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A Full Stomach, a Starving Body: Hidden Hunger

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Can your body be starving even after a filling meal? Someone who eats three meals a day and never feels hungry may still build up a quiet deficiency inside if they keep eating only one or two staples such as rice or wheat flour. Nutrition science calls this barely visible problem “hidden hunger.” Hidden hunger, simply put, means “a state in which you get enough calories but are consistently short of micronutrients such as vitamins and minerals.” The International Food Policy Research Institute (IFPRI) made it the central theme of its 2014 Global Hunger Index report, describing it as hunger tha