

## **CIVIL SUPPLIES CLARIFIES ON PLASTIC RICE**

**Panaji: October 20, 2023**

The Department of Civil Supplies and Consumer Affairs has issued a clarification about Fortified Rice. It is informed that there have been misinformation and misleading videos circulated on social media as well as on local newspaper about "Plastic Rice" being sold through the FPS.

The issue has been clarified time and again not only by the Department but also at the Government level.

It has been also informed that Fortified rice kernels are made with rice powder and mixed with micronutrients such as vitamin B12, folic acid and iron.

These Micro Nutrients are added to Rice in appropriate proportions. They are then shaped in the form of rice and mixed with the main supply at the miller in a ratio of 1:100. Rice fortified with Iron, Folic Acid, and Vitamin B12 boosts our health.

The cooked rice contains 80% starch and a high carbohydrate content and that is the reason for the adhesiveness and elasticity in rice. But this does not indicate that the rice is plastic.

It is also informed that Fortified rice can be stored, tastes and can be cooked like normal rice. We must include fortified rice in our diet to have added nutritional advantages.

It has been advised that Millers should produce Fortified Rice as it has far reaching benefits.

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