

NUTRITION LEVERAGE AND INFLUENCE FOR TRANSFORMATION

# PARTNERING WITH THE UNIVERSITY OF SASKATCHEWAN TO SUSTAINABLY IMPROVE IRON STATUS AMONG ADOLESCENT GIRLS THROUGH IRON-FORTIFIED LENTILS IN BANGLADESH

## Opportunity

Due to their specific biological needs, adolescent girls in Bangladesh are particularly vulnerable to iron deficiency, which can have significant adverse impacts on their health and well-being. Lentils, a staple food in the country and around the world – and a major Canadian export – make excellent fortification vehicles that could prevent anaemia when fortified with iron. Yet there are no fortified lentils currently available on the market.

## Investment

With NLIFT's support, the University of Saskatchewan will conduct the health benefit documentation phase of its iron-fortified lentil efficacy trial. Advancing a fortification technology developed at the university with technical support from Nutrition International and other partners, the objective of this study is to establish evidence of the efficacy of iron-fortified lentils in improving the health and nutritional status of a sample group of adolescent girls in Mymensingh District, in rural Bangladesh. It is hoped that the evidence on health benefits generated by this trial will facilitate acceptance of the fortified lentils by the population of Bangladesh, government stakeholders, bulk institutional buyers as well as lentil processors. Ultimately, the partners hope to create a market for fortified lentils, expand its commercial application and facilitate global scale-up.

## Innovation and leverage

This investment provides an opportunity to develop an innovative, cost-effective food-based approach to alleviate iron deficiency that could be scaled up globally within a few years. Given that Canada is the top lentil producer and exporter in the world, this investment has the potential to reach hundreds of millions of people around the world, improving their nutritional status, as well as overall health.



## INVESTMENT AT A GLANCE



**Duration**  
2018-2019



**Partners**  
BRAC  
Global Institute for Food Security  
Canadian Agricultural Partnership  
International Centre for Diarrhoeal Disease Research, Bangladesh (icddr,b)  
International Development Research Centre  
Marywood University  
University of Saskatchewan: College of Agriculture and Bioresources, College of Pharmacy and Nutrition



**Investment**  
(\$ CAD)

**198 K**



**Dollars leveraged**  
(\$ CAD)

**1.1 M**



## Expected outcomes

- Improved iron status among adolescent girls participating in the efficacy trial. This will constitute the evidence to develop a complementary strategy to introduce fortified lentils into the market.

The results of the study will be disseminated through scientific journals, community workshops, and stakeholder engagement meetings.



### About the University of Saskatchewan

The University of Saskatchewan contributes to a sustainable future by being among the best in the world in areas of special and emerging strengths, through outstanding research, scholarly, and artistic work that address the needs and aspirations of Saskatchewan and the world. The College of Agriculture and Bioresources is committed to responsibly caring for the environment while finding solutions to meet the demands of a hungry and growing world. The College of Pharmacy and Nutrition focuses on research activities in areas that are highly relevant to improving health and quality of life, including nutrition, lifestyle, community research and food security.

### Other co-investing donors



### About NLIFT

Nutrition Leverage and Influence for Transformation (NLIFT) is a pioneering initiative that seeks to integrate nutrition interventions into existing development platforms that do not already focus on nutrition.

With a 25 million dollar anchor investment provided by the Government of Canada through Global Affairs Canada, this Nutrition International-led initiative collaborates with exciting newcomers to the nutrition landscape — leveraging their resources to reach vulnerable people, especially women and adolescent girls.



**For more information:**  
[nlift@NutritionIntl.org](mailto:nlift@NutritionIntl.org)

## About Nutrition International

Founded in 1992, Nutrition International is a global organization dedicated to delivering proven nutrition interventions to those who need them most. Working in partnership with countries, donors and implementers, our experts conduct cutting-edge nutrition research, support critical policy formulation, and integrate nutrition into broader development programs. In more than 60 countries, primarily in Asia and Africa, Nutrition International nourishes people to nourish life. [NutritionIntl.org](http://NutritionIntl.org)

