

# EVALUATING FOOD-BASED APPROACHES TO PREVENT MICRONUTRIENT MALNUTRITION USING ISOTOPE TECHNIQUES



Fruit and vegetables are one of our main sources of vitamins and minerals – market in Cotonou, Benin.

(Photo: C. U. Loechl, IAEA)

**G**ood nutrition needs more than just carbohydrates, protein and fat. Humans may eat enough calories to live, but may have a diet that fails to provide sufficient levels of crucial vitamins and minerals that allow them to be mentally and physically healthy. A lack of these essential vitamins and minerals often results in what is termed as 'hidden hunger', where the signs of undernutrition are less visible and people may not even be aware of it. Hidden hunger has been estimated to affect as many as 2 billion people globally. Vitamin and mineral deficiencies account for an estimated 7.3% of the global disease burden, with iron and vitamin A deficiencies ranking among the top 15 leading causes of the global disease burden. Hidden hunger impairs the mental and physical development of children and adolescents and can result in lower IQ, stunting, and blindness; women and children in low-income countries are especially vulnerable. Hidden hunger also reduces the productivity of adult men and

women due to increased risk of illness and reduced work capacity.

Micronutrients are substances needed in amounts of less than 100 mg (less than the weight of two grains of salt!) per day for good health, growth and development. They include all vitamins, as well as some minerals such as zinc, iron, chromium, copper, manganese and iodine. Micronutrients play important roles in nutrition, including ensuring healthy growth and development, resistance to infection, and specific functions such as good vision, bone strength, or oxygen-carrying in red blood cells. Many micronutrients are limited in human diets, largely due to high intakes of energy-dense, nutrient-poor staple foods. In developing countries, many individuals do not have the resources to purchase or cannot access a wide range of nutritious foods such as meat, eggs and fish, as well as fruit and vegetables in order to meet their nutritional requirements.

# Preventing Micronutrient Malnutrition A

**SJ Ball**



## **Preventing Micronutrient Malnutrition A:**

## **Preventing Micronutrient Malnutrition A Book Review: Unveiling the Magic of Language**

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Preventing Micronutrient Malnutrition A**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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## **Preventing Micronutrient Malnutrition A Introduction**

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