Undernourishment or chronic hunger is the inability of persons to consume enough food to meet dietary energy requirements. Undernourishment is down from more than 1 billion in 1990 to around 800 million today, a fall of 21 percent; 51 million children are wasted due to acute malnutrition. 

Malnutrition, in all its forms, is a major impediment to development. Malnutrition occurs when a person’s diet contains too few or too many nutrients. 

While individual nutritional and dietary needs vary with age, sex, health, status and activity levels, most general dietary advice for adults recommends the following:

- Eat enough carbohydrates as the basis of most meals.
- Consume milk and milk products regularly.
- Drink plenty of water every day.
- Limit consumption of sugar, fatty foods and beverages.
- Limit consumption of salt.
- Limit consumption of alcohol.

There is no “ideal” diet that is right for everyone. Investing in nutrition makes economic sense as it improves productivity and economic growth and promotes the health of the nation.

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