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Introduction

Malnutrition is a condition that arises when the body does not

Impact of Malnutrition

Malnutrition has profound effects on individuals and society as a whole. Some of the key consequences include:

Health Consequences

Physical Health: Children suffering from malnutrition are at higher risk of stunted growth, developmental delays, weakened immunity, and frequent infections. In severe cases, malnutrition can lead to death [5-7].

Cognitive and Emotional Development: Malnutrition in early childhood can impair cognitive development, affecting a child's ability to learn and succeed in school. This can lead to long-term effects on educational achievement and productivity in adulthood.

Chronic Diseases: Over nutrition and obesity increase the risk of