Abstract Title:- Improving food nutrient value for people making micronutrient supplement rice.

Abstract:- People face micronutrient deficiency in their daily life food habits which creates adverse effects on them, specifically women and children. Their diet mainly include carbohydrates, proteins and fats, but they lack vitamins, which create health issue and weakness. In order to solve these problems, I came to a solution where we can improve their nutritional habits by incorporating micronutrients in their daily life food habits, specifically rice, where their micronutrient deficiency can be improved on consumption of these special variety of rice. Komal rice has an extremely soft texture unlike regular hard grains. This is because of the low content of amylase which is a kind of starch that constitutes to the hardness of any grain. We can also use the rice after soaking it for 1hour. Hence when nutrients added do not get destroyed and can be easily consumed with other food items. This will not cost much and can be applied in large scale for people.



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