

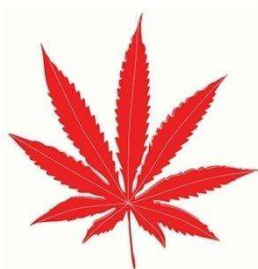


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

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Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

A GLANCE AT THE IMPORTANCE OF FOOD SECURITY AND FORTIFICATION

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Abstract

The Solution to food security problems due to the high world population to provide biologically valuable food, enriched in nutrients is food fortification. Currently, the staple foods such as edible oil, banaspati and wheat flour are being considered for micronutrient fortification as food vehicles. The resultant fortified additives claimed food security, worldwide. The food security perspective of food fortification improves digestion and regulates the micronutrient levels in bones. There are many fortified food-based approaches helpful to lighten up food security and malnutrition. The World Bank convinces the population of biofortified cereals including golden rice, Rice biofortification is done with provitamin A. Crops breeding techniques provide genetic modification of food that is dominant for the safe processing of food insecurity-related products. About 40% of Food is never eaten in America even a 45% mortality rate of children under 5 years in developing countries due to the undernutrition of mothers and infants. Due to that a large number of people in the world are facing a deficiency of micronutrients like vitamin A, iron, zinc, etc that leads to many acute and chronic diseases like cancer cardiovascular diseases or mainly auto-immune diseases, most common includes lumps, rheumatoid arthritis and ulcerative colitis. Public nutrition profiling, revision of policies, and their implementations are very vital for reaching the aims of nutritional security. Basic foods can be supplemented with nutrients which will be helpful for improving the quality of food.

Keywords: Food Security, Enrichment, Micronutrients, Population.

Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

Declaration

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