

# ERADICATION OF MALNUTRITION

**Presentation by:**  
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## **DEFINITION**

**Our body needs a number of nutrients in different quantities, depending upon a complex set of environmental conditions including body weight, life style, climatic conditions, age, sex and so on.**



**Therefore, malnutrition is any condition in which the body does not receive enough nutrients or receives inadequate intake of calories for proper function.**

**It can be a result of insufficient food or lack of one or more nutrients or imbalance intake of several nutrients including protein, carbohydrates, fat, vitamins, minerals and micronutrients.**



## **HERE ARE SOME FACTS ABOUT THE MALNUTRITION AND HUNGER GIVEN BY WORLD FOOD PROGRAMME**

- **Poor nutrition causes nearly half (45%) of deaths in children under five - 3.1 million Children each year.**
- **Close to 2 billion people survive on a diet which lacks vital vitamins and nutrients to grow and live a healthy life.**
- **Every year, over 3 million children under 5 years die and more than 161 million children (UNICEF) have a stunted growth.**
- **66 million primary school-age children attend classes hungry across the developing world, with 23 million in Africa alone.**
- **WFP calculates that US\$ 3.2 billion is needed per year to reach all 66 million hungry school-age children.**



**THIS MEANS THAT THE TARGET HAS NOT BEEN REACHED**

**Since 1990–92, the number of hungry people in developing regions has fallen by over 200 million, from 991 million to 790.7 million. However the goal is 495 million (1/2 of 991 million).**



**750 MILLION  
TONNES OF  
WHEAT**



**500 MILLION  
TONNES OF  
RICE**



**1027 MILLION  
TONNES OF  
MAIZE**



**77 MILLION  
TONNES OF  
PULSES**

**Does the world lack enough food to feed everyone ??**

**170 MILLION  
TONNES OF  
SUGAR**



**160 MILLION  
TONS OF EDIBLE  
OIL**



**Add to this, the  
production of poultry,  
livestock, sea-food, fruits,  
vegetables, milk etc. and  
you have enough food to  
feed every mouth in the  
world**

Population is rising and the irony is that it is rising faster in the poorest of countries.



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Secondly, the inequitable distribution of wealth is also the reason that a large number of people are poor while a few handful have more wealth than half of the population in the world.



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## MAJOR REASONS



**Lack of awareness about balanced diet**

**The distribution of food is uneven. The poor get nothing while the rich gets more than what he needs. As a result, a significant number of people are suffering from over nutrition leading to obesity.**

**Abject poverty denies people access to food and other nutrients, like protein, carbohydrates, vitamins etc. because they cannot afford it.**

# **Junk Food - A major cause of Malnutrition**



- **America seems to be the worst affected by junk food. Bulging waist lines even among the young are a proof of this.**
- **Let there be a campaign and a concerted fight against junk food the world over. It is time that the suppliers of junk food got their act together, understood their responsibility towards a healthy society and changed their menus to provide a balanced healthy food.**



**I am not a politician and the purpose behind bringing up the inequality is not to propagate any ideology either socialist or capitalist but to make the rich realize their responsibility to help those who are deprived.**

**The goal of a healthy and hunger-free world is the combined joint responsibility of the entire society, more so, of the developed world. Our collective conscience has to wake up to the perils.**

**Let us not forget that the wealth we have created is from this society only.**

# Suggestions

I suggest that the governments make legislative provision providing for contribution by the rich for the welfare of their poor brethren of a certain percentage of the profits which should be exempted from tax.

The revenue collected by the government from this can be put in a pool to be managed by WHO. The money will be used for bulk buying of nutritionally balanced food and supplying to those who need it. It will be part of CSR.

NGOs should be involved in this exercise under the supervision of WHO.

# Suggestions

We have to nudge our consciences and think of those who do not have enough to eat every time we waste food

Protein deficiency is the major cause of malnutrition

Soybean is the cheapest known source of high quality vegetable protein with rich amino acid profile

Goodness of soy flour should be promoted on a grand scale at international level to supplement protein

# Suggestions

The slogan has to be “**REACH THE UNREACHABLE**”

Put sufficient money in the hands of the poor to be able to buy food and the only way to do this on a sustainable basis is to provide them gainful **Employment**

**Agriculture** activity has to be intensified

# Soybean a Rich source of Protein

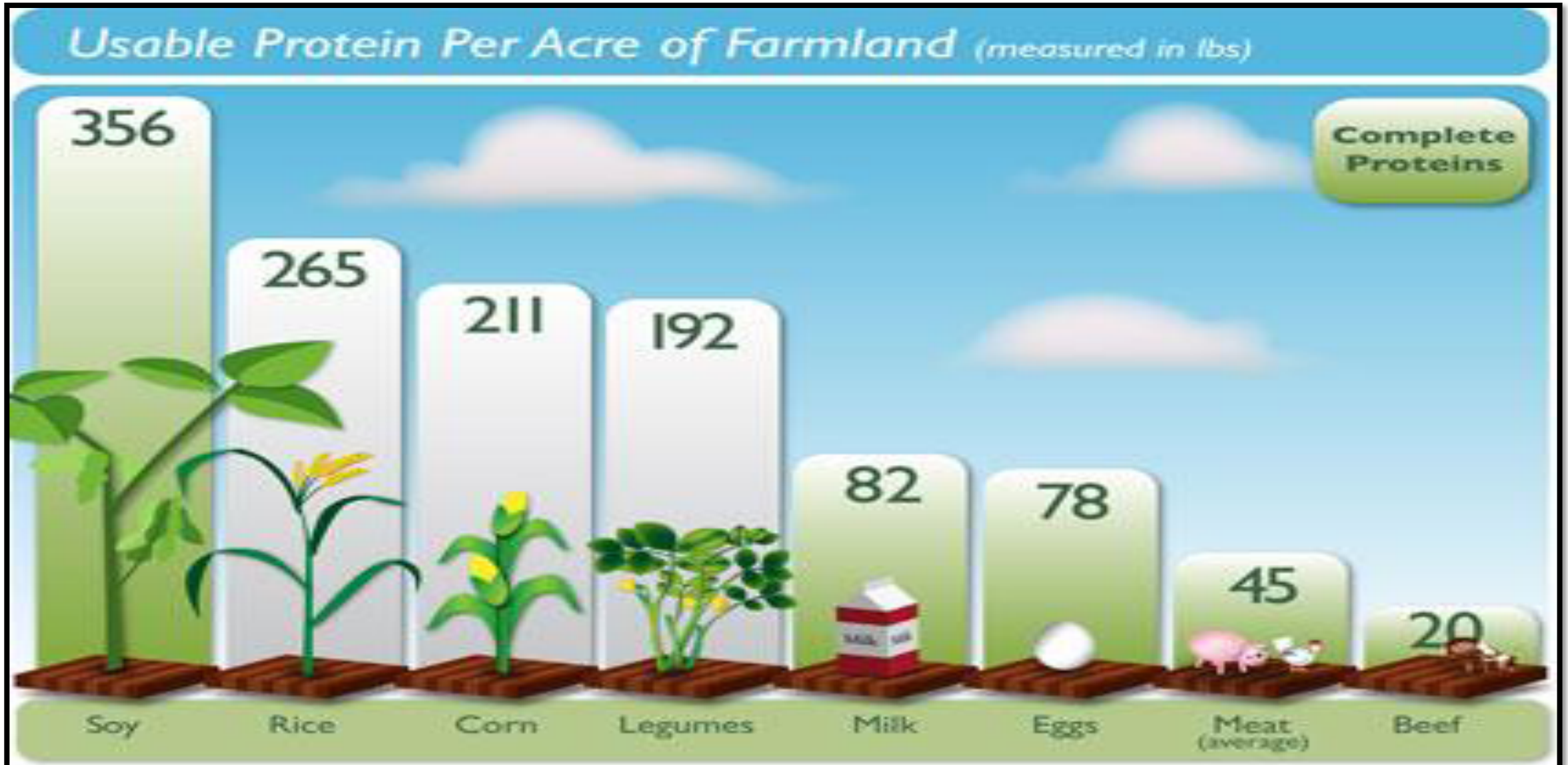
- **Protein deficiency** is the major cause of malnutrition
- **Soybean** is the cheapest known source of high quality vegetable protein with rich amino acid profile.
  - Through proper propagation, goodness of soy flour should be promoted on a grand scale at international level to supplement protein by 5 to 10% mixing in wheat flour and 15 to 20 in gram flour.



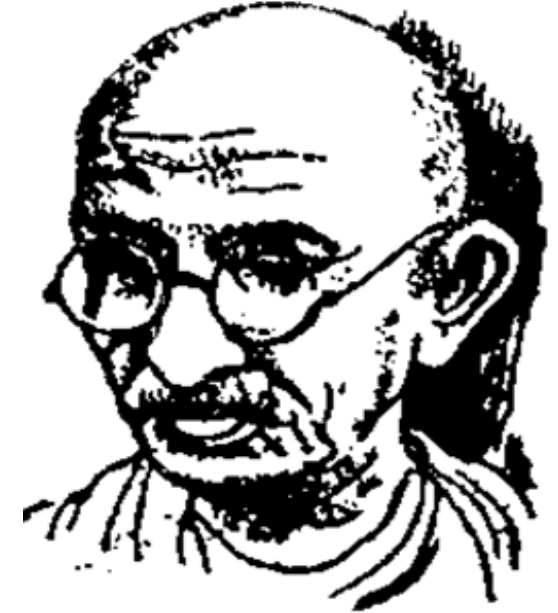
# Water Efficiency in Production (measured in gallons per ton)



## ❖ Protein Product Deficiency

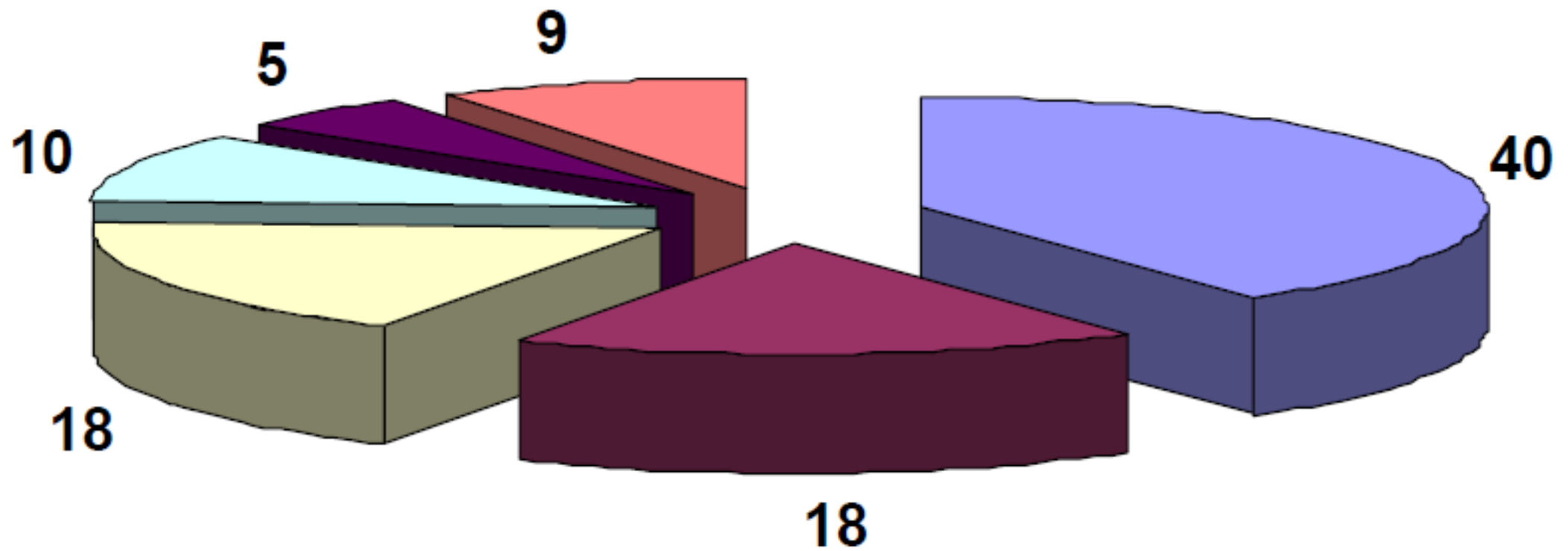


## ❖ Mahatma Gandhi and Soybean



- Late 1935 Gandhiji wrote several articles about soybeans and soy foods and published information provided by the Baroda State Food Survey office in his popular magazine Harijan. He termed Soybean as "Kamdhenu" (a mythical cow which gives everything you desire).





■ Protein  
■ fiber

■ Fat  
■ Minerals

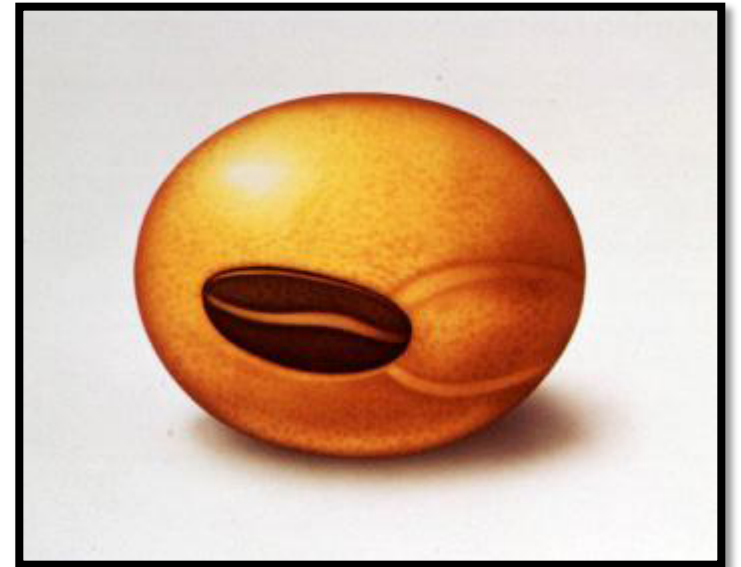
■ Carbohydrate  
■ Moisture

❖ **Soy as Protein Rich Food**

<b>Food</b>	<b>Protein %</b>
Rice	8
Wheat	12
Legumes	23
<b>Soy Dal Analogue</b>	<b>33</b>
<b>Defatted soy flour</b>	<b>50</b>
<b>Soy Bari</b> (Nuggets & Granules)	<b>50</b>
<b>Soybean</b>	<b>40</b>
Milk	4
Chicken	20
Meat	18
Eggs	13

# ❖ The role of soy in disease prevention

- Life Style Related Disease
- Heart Disease
- Cancer
- Osteoporosis
- Hot flushes



# ❖ Role of soy in reduction of malnutrition

- Increases muscles mass and weight
- Improves brain development
- Increases stamina
- Improves immunity
- Reduces fatigue
- Improves the overall health

# ❖ Role of Soy in Food and Nutrition Security

- Most economic protein source
- Quality at par with milk and eggs
- Locally produced
- Versatile products
- Soy flour, TSP, dal analogue, milk, tofu, nuts, whole beans
- Can be adopted to any feeding programs
- Easy to fortify with micronutrients
- Easy to include in any recipe
- Well documented studies
- Widely used across globe

❖ My resolution for the rest of my life is...

“FIGHT AGAINST HUNGER  
AND  
PROVIDE BEST EDUCATION”



➤ **What is your resolution ?**

# Thank You

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