

Subheading: Females' health is affected because they are not given proper diet

Females' health is affected out and out because they are not given proper diet across the world. Unfortunately, it, for most of the times, is not considered essential for them. When they are not provided adequate diet, then they, without any doubt, have certain deficiencies. As a result, their health is disturbed by and large. In Pakistan alone, iron deficiency Anemia affected 18.0 per cent non pregnant women of reproductive age compared to 21.2 per cent pregnant women in 2018 (UNICEF, 'Pakistan National Nutrition Survey', 2018). Given all that, not ensuring healthy diet for females augment their health issues to a great extent.