

## ***Improving Food nutritional value for people by making micronutrient supplement rice***

Himashish das

KIIT University, India



### ***Abstract:***

Improving Food nutritional value for people by making micronutrient supplement rice :- People face micronutrient deficiency in their daily life food habits, which creates adverse effects on them, specifically pregnant women and children. Their diet mostly includes carbohydrates, proteins and fats, but they lack vitamins, which creates health issues and weakness. In order to solve these problems, I came to a solution where we can improve their nutritional habits by incorporating micronutrients in their daily life food habits, specifically rice, where their micronutrient deficiency can be improved on consumption of these special variety of rice (soft rice), that has an extremely soft texture unlike regular hard grains. This is because of the low content of amylase which is a kind of starch that constitutes to the hardness of any grain. We can use this rice after soaking it for 1 (one) hour. Hence nutrients when added do not get destroyed can be easily consumed with other food items. This rice is cheap (less than 1 Euro) and can be applied in large scale for people.

### ***Biography:***

I have completed 6<sup>th</sup> semester in B.Tech- M.Tech Biotechnology from KIIT University at the age of 23 years. I am a Student.

[3<sup>rd</sup> European Food Chemistry and Drug safety Congress;](#)  
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