



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative



Brochure: Nutrition awareness

Healthy Eating What to put on your plate?



USAID
FROM THE AMERICAN PEOPLE



KANSAS STATE UNIVERSITY

Collaborative Research on Sustainable Intensification



Malnutrition

Bangladesh has made remarkable progress in poverty reduction and in achieving food security, but continues to lag in nutritional security. Malnutrition is one of the reasons for child mortality, low birth weight, under-5 stunting and wasting, obesity and diabetes in adults.



Farming system for nutrition

a. High zinc rice

Zinc content of BRRI dhan72 is higher than in other rice varieties; daily zinc requirement is met when it is regularly consumed.



Zinc is an essential micronutrient but found deficient among children and pregnant women.



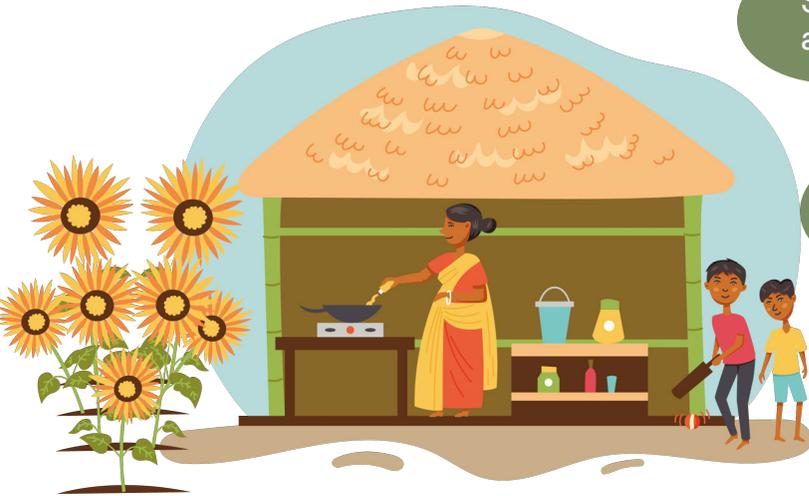
Zinc is essential for the growth and development of children, including cognitive ability.

Zinc boosts the immune system and reduces diarrhea, malaria, pneumonia and other diseases.



Farming system for nutrition

b. Sunflower



Sunflower oil has low cholesterol and is good for heart.

Sunflower oil is a rich source of vitamin E and reduce chances of cancer.

Sunflower oil is good for skin and minimizes sign of aging.

c. Maize



Maize has high fibre content and improves digestion.

It provides feed to poultry and fish and fodder to livestock.

More protein and essential nutrition is added to family diet via healthy poultry, fish and livestock.



d. Pulses

High iron content is especially good for women and children.

High in dietary fibre- reduces heart disease.

Stabalizes blood sugar- good for diabetics.



Pulses provide vitamins, micronutrient and protein- required for good growth of children.



About project

**The artwork of the brochure is designed by a freelancer Anna Drozdova and the cover page photo is from the IRRI Flickr repository*

Nutritional awareness is part of the project “Pathways of scaling agricultural innovations for sustainable intensification in the polders of coastal Bangladesh (SIIL-Polder: Phase II) funded by the Feed the Future Innovation Lab for Collaborative Research on Sustainable Intensification (SIIL). The nutritional awareness training to women members of farm community including mothers and school teachers can make a positive impact on dietary changes towards nutritious food.

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