

Computed Iron Level of Raw and Cooked Fortified Rice Using Extruded and Coated Iron Rice Premix per Blending Ratio

Premix	Computed Iron level of Iron Rice Premix (IRP), mg Iron/100g based on revised FDA standard (300-2400 mg Iron/100g)																						
Mixing ratio	300	400	500	600	700	800	900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200	2300	2400	
Raw IFR	Computed Iron level of raw iron fortified rice (IFR) based on revised FDA standard (2-6 mg/100g)																						
1 : 100	3.00	4.00	5.00	6.00	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	23.00	24.00	
1 : 200	1.50	2.00	2.50	3.00	3.50	4.00	4.50	5.00	5.50	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00	10.50	11.00	11.50	12.00	
1 : 300	1.00	1.33	1.67	2.00	2.33	2.67	3.00	3.33	3.67	4.00	4.33	4.67	5.00	5.33	5.67	6.00	6.33	6.67	7.00	7.33	7.67	8.00	
1 : 400	0.75	1.00	1.25	1.50	1.75	2.00	2.25	2.50	2.75	3.00	3.25	3.50	3.75	4.00	4.25	4.50	4.75	5.00	5.25	5.50	5.75	6.00	
Cooked Extruded IFR-FP	Computed iron level of cooked IFR used on the retention data of extruded micronized dispersible Ferric Pyrophosphate (FNRI-DOST and ILSI Project) (minimum of 0.6 mg/100g)																						
1 : 100	1.25	1.66	2.08	2.49	2.91	3.32	3.74	4.15	4.57	4.98	5.40	5.81	6.23	6.64	7.06	7.47	7.89	8.30	8.72			10	
1 : 200	0.63	0.83	1.04	1.25	1.45	1.66	1.87	2.08	2.28	2.49	2.70	2.91	3.11	3.32	3.53	3.74	3.94	4.15	4.36			5	
1 : 300	0.42	0.55	0.69	0.83	0.97	1.10	1.25	1.38	1.52	1.66	1.80	1.80	2.08	2.21	2.35	2.49	2.63	2.76	2.91			3.3	
1 : 400	0.31	0.42	0.52	0.62	0.73	0.83	0.93	1.04	1.14	1.25	1.35	1.45	1.56	1.66	1.76	1.87	1.97	2.08	2.18			2.5	
Cooked Extruded IFR-FS	Computed iron level of cooked iron fortified rice (IFR) based on the retention data of extruded Ferrous Sulfate (FNRI-DOST and ILSI Project) mg iron/100g																						
1 : 100	1.17	1.56	1.95	2.33	2.72	3.11	3.50	3.89	4.28	4.67	5.06	5.45	5.84	6.22	6.67	7.00	7.39	7.78	8.17			9.4	
1 : 200	0.59	0.78	0.97	1.17	1.36	1.56	1.75	1.95	2.14	2.33	2.53	2.72	2.92	3.11	3.31	3.50	3.70	3.89	4.08			4.7	
1 : 300	0.39	0.52	0.65	0.78	0.91	1.03	1.17	1.30	1.42	1.56	1.68	1.68	1.95	2.07	2.20	2.33	2.46	2.59	2.72			3.1	
1 : 400	0.29	0.39	0.49	0.58	0.68	0.78	0.88	0.97	1.07	1.17	1.26	1.36	1.46	1.56	1.65	1.75	1.85	1.95	2.04			2.3	
Cooked Coated IFR-FS	Computed Iron level of cooked iron fortified rice (IFR) based on the retention data using coated ferrous sulfate (FNRI-DOST and ILSI Project), mg iron/100g																						
1 : 100	0.97	1.29	1.61	1.93	2.25	2.58	2.90	3.22	3.54	3.86	4.19	4.51	4.83	5.15	5.47	5.80	6.12	6.44	6.76			7.7	
1 : 200	0.48	0.64	0.81	0.97	1.13	1.29	1.45	1.61	1.77	1.93	2.09	2.25	2.42	2.25	2.74	2.90	3.06	3.22	3.38			3.9	
1 : 300	0.32	0.43	0.54	0.64	0.75	0.86	0.97	1.07	1.18	1.29	1.39	1.39	1.61	1.72	1.82	1.93	2.04	2.14	2.25			2.9	
1 : 400	0.24	0.32	0.40	0.48	0.56	0.64	0.72	0.81	0.89	0.97	1.05	1.13	1.21	1.29	1.37	1.45	1.53	1.61	1.69			1.9	