

# Introduction- Statement on the guidance levels for the fortificants in the Bread and Flour Regulations

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1. In 2022, the Department for Environment, Food and Rural Affairs (Defra) held a consultation on the [Bread and Flour Regulations \(BFR\) 1998](#) to increase the fortification level of non-wholemeal wheat flour with calcium as

calcium carbonate, iron and niacin to allow harmonisation with EU retained [Regulation \(EU\) No 1169/2011](#). Defra asked whether the consultees agreed with the proposal to raise the minimum levels of these nutrients, added to 15% of their respective nutrient reference values (NRV). The current minimum amounts of calcium, iron and niacin required to be present in non-wholemeal wheat flour are 11.75%, 12% and 10% of their NRVs, respectively. The minimum amount of thiamin required to be present in non-wholemeal wheat flour would remain unchanged, at 19% of its NRV. NRVs are established guidelines for recommended daily nutrient consumption.

2. Further to Defra's proposal, the Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment (COT) have been asked by the Department of Health and Social Care (DHSC) to provide a risk assessment of dietary exposure to calcium, iron, niacin (vitamin B3) and thiamin (vitamin B1), based on current and proposed fortification levels. The risk assessment provides a comparison of estimated dietary exposure to the UK Expert Group on Vitamins and Minerals (EVM) guidance levels for the four nutrients, and allows for a conclusion on whether there is a potential risk to human health from the proposed increased fortification in non-wholemeal wheat flour.