSMENT OF GROWTH AND GENERAL NUTRITIONAL STATUS	 34 – 46
3.1 Introduction	35
3.1.1 Growth and nutrition	35
3.1.2 Undernutrition	36
3.1.2.1 Stunting	36
3.1.2.2 Wasting	36
3.1.2.3 Underweight	37
3.1.3 The Knowledge gap on adolescents	37
3.2 Experimental methodology	37
3.2.1 Statistical analysis	38
3.3 Results	38
3.3.1 Sample characteristics	38
3.3.2 Growth patterns	38
3.3.3 Prevalence of malnutrition	41
3.4 Discussion and conclusions	43
3.4.1 Age at menarche and influence on nutritional status	44
 CHAPTER 4 – BASELINE ASSESSMENT OF DIETARY INTAKE	 47 – 60
4.1 Introduction	48
4.1.1 Dietary intake	48
4.1.2 24-hour dietary recall (24-H-RQ)	48
4.1.2.1 Validation of the questionnaires	49
4.1.3 Diet during adolescence	50
4.2 Experimental Methodology	51
4.2.1 Statistical Analysis	52
4.3 Results	52
4.3.1 Energy and macronutrient intake	52
4.3.2 Dietary micronutrient Intake	52
4.3.3 Dietary intake and effect on maturity and growth	55

4.4	Discussion and conclusions	55
4.4.1	Energy and macronutrient intake	58
4.4.2	Dietary micronutrient Intake	59
CHAPTER 5 – BASELINE ASSESSMENT OF MICRONUTRIENT STATUS		61 – 84
5.1	Introduction	62
5.1.1	Micronutrient deficiency	62
5.1.2	Iron in human metabolism	62
5.1.2.1	Indicators of iron deficiency	63
5.1.2.2	Prevalence and effects of iron deficiency	64
5.1.2.3	Preventing iron deficiency	66
5.1.3	Zinc in human metabolism	66
5.1.3.1	Indicators of zinc deficiency	67
5.1.3.2	Prevalence and effects of zinc deficiency	67
5.1.3.3	Preventing zinc deficiency	68
5.1.4	Folic acid in human metabolism	69
5.1.4.1	Indicators of folate status	69
5.1.4.2	Prevalence and effects of folate deficiency	70
5.1.4.3	Preventing folate deficiency	71
5.1.5	Micronutrient deficiency status in Sri Lanka	71
5.2	Experimental Methodology	72
5.2.1	Statistical Analysis	72
5.3	Results	73
5.3.1	Sample Characteristics	73
5.3.2	Haemoglobin status and prevalence of anaemia	73
5.3.3	Serum ferritin and iron deficiency anaemia	77
5.3.4	Serum zinc and zinc deficiency	77
5.3.5	Serum Folate and folate deficiency	78
5.4	Discussion and conclusions	78
5.4.1	Prevalence of anaemia	78
5.4.2	Iron deficiency anaemia	80
5.4.3	Zinc deficiency	81
5.4.4	Folate deficiency	82
5.4.5	Concurrent micronutrient deficiency	83
5.4.6	Strategies for Controlling Micronutrient Deficiencies	83

CHAPTER 6 – EFFICACY OF IRON AND ZINC SUPPLEMENTATION AND		
	INTERACTIONS	85 – 110
6.1	Introduction	86
6.1.1	Micronutrient deficiency	86
6.1.2	Potential benefits of iron supplementation	86
6.1.3	Benefits of zinc supplementation	87
6.1.4	Benefits of combined iron and zinc supplementation	88
6.1.5	Choice of level of supplementation	88
6.2	Experimental Methodology	89
6.2.1	Sample and subjects	89
6.2.2	Micronutrient capsule preparation	90
6.2.3	Implementation of mineral supplement programme	91
6.2.4	Compliance on capsule supplementation	91
6.2.5	Statistical Analysis	92
6.3	Results	93
6.3.1	Sample Characteristics	93
6.3.2	Effect of supplementation on anthropometry	93
6.3.3	Effect of supplementation on biochemical indices	98
	6.3.3.1 Baseline status between groups	98
	6.3.3.2 Haemoglobin concentration and effects on prevalence of anaemia	98
	6.3.3.3 Iron stores	100
	6.3.3.4 Zinc status	100
6.4	Discussion and conclusions	102
6.4.1	Effect of supplementation on anthropometry	102
6.4.2	Effect of supplementation on micronutrient status	104
	6.4.2.1 Does zinc supplementation alone affect iron status?	105
	6.4.2.2 Does iron supplementation alone affect zinc status?	106
	6.4.2.3 Does zinc in combination with iron supplementation have an effect on iron status?	107
	6.4.2.4 Does iron in combination with zinc supplementation have an effect on zinc status?	109
6.4.3	General conclusions	109

CHAPTER 7 – SURVEY ON RICE AND RICE FLOUR CONSUMPTION		
	PATTERNS	111 – 121
7.1	Introduction	112
7.1.1	Household food consumption surveys	112
	7.1.2 Household income/expenditure survey	113
7.2	Aim and implementation of the survey	113
	7.2.1 Statistical Analysis	115
7.3	Results	115
7.4	Discussion and conclusions	118
 CHAPTER 8 - FORTIFICATION OF RICE FLOUR AND CONSUMER ACCEPTANCE OF FORTIFIED RICE FLOUR BASED MEALS		 122 – 134
8.1	Introduction	123
	8.1.1 Fortification of food	123
	8.1.1.1 Fortification of a staple food: A successful history	124
	8.1.1.2 Food Fortification in Developed countries	125
	8.1.1.3 Food Fortification in less developed countries	127
	8.1.2 Selection of fortificants	128
	8.1.3 Sensory evaluation	129
	8.1.3.1 Methods of sensory evaluation	130
	8.1.3.2 Hedonic Scale	130
	8.1.4 Consumer Acceptance	130
8.2	Experimental methodology	131
	8.2.1 Statistical Analysis	131
8.3	Results	131
	8.3.1 Dough quality and final food characteristics	131
	8.3.2 Sensory Characteristics of meals	132
8.4	Discussion and conclusions	132
 CHAPTER 9 – ABSORPTION OF IRON AND ZINC FROM FORTIFIED RICE FLOUR		 135 – 152
9.1	Introduction	136
	9.1.1 Iron absorption	136
	9.1.1.1 Mechanism of iron absorption	136
	9.1.1.2 Inhibitors of iron absorption	137
	9.1.1.3 Competition by other metals against iron absorption	138
	9.1.1.4 Enhancers of dietary Iron absorption	138

9.1.2	Zinc absorption	139
9.1.2.1	Mechanism of zinc absorption	139
9.1.2.2	Inhibitors of zinc absorption	140
9.1.2.3	Competition by other metals against zinc absorption	140
9.1.2.4	Enhancers of dietary zinc absorption	141
9.1.3	Methods of measuring bioavailability of iron and zinc	141
9.1.3.1	Stable iron isotopes	143
9.1.3.2	Stable zinc isotopes	144
9.2	Experimental Methodology	145
9.2.1	Preparation of isotopes	145
9.2.2	Isotope administration	147
9.2.3	Statistical Analysis	147
9.3	Results	147
9.3.1	Iron absorption	147
9.3.2	Zinc Absorption	148
9.4	Discussion and conclusions	150
9.4.1	Iron absorption	150
9.4.2	Zinc absorption	151
9.4.3	Conclusions	152
CHAPTER 10 – EFFICACY OF RICE FLOUR FORTIFICATION		
– A PILOT STUDY		153 – 167
10.1	Introduction	154
10.1.1	Efficacy of iron fortification	154
10.1.2	Efficacy of multi-micronutrient fortification	155
10.1.3	Effectiveness trials on cereal flour fortification	156
10.1.4	Flour fortification trial in Sri Lanka	156
10.1.5	Legislation on field studies of fortified food products	157
10.2	Experimental Methodology	158
10.2.1	Statistical Analysis	158
10.3	Results	159
10.3.1	Effects of fortified rice flour on anthropometry	159
10.3.2	Effects of fortified rice flour on micronutrient status	159
10.4	Discussion and conclusions	165
10.4.1	Effects of fortified rice flour on anthropometry	165
10.4.2	Effects of fortified rice flour on micronutrient status	166
10.4.3	Conclusions	167

XIII

GENERAL CONCLUSIONS AND PERSPECTIVES	168 - 173
REFERENCES	174 – 204
Annex – 1 Ethical Approval letters for the study	205 – 206
Annex – 2 Data collection questionnaire	207
Annex – 3 Questionnaire on Dietary survey	208
Annex – 4 Data collection questionnaire on rice and rice flour consumption in Galle District	209
Annex – 5 Sensory evaluation of rice flour based meals	210
Annex – 6 Awards	211
Annex – 7 Publications	212 – 217
Annex – 8 Abstracts and Presentations	218

LIST OF TABLES

Table 3.1	Baseline Characteristics of the study population	39
Table 3.2	Anthropometric indices of the total sample	40
Table 3.3	Percentage prevalence of nutritional deficiencies (underweight, stunting, wasting, thinness and obesity) of the study population	42
Table 3.4	Improvement of general nutritional status of female adolescents' age	45
Table 4.1	Characteristics of the study sample	53
Table 4.2	Daily Dietary Intake of the study sample	54
Table 4.3	Recommended daily intake of nutrients for Sri Lankan population	56
Table 4.4	Correlations of Dietary Intake and growth	57
Table 5.1	Micronutrient status of the study population	74
Table 5.2	Micronutrient deficiencies in the study sample	75
Table 5.3	Risk of anaemic school children of having deficiencies of growth and micronutrients	76
Table 6.1	Baseline Characteristics of the study subjects	94
Table 6.2	Effect on anthropometry with micronutrient supplementation	96
Table 6.3	Effect on z scores with micronutrient supplementation	97
Table 6.4	Effects on biochemical parameters following micronutrient supplementation	99
Table 7.1	Rice and rice flour consumption patterns according to sector	116
Table 7.2	Rice and rice flour consumption patterns according to social class	117
Table 7.3	Popularity of rice flour based foods consumption according to area of living	119
Table 8.1	Sensory attributes of meal	133
Table 9.1	Techniques for measuring iron and zinc bioavailability in humans	142
Table 9.2	Percentage iron absorption from the reference dose and the test dose	149
Table 10.1	The baseline anthropometry and serum biochemistry of the study subjects	160
Table 10.2	Mean change in anthropometry following intervention	161
Table 10.3	Mean change following intervention – effect of zinc	162
Table 10.4	Mean change following intervention – effect of EDTA	163
Table 10.5	Mean change in haematology following intervention	164



LIST OF FIGURES

Figure 2.1	Study designs of the assessment of growth, dietary intake and micronutrient status in adolescence and efficacy of multiple-micronutrient Supplementation	16
Figure 2.2	Design of the determination of bioavailability of iron and zinc from fortified rice flour and study the enhancing effect of disodiumEDTA	22
Figure 2.3	Haemoglobin standard curve	26
Figure 2.4	Serum Ferritin IRMA Standard curve	28
Figure 2.5	Serum zinc standard assay curve	30
Figure 2.6	Serum folate RIA standard curve	31
Figure 6.1	Prevalence of anaemia (haemoglobin <120g/L) at baseline, interim assessment and at the end of the intervention	101
Figure 6.2	Prevalence of iron deficiency (serum ferritin <30µg/L) at baseline, interim assessment and at the end of the intervention	101
Figure 6.3	Prevalence of zinc deficiency (serum zinc <9.95µmol/L) at baseline, interim assessment and at the end of the intervention	101

ABBREVIATIONS

24-H-RQ	24 hour recall	MANOVA	multiple analysis of
ANOVA	analysis of variance		variance
BMI	body mass index	mg	milligram
BMIZ	body mass index-for-age z score	MJ	mega joule
		ng	nanogram
CI	confidence interval	nmol	nanomoles
cm	centimeter	RBC	red blood cells
EDTA	Ethylene diamine tetra acetic acid	RDA	Recommended Daily Allowance
Fe	Iron	RIA	Radioimmunoassay
g/L	grams per liter	SD	standard deviation
HA	height for age	SF	serum ferritin
HAZ	height for age z score	WA	weight for age
Hb	haemoglobin	WAZ	weight for age z score
ID	iron deficiency	Zn	zinc
IDA	iron deficiency anaemia	µg	microgram
Kg	kilogram	µmol	micromoles