

Nutrition

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Nutrients are the substances in food that maintain the body and make it work. There are seven main classes of nutrients that the body needs. These are carbohydrates, proteins, fats, vitamins, minerals, fibre and water. It is important that everyone consumes these seven nutrients on a daily basis to help them build their bodies and maintain their health.

Malnutrition occurs when the body doesn't get enough nutrients. It could be undernutrition and overnutrition.

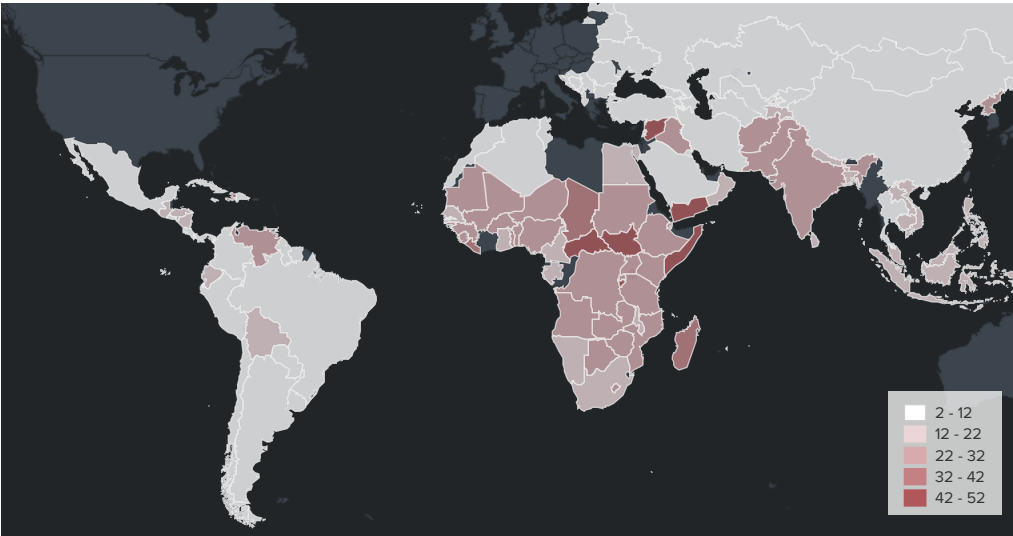
Impact of Malnutrition

Countries ⬇	Minimum caloric requirement (kcal/person/day) ⬇	Calorie deficit (kcal/person/day) ⬇	Undernourished count ⬇	Undernourishment % ⬇
Afghanistan	1671	173	9700000	22.2
Algeria	1784	20	1300000	2.8
Angola	1657	90	5600000	15.4
Argentina	1860	2	1300000	2.6
Bangladesh	1779	116	22300000	13.3
Benin	1720	48	800000	7.3
Bolivia	1753	104	1700000	13.1
Botswana	1798	177	400000	27.7
Burkina Faso	1722	167	3400000	12.3
Cambodia	1762	97	2400000	8.5

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Global Hunger Index GHI tracks hunger and malnutrition across countries using 4 indicators: Undernourishment, Child Wasting, Child Stunting, Child Mortality Based on this, GHI determines hunger on a 100-point scale where 0 is the best possible score (no hunger) and 100 is the worst. It was first produced in 2006. It is published every October. The 2021 edition marks the 16th edition of the GHI. Each country's GHI score is classified by severity, from low to extremely alarming.

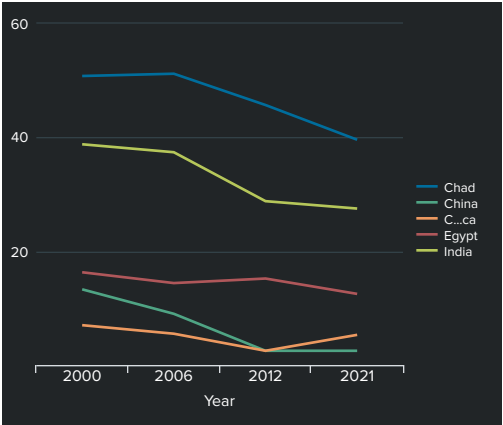
Countries vs Global Hunger Index



Global Scenario is that the fight against hunger is dangerously off track. Based on current GHI projections, the world as a

whole - and 47 countries in particular - will fail to achieve a low level of hunger by 2030.

Countries GHI Trend



Countries like Somalia and Mali have more death rate due to Malnutrition.

Deaths due to Malnutrition

