

## **Unprocessed *versus* processed food – micronutrients dilemma**

### **Żywność nieprzetworzona a przetworzona – mikroelementowe dylematy**

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The deficiency of micronutrients in the daily diet is currently a worldwide concern related not strictly to incomes differentiating developed and developing countries. The consumption of food in the form of unprocessed as compared to processed is being considered as one of the crucial matter of health disorders. Therefore the presentation/paper is scheduled to outline these diet challenges we are facing, irrespective of our incomes.

The elaboration of the presentation/paper is based on a number of sources (books, reports, publications, ...). The methodology involves micronutrients in unprocessed food (vegetables, fruits) as well as staple food (cereals). Next, the impact of food processing on the concentrations of micronutrients. Some approaches about food fortifications in general and biofortification in particular were additionally outlined.

Codex Alimentarius, Recommended Nutrient Intake (RNI) and Target levels for micronutrient contents were used as baselines and operational tools for performing some comparisons between maize or wheat, rice and millet in terms of their micronutritional values for non-pregnant (non lactating) and children (4–6 years old).

Finally, some conclusions were drawn and suggestions about the daily diet were addressed. Next, attention is driven on the disparate terminology of the so-called “micronutrients” and minerals as well as vitamins.