

# Food fortification: A complementary strategy for improving micronutrient malnutrition (MNM) status

ANJALI VERMA

Experts estimate that 2 billion people, mostly in poorer countries suffer from micronutrient malnutrition (MNM), also known as hidden hunger. This is caused by a lack of critical micronutrients such as vitamin A, zinc and iron in the diet. Actions that promote an increase in the supply, access, consumption and utilization of an adequate quantity, quality and variety of foods for all population groups should be important. The control of vitamin and mineral deficiencies is an essential part of the overall effort to fight hunger and malnutrition. MNM impairs the mental and physical development of children and adolescents and can result in lower IQ, stunting and blindness; women and children are especially vulnerable. Fortification of food with micronutrients is a valid technology for reducing micronutrient malnutrition as part of a food-based approach when and where existing food supplies and limited access fail to provide adequate levels of the respective nutrients in the diet. The aim is for all people to be able to obtain from their diet all the energy, macro- and micronutrients they need to enjoy a healthy and productive life.

**Key Words :** Micronutrient malnutrition (MNM), Hidden hunger, Vulnerable, Fortification, Food-based approach, Productive life

**How to cite this article :** Verma, Anjali (2015). Food fortification: A complementary strategy for improving micronutrient malnutrition (MNM) status. *Food Sci. Res. J.*, **6**(2): 381-389.

---

**AUTHOR FOR CORRESPONDENCE**

---

**Author for correspondence :**

**ANJALI VERMA**, Department of Food and Nutrition, College of Home Science,  
Maharana Pratap University of Agriculture and Technology, UDAIPUR  
(RAJASTHAN) INDIA  
Email : [anjali190191@gmail.com](mailto:anjali190191@gmail.com)

---