

**Prem Nath**

ISBN: 978-93-87445-76-5  
 e-ISBN: 978-93-87445-77-2  
 Pages: 682  
 2019

Printed Copy

Hardbound ▶ ₹ 6,995/-

# VEGETABLES FOR Nutrition Security

The problem of hidden-hunger is complex, and different terms are used to describe its various forms. Hunger is usually understood to refer to the distress associated with a lack of sufficient calories. The Food and Agriculture Organization of the United Nations (FAO) defines food deprivation, or undernourishment, as the consumption of too few calories to provide the minimum amount of dietary energy that each individual requires for a healthy and productive life. Under-nutrition goes beyond calories and signifies deficiencies in any or all of the following: energy, protein, and/ or essential vitamins and minerals. Under-nutrition is the result of inadequate intake of food in terms of either quantity or quality, poor utilization of nutrients due to infections or other illnesses, or a combination of these factors. Malnutrition refers more broadly to both under-nutrition (problems caused by deficiencies) and over-nutrition (problems caused by unbalanced diets, such as consuming too much calories in relation to requirements with or without low intake of micronutrient rich foods).

Scientific and developmental contributions of Dr. Prem Nath, Chairman, Prem Nath Agricultural Science Foundation (PNASF), Bengaluru, in the march of India to attain self-sufficiency in vegetables are well recognized.

The present book *Vegetables for Nutrition Security* authored by him is a compilation of 29 of the most essential chapters in Vegetable science by Dr. Prem Nath and his associates.

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