Effects of Sterilization, Packaging, and Storage on Vitamin C Degradation, Protein Denaturation, and Glycation in Fortified Milks. By Gliguem and Birlouez-Aragon, page 891. Fortified milk is produced to fulfill the specific nutritional needs of children, especially for iron, vitamins, and polyunsaturated fatty acids (PUFA), which are marginally provided by the standard diet. However, vitamins and PUFA are particularly susceptible to oxidation and heat degradation during the fortification process, and iron is a well known activator of oxidative reactions. This study quantifies the influence of sterilization (UHT or in-bottle), packaging (opaque, with or without oxygen barrier), and storage conditions (light or dark) on vitamin C, protein denaturation, and Maillard reaction. Optimal quality of fortified milk would require UHT sterilization, packaging in 6-layer bottles, and storage at low temperature, or for a limited time.