

(Please do not write anything except the question number in this space.)
कृपया इस स्थान में प्रश्न संख्या के अतिरिक्त कुछ न लिखें।

UPSC

Answer Questions in NOT MORE THAN the Word Limit specified for each in the Parenthesis.
Content of the Question is more important than length.
(Specimen Answer Booklet - For Practice Purpose Only)

उम्मीदवारों को इस हार्डिंग में नहीं लिखना चाहिए।
Candidates must not write on this margin

Q. Food Fortification is a proven cost effective and complementary strategy to address India's malnutrition burden. Explain.

↳ India's malnutrition exacerbates the magnitude of Public Health, there is need to address the condition of Poor Nutrition.

↳ National Family Health survey - 5 data, every second Indian women is anemic, every 3rd child is stunted & malnourished.

↳ FAO food security Report 2021 → India Ranks 101 out of 116 countries in Global Hunger Index 2021.

The picture of Global Nutrition Report 2021, as stunting among children is significantly higher than Asian Average 21.8%.

↳ Solution ⇒ Food Fortification. It is the process of adding Nutrients to food. For instance, rice and wheat are fortified with iron, folate and vitamin B12 and salt fortified with iron and iodine.

↳ Fortified Rice programme has been successful in terms of preventing cases of anaemia - from 58.9% - 29.5%.

↳ Promoting the central government to declare the scaling up & distribution of fortified rice the major staple diet of 65% of Population

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through the existing platform of ~~series~~ of Public Distribution System PDS, ICDS and PM-POSHAN.

↳ case study on food fortification

In Gujarat, 8 month long study of multiple micronutrient fortified rice intervention for school children (6-12 yrs) → 2018-19 as a part of the midday meal scheme.

Result: Found increased Haemoglobin, 10% reduction in anaemia prevalence & improved average cognitive scores by 11.3%.

↳ Need for Precautions

↳ There is concern that excess iron overload from fortified rice has been dangerous for gharkhand's tribal population suffering from sickle cell anaemia and thalassaemia.

↳ FSSAI standards on iron levels 28 mg to 42.5 mg
folic acid → 75mcg - 65mcg, Vit B12 → 0.75mcg - 1.2mcg

↳ Conclusion

According to NITI Aayog food fortification is cost effective it can save 35% of total on a budget of around 2800 crore. Thus, Proven efficiency on food fortification help us reducing micronutrient deficiencies and address Overall health Benefits.

carried out with Precaution is the key to malnutrition issue.