



New Zealand Permitted Fortification of Bread with Folic Acid

13 August 2021

TITLE

Food Standard New Zealand Permitted Fortification of Bread with Folic Acid

COMMENCEMENT

This Food Standard comes into force on 13 August 2021

REVOCATION

This Food Standard revokes and replaces the New Zealand (Permitted Fortification of Bread with Folic Acid) Food Standard 2012, issued 27 August 2012.

This Food Standard will be revoked on 13 August 2023

ISSUING AUTHORITY

This Food Standard is issued under section 404(1) of the Food Act 2014

Dated at Wellington, 13 August 2021

[Dated and signed]

Hon Dr Ayesha Verrall
Minister for Food Safety

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Introduction

This introduction is not part of the Food Standard, but is intended to indicate its general effect.

Purpose

The purpose of this Standard is to provide permission for folic acid to be voluntarily added to bread.

Background

The Food Standard: Permitted Fortification of Bread with Folic Acid, formerly known as the New Zealand (Permitted Fortification of Bread with Folic Acid) Food Standard 2012 first came into force on August 27 2012.

New Zealand has adopted part of Standard 2.1.1 – 5 of the Australia New Zealand Food Standards Code requiring that wheat flour sold as suitable for making bread contains no less than 2 mg/kg, and no more than 3mg/kg, of folic acid. This Standard does not apply to bread that is represented as organic.

There is a two-year transition period. During this time, everyone who makes and sells bread may choose to comply with this Standard.

Folic acid is an essential B vitamin that is important for the healthy development of babies early in pregnancy. Mandatory fortification in a prescribed amount is strongly associated with reduced prevalence of neural tube defects (NTDs) in many countries. For example, in Australia, NTD prevalence decreased following mandatory fortification of folic acid.

When fortifying bread with folic acid bakers and importers must meet the requirements specified within this Standard. The amount of folic acid that is prescribed within this Standard is proven to be a sufficient amount of folic acid in bread and exceeding this amount may cause a health risk to consumers.

Who should read this Food Standard?

This Food Standard should be read by everyone who makes and sells bread within New Zealand, and importers of bread for sale within New Zealand.

Why is this important?

Breach of the maximum permitted addition of folic acid to bread will be an offence under the Food Act 2014.

Document History

Version Date	Section Changed	Change(s) Description
27 August 2012	NA	New Food Standard
13 August 2021	Part 1: Requirements	This Food Standard permits folic acid to be added to bread in a way that is not in accordance with part of standard 2.1.1-5 of the Food Standards Code requiring non-organic wheat flour sold as suitable for making bread contain folic acid.

Part 1: Requirements

1.1 Application

- (1) This Standard does not apply to bread sold or prepared for sale in, or imported, into Australia.
- (2) This Standard does not remove or affect any additional obligations or restrictions relating to the manufacture and sale of bread specified in the Food Standards Code that are applicable in New Zealand.

1.2 Definitions

- (1) In this Standard, unless the context otherwise requires,
Act means the Food Act 2014
Food Standards Code means the Australia New Zealand Food Standards Code.
- (2) All terms used in this Standard and that are defined in the Act or the Regulations, but not defined in this Standard, have the same meaning as in the Act or Regulations.

1.3 Meaning of bread

- (1) **Bread** has the meaning given to it in Standard 2.1.1 (Cereals and Cereal Products) in the Food Standards Code.

1.4 Permitted Addition of Folic Acid to Bread

- (1) Folic acid (L-methyltetrahydrofolate, calcium) may be added to bread, subject to clause 1.4(2) of this Standard.
- (2) Bread must not contain more than 2.5 mg/kg of folic acid, or of (L-methyltetrahydrofolate, calcium), or of the total of folic acid and (L-methyltetrahydrofolate, calcium), if used together.