



Fortification of Food: Achieving Zero Hunger in Sub-Saharan Africa

Simran Kaur and Surabhi Sharma¹

School of Environment and Science, Griffith University Nathan, Australia

¹*University Institute of Agricultural Sciences, Chandigarh University, Chandigarh-140 413, India*

E-mail: simran_kaur027@yahoo.in

Abstract: Hidden hunger or malnutrition is a form of undernutrition that occurs due to the deficiencies of vitamins and minerals. It is mainly as a result of the lack of food quality, which is deficient in micronutrients that are necessary for growth and development of human body. Sub-Saharan Africa is known to be a major developing country where micronutrient deficiency continues to bedevil. The prevalence of hidden hunger is alarmingly high level which, therefore, requires consideration of the potential for fortified food to fight hidden hunger. Hence, this article aims to present ways to combat hunger and the insidious deficiencies in the form of hidden hunger, or micronutrient deficiencies, which prevails in Sub-Saharan Africa. It talks about achieving food and nutritional security through sustainable agriculture, fortification of food and post handling of food. It also suggests solutions to tackle undernourishment and hunger problems in SSA, keeping in mind rural development and protection of the environment.

Keywords: Hidden hunger, Fortification, Staple food, Nutritional security
