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Child Malnourishment in India and its Scientific Solutions

T. S. Gururaja* and C. Ravidhas
Bishop Heber College, India

Despite India's 50% increase in GDP since 1991, more than one third of the World's malnourished children live in India. Among these, half of the children under three years old are underweight and a third of wealthiest children are over-nutrient. It results not from calorie intake but from dependence on a carbohydrate based diet low in protein and fat. Another factor triggering malnutrition is inadequate sanitation which triggers an increase in infection – borne deficiencies in nutrients. RUSF is a specifically formulated food branded and is produced industrially by Nutriset. RUSF is a powder-in-fat matrix fortified with multiple micronutrients. Path to improved wellness – encourage healthier food choices, snacking, make food taste good again, consider adding supplements to your loved one's diet, encourage exercise, plan social activities.

Keywords: RUSF, healthier food choice, snacking, exercise, diet, social activities