

## **ICCN Poster Presentations**

### **Novel foods in clinical practice**

#### **Suitable nutrients necessary in early years and its later consequences**

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There is compelling evidence that micronutrient deficiency of zinc, magnesium selenium and manganese, vitamins A& B and E can profoundly affect Health and immunity in human being. In Kenya this is a major problem because of overcooking of vegetable and consumption of overpolished grains eg, wheat, rice and maize and poor consumption of fruits. Commercial supplements are alarmingly expensive to an average Kenyan or even one living under the poverty line. Our organisation has therefore been advising the whole community on how to use locally available food sources rich in vitamins A, B complex , C, D, E and minerals like zinc, alluminium, magnesium and selenium as part of the daily intake. The method has proved to be highly effective and successful in reducing both micro nutrient and macro nutrient deficiencies. The King Baudouin foundation (Kenya)- health promotion through infection control program has developed a health meal using locally available grains to counter problems like eliminating fatigue (both mental and physical), control of opportunistic infection, eliminating indigestion, muscle and joint pain, reducing skin infection and allergy control and finally promotion of nerve sensitivity(neuralgia).