

FACTORS LEADING TO DEFICIENCY IN NUTRIENTS

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INTRODUCTION

There are many factors that are directly responsible for causing deficiency of one or more nutrients in the body. Various nutrients in food have specific roles to play in the functioning, growing and repair of the body. It is obvious that if a person's regular diet lacks a nutrient or nutrients, the normal functions of the body will be hampered and will show up as a disease. This article attempts to discuss the cause of nutritional deficiency in our food.

POVERTY

Poverty is the major cause of nutritional deficiency in the food in our country. Large number of people in our country do not have money to buy enough food. They are poor and can not afford to buy food in adequate quantity and of good quality. This problem is significant in families which are large, consisting of many members with low overall income.

WRONG COOKING PRACTICES

Wrong cooking practices are other cause of nutritional loss from food. Cooking offers advantages as well as disadvantages. Many vegetables either lose their nutrient value or their nutrient value is reduced when they are overcooked. Deep frying and prolonged heating are wasteful in the sense that vitamins and other nutrients are destroyed. Some vitamins such as vitamin C is easily oxidized when cut fruits and vegetables are kept open container for hours. Some water-soluble vitamins such as vitamin C and B complex are washed away when pulses and vegetable are repeatedly washed or soaked for long periods. Refining and processing pulses and cereals lead the loss of nutrient contents.

Polishing

Rice grain consists of three parts. The first part is the embryo located at one end. The second part is the outer coat, and the third part being the innermost. The vitamins and minerals are concentrated in the first and second parts. When rice is milled or polished, the first and second parts get largely removed. This means loss of vitamins and minerals.

ENDEMIC REASONS

Endemic reasons or cause are confined to a certain geographical regions. There are particular regions where a particular substances, nutrient or minerals may not available. For example, iodine is deficient in the mountainous regions where people are likely to suffer from goiter as the do not get adequate iodine in their vegetables and water. Hand-pounded rice is more nutritious than milled or polished rice.

CONCLUSION

There are several factors leading to the deficiency of nutrition in diet. The deficiency of nutrients in our food is responsible for several diseases. Thus when nutritional factors responsible for the diseases are identified corrective measures are to be taken by supplementary deficient substances in the diet. Sometimes corrective measure can be applied by changing and modifying food habits.