**OIL**
Use edible oil fortified with vitamin A, to prevent night blindness

**DOUBLE FORTIFIED SALT (DFS)**
Choose salt fortified with iron and iodine, to prevent anaemia and iodine deficiency disorders

**MILK**
For stronger bones, opt for milk fortified with vitamin D

**RICE**
Consume rice fortified with iron, vitamin B12 and folic acid to prevent anaemia and birth defects

**WHEAT FLOUR**
Consume wheat flour fortified with iron, vitamin B12 and folic acid to prevent anaemia and birth defects