



## Functional food product development from underused crops of Himalayas to combat malnutrition

Anitha Kumari

Central university of Haryana, India

### Abstract:

The world most comprehensive report on nutrition highlights the worrying and universally prevalence of malnutrition in all forms. The burden of malnutrition is unacceptably high. Globally 150.8 million children under five years are stunted and 50.5 million are wasted. India tops the list of countries with 46.6 million children stunted, followed by Nigeria (13.9 million) and Pakistan (10.7 million) as per Global Nutrition Report 2018. To address malnutrition, underutilized fruits (quince, crab apple) are the key component of balanced human diet and also the main drivers in achieving global nutritional security by providing nutrients, vitamins and minerals. These fruits are adapted to low-input agriculture. Their enhanced use in the form of functional food products can bring about better nutrition. Apart from nutrients, these fruits also possess medicinal properties like anti-diabetic, anticancer, antiulcer, anti-inflammatory and antifertility (Vishwakarma et al. 2017). Focusing attention on neglected and underutilized fruits is an effective way to help maintain a diverse, healthy diet and to combat micronutrient deficiencies among the children. These fruits are rich sources of nutrients and the functional food products developed from these fruits is helpful in reducing the incidence of malnutrition as well as ensure food and nutrition security.



### Biography:

Anitha Kumari is a professor in the department of food and nutrition in central university of Haryana, India

### Recent Publications:

1. Anitha Kumari, International Journal of Food Science and Nutrition, 2018
2. Anitha Kumari, Asian Journal of science and Technology, 2018
3. Anitha Kumari, American Journal of Food Science and Technology, 2017
4. Anitha Kumari, International Research Journal of Natural and Applied Sciences, 2016
5. Anitha Kumari, International Research Journal of Natural and Applied Sciences, 2015

Webinar on Public Health | June 29, 2020 | Osaka, Japan

**Citation:** Anitha Kumari; Functional food product development from underused crops of Himalayas to combat malnutrition; Webinar on Public Health; June 29, 2020;Osaka, Japan