

## **Micronutrients in the food**

Micronutrients include vitamins and minerals that are critical to health. These include:

1. Macrominerals such as calcium, Phosphorous, Magnesium, Sodium, and Potassium.
2. Micro-minerals such as Iron, Iodine, zinc, selenium, copper, and fluoride.
3. Water-soluble vitamins such as Vitamin B complex including B12, and Vitamin C
4. Fat-soluble vitamins such as Vitamin A, D, E and K
5. Antioxidants and Phytonutrients

Typically, a reasonably balanced natural plant-based diet will provide most micronutrients. In the past 50 years, however, the affluent Indian population has moved away from predominately plant-based diets and active lifestyles. Increasingly, they have adopted diets rich in commercial pre-prepared food, juices, and beverages. As a result, the deficiency of micronutrients is more common, and metabolic diseases of affluence (Obesity, Type2 diabetes, and osteoporosis) have taken epidemic proportion.