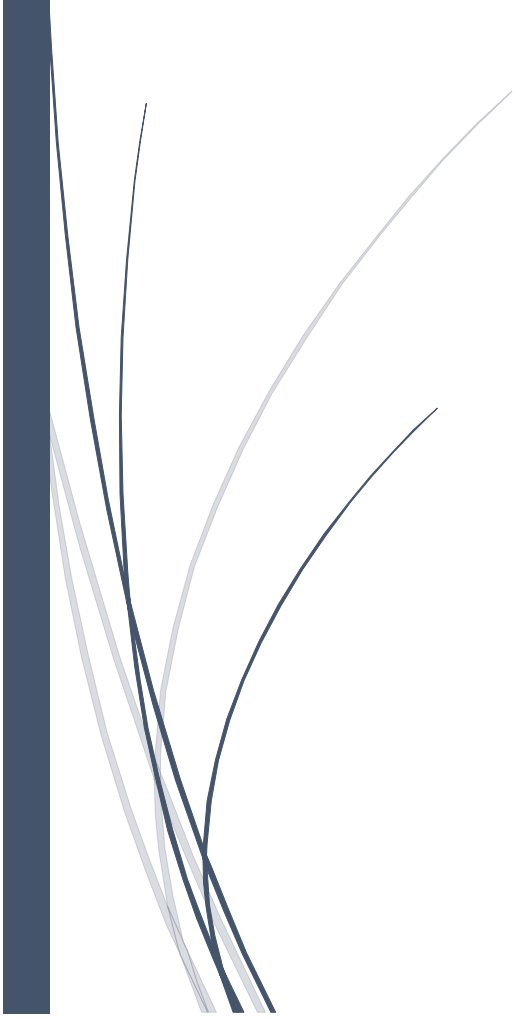
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Real Challenge of Food Nutrition Compliance in Developing World curbed with limited resource Distribution

Nutrition Science 2020 - Revolutionary strategies of improving health with best Nutrition"



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Real Challenge of Food Nutrition Compliance in Developing World curbed with limited resource Distribution

Abstract

The dilemma a Developing world face in this technological advance era regarding the basic compliance of Food Nutrition is in itself is a challenge to deal with. The world pace is too high and such nutritional deficiency in the population (the very essence of resources) will make it more challenging to meet the further demands.

Such aggressive challenges will require the aggression in terms of strategies and techniques to counter the acute problem. Pakistan is currently facing the nutrition compliance challenge at various segment, especially the rural areas are not just facing a malnutrition, but the basic supply of just healthy meal is still considered as a luxury. Several means and measures are already in process to fight such calamities and however a unique approached was assessed to fulfil the targeted nutrition balance in selected group which shows a promising results.

Despite of Nutrition, Health and Food Safety Challenges, Pakistan in General is a Food Loving Country, we are the one who have not only adopted International cuisine i.e. Chinese, Thai, Japanese, Italian, Middle Eastern, Western etc. but in-fact have modified them to local conventional requirement. This is because Pakistanis are very peculiar in taste and so real challenge to provide nutritional requirement to local population with strong taste support is mandatory.

In Pakistan, Gluten allergy is comparatively less than other regions, as Wheat and other cereals are part of regular meal since childhood, thus a proper meal support base on cereals base was developed containing multi grains and other Nutritional ingredients and a base mix was developed through extrusion technology. The base mix developed was able to provide a multipurpose food output as per various age group demands. The same base mix was providing a variety of Halwa, Kheer, Haleem, Porridge, and baby meal through addition of support house hold ingredients.

This was very much appreciated in the selected group as the meal variety make it more attractive for the masses and it was easily distributable with convenient manufacturing. Thus a strategic action of targeted addressing the nutrition challenge in the developing world was assessed.