

# Outlines: Malnutrition in Pakistan: Causes and Consequences.

→ Introduction

→ Causes of Malnutrition in Pakistan

- Adulteration of food
- Affordability of high quality diet
- lack of diet counselling
- Lack of awareness among masses
- lack of production quality standards
- lack of political interest
- Degradation of agricultural lands causing the production of less nutritious crops and livestock.

→ Consequences of Malnutrition in Pakistan.

- lower IQ of new generation
- Retarded physical growth.
- Increase of unskilled labour force, lagging in education and training
- Decreased immunity against diseases and higher medical costs
- Increased number of special births and higher welfare cost

→ Conclusion

## Thesis statement: : (Complex)

There are a number of causes of malnutrition in Pakistan like adulteration of food, lack of industrial standards, lack of awareness and political interests and many others, that collectively have consequences over healthcare system, economy and intellectual capital of Pakistan either directly or indirectly.

## Introductory Paragraph:

A man's health is hypothetically determined by his diet; the nutritious and more he eats, the healthier he is considered. Similar is the case with countries around the globe. The quality and quantity of consumption of a certain country determine the disease, health and physical attributes of its people. Like other developing countries, Pakistan is also facing the issue of malnutrition that

not only affects the children but also the adults. Malnutrition refers to the condition where the demand of body is not met properly which reflects in its appearance, reactions, functions and even its various abilities. It is primarily due to the consumption of diet low on calories, vitamins and minerals that are required for proper functioning of body and its organs. In children, it can also cause hurdles for growth, that reflects in their abilities and body appearances in later ages. There are a number of causes of malnutrition in Pakistan including adulteration of food, lack of industrial food production standards, lack of awareness and political interest, and many others, that lead numerous consequences over health care, economy and intellectual capital of Pakistan.