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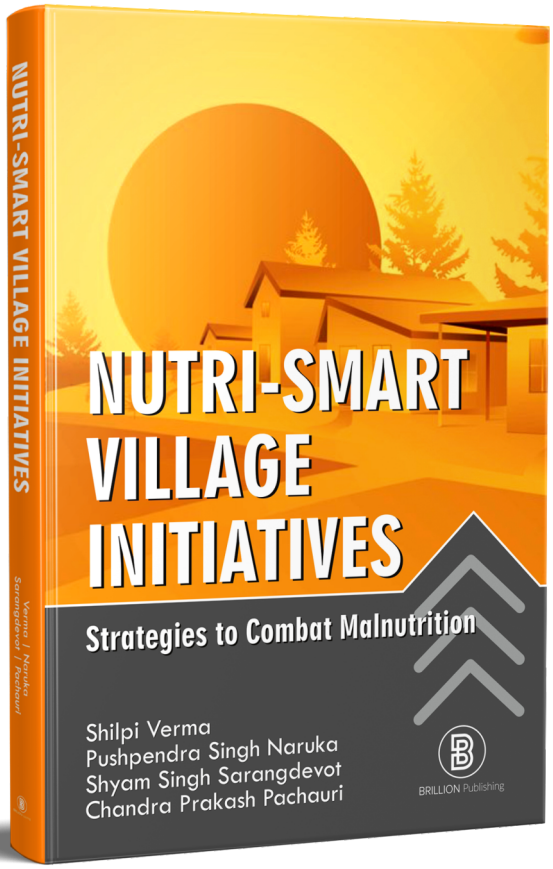

NUTRI-SMART VILLAGE INITIATIVES

Strategies to Combat Malnutrition

The nation has come a long way in increasing production of food for security as well as nutritional security. The inter relationship of agriculture, food, cooking processes and health are highly complex and profoundly significant. It is complex relationships as change in any one component have effects on the viability and functioning of the other. India is home to a quarter of world's 795 million hungry people worldwide where the triple burden of malnutrition coexists. The pervasive micronutrient deficiency is known as HIDDEN HUNGER. World Bank data indicates that India has one of the world's highest demographics of children suffering from malnutrition. If food systems, based in agriculture, cannot provide all the essential nutrients in adequate quantities to sustain human life during all seasons, diseases ensue, societies suffer and development efforts stagnate.

The book chapters in present book address these issues of malnutrition at the grassroots level where adoption of a multi-sectoral nutrition-sensitive approach is required. It works closely with the local communities to bring out individuals and families from the shackles of malnutrition and create nutrition smart villages. It is a model village where communities understand and take charge of their nutrition requirements, integrating agriculture with natural resource management, water, sanitation and hygiene (WASH).

Features -

- Focus on Food-based strategies rooted in the sustainable use of biological resources could be an important strategy to maintain and/or improve habitual diets and health.
- Efforts on strategy to improve food basket through crop diversification, biofortification and options are well discussed.
- Developing kitchen gardens and also engage women with local health care services.

Sustainable solutions to the hidden hunger can be achieved by closely linking agriculture to nutrition, health and by formulating agricultural and nutritional practices together with health policies to reflect this need.

The present book focuses on such strategies or wayout that can help the vulnerable groups to overcome malnutrition.

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- Focus on Crop Diversification and Establishing Food Grain Bank to Overcome Malnutrition
- Nutritional-Phenomics to Combat Global Malnutrition and Obesity
- Household Health Security Through Nutritional Gardens
- Eradicating Malnutrition Through Nutrient Dense Low Cost/ Local Food Items
- Preventive Strategy for Infection
- Corrective Measures for Micro-Nutrient Deficiencies
- Combating Malnutrition Through Information Communication Technologies
- Government Approaches for Health Care System
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- Role of Pre and Probiotics Food
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- Eliminating Gender Bias and Ensuring Women Empowerment
- Street Foods and Strategies to Improve the Street Foods
- First Thousand Days - A Window of Opportunity
- Supporting Traditional Foods and Practices
- Community Participation to Combat Malnutrition
- Nutrition Surveillance
- Enhancing Purchasing Capacity of Nutritious Food
- Integrated Farming System (IFS)
- Cognitive Development and Nutritional Wellbeing in Early Life

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