

UPDATE OF THIAMIN FORTIFICATION OF THE AUSTRALIAN DIET

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The need for fortification of the Australian diet with thiamin has been the subject of considerable debate for the past 10 years (flour and alcohol being the most likely vehicles).

From January 1st 1991, all flour used for breadmaking purposes in Australia was required by law to be fortified with thiamin to a level of 0.64 mg/100mg. This followed the NH&MRC recommendation that flour, rather than alcohol, be fortified with thiamin. Initial technical difficulties experienced by flour millers have generally been overcome and there is now a high degree of compliance with the new regulation.

Data will be presented on the inherent levels of thiamin in wheat, flour and baked products. Issues addressed in this paper will be:

- (a) The effect of baking on the levels of thiamin in commercial pan bread.
- (b) Labelling and regulatory aspects of products fortified with thiamin.
- (c) The need for evaluation of this significant public health measure.

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