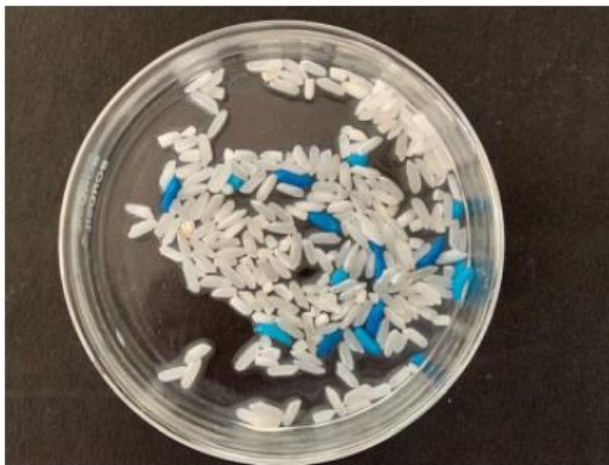


## Nagaland: 'Plastic rice' lab test shows presence of fortificants



By EMN

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Fortified Rice turning blue on reaction with ferricyanide indicating presence of iron in Fortified Rice Kernel  
(State Public Health Laboratory, Kohima Nagaland)

**Dimapur, June 21 (EMN):** It has turned out that the alleged “plastic rice”, which was collected by the Food Safety Officer, Dimapur and sent to the State Public Health Laboratory for testing, “do not show any form of adulterant”.

Principal Secretary and Commissioner Food Safety, Amardeep Singh Bhatia informed in an update that “as per the Food Analyst report, the rice sample tested indicate presence of fortificants in the rice confirming the rice as fortified rice”.

“Further, microscopic examination of rice kernels shows clusters of rice starch of *oryza sativa* species (natural rice origin) and do not show any form of adulterant (plastic) mixture

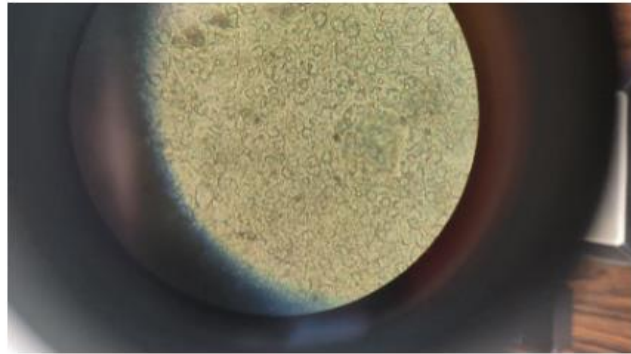
as alleged in the viral video,” read the press release from DIPR.

“The tested rice sample as per the standardised parameters, is within the prescribed limit under Regulation No.2.4.6: (24) of Food Safety and Standards (Food Products and Food Additives) Regulations 2011,” it added.

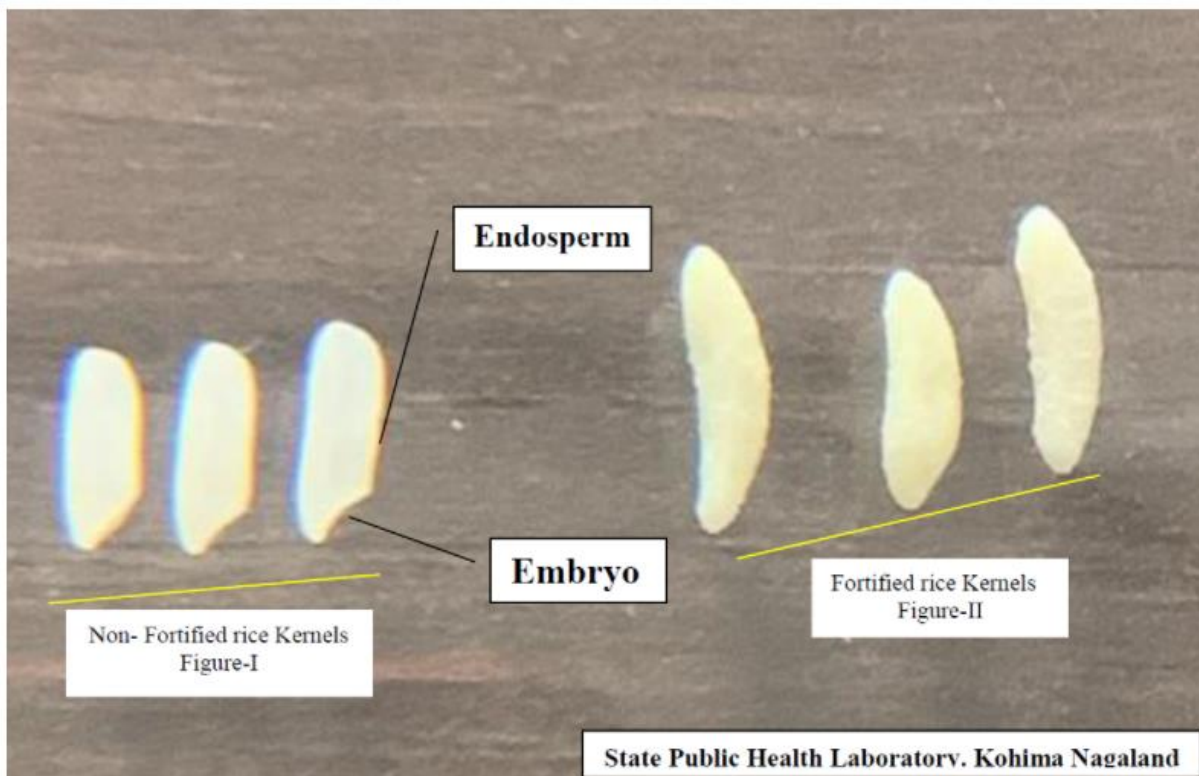
The update went on to state that “fortification of food is standardised and operationalised under Food Safety & Standards (Fortification of Foods) Regulations, 2017 and rice can be fortified using dusting, coating or extrusion technology where the milled broken rice is pulverized and mixed with vitamins and minerals resulting in fortified rice kernels”.

The regulation also stated that ‘every package of fortified food shall carry the words fortified with name of the fortificant and the logo (Plus F) as specified in Schedule II of the Regulations on the label’.

It may be mentioned that the authorities swung into action and sealed a shop and a warehouse after ‘a video alleging that a retail outlet at Naharbari in Dimapur was selling rice mixed with “plastic rice” went viral on social media earlier last week.



Microscopic structure of Fortified Rice starch : Clusters of rice starch observed  
(State Public Health Laboratory. Kohima Nagaland)



East police station Dimapur had registered a suo moto cognisance and the claim was under investigation.

According to World Health Organisation, "Fortification is the practice of deliberately increasing the content of an essential micronutrient, i.e. vitamins and minerals (including trace elements) in a food, so as to improve the nutritional quality of the food supply and provide a public health benefit with minimal risk to health".

Rice kernels can be fortified with several micronutrients, such as iron, folic acid and other B-complex vitamins, vitamin A and zinc, it added.