Undernourishment or chronic hunger is the inability of persons to consume enough food sufficient to meet dietary energy requirements.

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.

Undernourishment is down from 1 billion in 1992 to 805 million today, a fall of 17 percent; however, 51 million children wasted due to acute malnutrition (WHO, 2013).

Micronutrient deficiencies, or "hidden hunger" affects around 2 billion people.

Most of the world’s undernourished people are still found in Southern Asia, followed by sub-Saharan Africa, Eastern Asia and Latin America and the Caribbean.

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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 mainly carbohydrates as the basis of most meals.
- Eat variety of fruits and vegetables every day.
- Eat legumes regularly.
- Consume milk and milk products regularly.
- Drink plenty of water every day.
- Maintain energy balance to keep a healthy body weight.
- Limit consumption of sugar, sugary foods and beverages.
- Limit consumption of salt.
- Limit consumption of alcohol.
- Eat energy-dense foods and beverages regularly.
- Eat meat, poultry, eggs and fish regularly.
- Choose moderate amounts of fats and oils in your diet.
- Get regular exercise.

Investing in nutrition makes economic sense as it improves productivity and economic growth and promotes the health of the nation.