

Novel foods based on promising neglected and underutilized species as a means to increase sustainability, improve diversity, and reduce malnutrition

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Background Information

The double burden of malnutrition, the coexistence of both over- and under-nutrition, is nowadays seen not only in developed but in middle and low-income countries. Novel food approaches, with the capacity to simultaneously counteract food insecurity and malnutrition and prevent the outgrowth of overweight and obesity in humans, are required.

Study Aims

The objective of the current work is to do an in-depth evaluation of novel food approaches to bridge the nutrition gap, offer promising solutions to micronutrient delivery, sustainability, and dietary diversity.

Methods

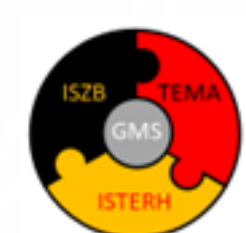
Comprehensive overview of the literature to assess the demand for novel foods and food products and the capacity to develop sustainable novel foods applicable in all populations affected by various micronutrient deficiencies.

Main Results

The development of innovative food products presents a useful vehicle for alleviating the double burden of malnutrition. Novel foods and food dishes, based on promising neglected and underutilized species, can help in overcoming deficiencies of various minerals and should become available to all vulnerable populations. Locally available, nutrient-dense, climate adjusted, and affordable plant species are crucial for ensuring dietary diversity and healthy diets worldwide. The application and promotion of underutilized traditional foods provide nutritional, economic, and cultural benefits and, at the same time, address sustainability and food security concerns.

Conclusions

Novel foods and new food technologies have the potential to eradicate all forms of malnutrition. The creation, application, testing, and improved availability of these foods should be strongly supported in both developed and developing countries.



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