



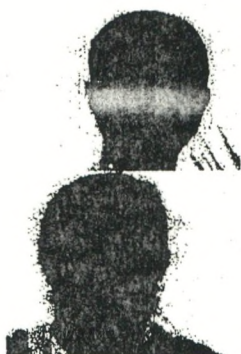
Amritha veena K  
Kowsalya S

# HEALTH AND MICRONUTRIENT SCENARIO IN SOUTH INDIA

An Urgent Need for Intervention Programmes

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Also known as 'hidden hunger', micronutrient deficiencies are a significant cause of malnutrition and associated ill health among populations in developing countries. Even at subclinical levels, it can cause poor general health and decreased school and work performance with an increased mortality risk. There exists a considerable gap in the diets of the community in terms of micronutrient intake, one of the reasons behind this being inadequate knowledge of nutrition. This book provides an insight on the nutritional status of the population residing in Ramanathapuram District, Tamil Nadu, India along with the prevalence of clinical and sub clinical levels of deficiency among different age groups. The book further explores the interlinked association of nutritional status with the diet intake and biochemical indicators of micronutrient deficiency. This book also contains clear-cut images which enhances the quality of information provided and further augmenting it as an ideal manual for researchers and community workers.



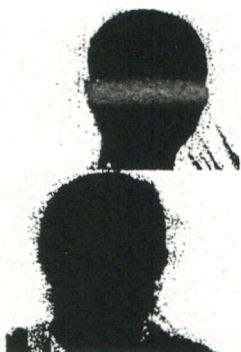
Amrutha veena K

Ms.K.Amrutha veena MSc,MPhil obtained her MSc in Food Science and Nutrition in Sri Sathya Sai Institute, Anantapur and MPhil in Avinashilingam University, Coimbatore. Dr.Mrs.S.Kowsalya MSc,MPhil,PhD Associate Professor, Avinashilingam University, Coimbatore has spent 20 yrs in teaching and 25 yrs in research in Nutritional Biochemistry.



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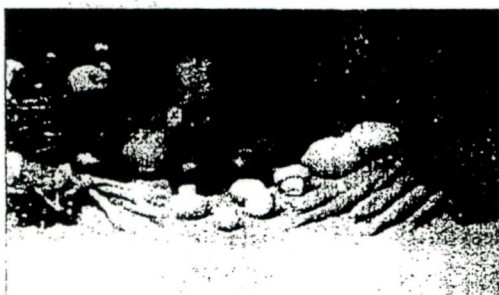
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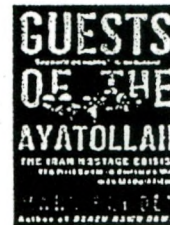
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