

UNICEF's recipe to fight obesity, anaemia in children

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From uttapam to sprouted dal parantha — a book by UNICEF tells how to tackle problems of underweight, obesity and anaemia among children by consuming nutritious food that costs less than ₹20.

The book has been based on the findings of the Comprehensive National Nutrition Survey 2016-18 which found that 35 per cent of children under five are

stunted, 17 per cent are wasted and 33 per cent are underweight.

It also found that anaemia affects 40 per cent of adolescent girls and 18 per cent of adolescent boys. The report also found that overweight and obesity increasingly begins in childhood with a growing threat of non-communicable diseases such as diabetes (10 per cent) in school-aged children and adolescents.

Recipes, cost

The 28-page book lists out recipes of freshly prepared foods, also giving the cost of preparation of each of them.

For tackling underweight, the book lists potato stuffed paratha, paneer kathi roll and sago cutlets while for tackling obesity, there are suggestions of sprouted dal

parantha, poha and vegetable upma.

Apart from calorie count, the book gives detailed break up of protein, carbohydrate, fat, total fibre, iron, vitamin C and calcium content of the recipe.

UNICEF chief Henrietta H Fore said the booklet aims to tell

people what is nutritious and in what amount. Fore said there are two stages in a person's life when nutrition is extremely important.



A holistic lunchbox

She said these types of brochures aims to remind what one should have in a packed lunch for a child.

"If every parent also has that knowledge then we will all be better in terms of what we know about nutrition and how we actually feed ourselves," she said.

She further said the book needs to be brought into schools and made part of the curriculum. "So that there is good nutrition and I think national nutrition plans will incorporate this but we at UNICEF will be by their side and working with them on a good communication plan," she said.

She hoped the book is translated into regional language to improve its reach.