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BETTER FOODS FOR BETTER LIVES IN INDONESIA

Improving Health and Nutrition

IRD is currently utilizing food commodities to develop and support production and distribution of fortified, soy-enriched foods. IRD's staple products provide low-cost, micronutrient-fortified food for low-income families and school children in economically deprived areas in Southeast Asia. The programs also incorporate job creation and income generation components, directly generating more than 3,000 new jobs and indirectly creating thousands more.

IRD also contributes to improved understanding of food utilization through its promotion of dietary diversification and micronutrient intake. In 2000, IRD began producing soy-enriched, steam-dried noodles. These noodles, produced through contracts with local factories, are sold to low-income consumers at reduced prices. To date, IRD has produced three billion noodle packages.

In 2001, IRD introduced soy-enriched snack noodles for distribution to 75,000 primary school children in Central Java and Yogyakarta, Indonesia. The nutritional value of the noodles is enhanced by the addition of defatted soy flour. By utilizing a 20/80 mixture of soy/wheat flour to produce the snack noodles, IRD is increasing the protein content from 9.21 percent to 17.28 percent. The resulting product provides 6.05 grams of protein per 35 gram serving.

Workers at a factory prepare IRD soy-enriched noodle products

IRD also began marketing soy-enriched rice noodles in 2003 through its USDA- funded programs. Recently, IRD expanded its rice noodle initiative to include production and marketing of soy sauce fortified with iodine, iron, and vitamin A. IRD also began producing fortified soy milk in Cambodia beginning in 2005.