

Recent research found that grains that we eat have lost food value & are accumulating toxins. Impacts? Can India halt its weakening nutritional security?

India has emerged as the most populated country in the world as per the United Nations Population Fund. In order to make the best out of it a healthy population is a must, but we are off the track.

Silent Famine A recent research by the ICAR - Indian Council for Agricultural Research exposes the negative effects of green revolution and decrease nutritional value of rice and wheat.

The rice and wheat staple food of more than 50% of population lost its nutrition value by 45 percent in the last fifty years. This has been compounded by lesser intake of millet

	Rice	Wheat
Iron	33	27
Zinc	30	19

} Percent decrease in
in the nutrient value
of rice and wheat.

Meanwhile, the amount of reserves has
increased by 1490 percent with substantial
increase in Boron, Strontium and
aluminium levels.

Impacts of the events

The increase in the toxic chemical
levels can cause, neurological, reproductive
musculoskeletal diseases among the population.

The Indian Council for Medical
Research found an increase in 25
percent of non-communicable diseases
due to lack of micronutrients.

India is also home to the one
third of two billion micronutrient
deficient population.

Halting nutrition insecurity

- ① Research By breeding more land cultivars which can sequester micronutrients such as Iron, zinc, vanadium must be worked out.
- ② Biofortification - the hidden hunger is being treated by supplying biofortified foods fortified with vitamin-B-12 and Iron. In last six years, ten million hectares have been brought under bio-fortification which is a good sign.
- ③ Campaigning - Awareness generation through changing diet patterns by supporting the government Shree Anna Programme can reverse the trend.

The Article 47 directs the state to raise the level of nutrition and standard of living, the combined efforts of researchers, governments and public is the key.