

The committee recommends:

an examination on a wide basis of the comparative costs of currently available methods of preserving and transporting foods of animal origin, fresh vegetables and fruits.

## II. International Studies by FAO of Potentialities for Progress

Increased international trade: In order to achieve rapid progress in world nutrition the committee notes that increased world trade in food and feeding stuffs will be necessary.

The committee recommends:

that FAO collaborate with appropriate international commercial and financial organizations in a study of methods of increasing international trade in food and feeding stuffs.

Reduction of margin between producer and consumer: If the margin between the producers' cost and cost to the consumer can be reduced, more people can buy more foods. Simplifications in services, in packaging, in complex products have been introduced during the war.

The committee recommends:

that FAO take the opportunity that exists now of investigating possible methods of reducing the margin between the producer and the consumer by the reduction of such unessential services. This does not preclude the need to study improvements in the efficiency of essential services.

## III. National Studies

Vast amounts of information from member countries will be required by FAO in its international studies.

The committee recommends:

that every government be invited, through its national nutrition organization, jointly with other appropriate national authorities, to survey in detail its own resources in relation to its overall needs and on the basis of this survey to draw up an integrated nutrition, food trade and agricultural program.

## IV. Specific Means of Assistance

Conservation of food values: One of the most economical ways of increasing a nation's supply of nutrients is by better conservation of the nutrients placed there by nature. Where polished rice is used as a staple food the population suffers a high rate of beri-beri due to loss of vitamin B1. In some parts of India rough rice is soaked in water, steamed and dried and in these regions beri-beri does not prevail. When rice is hulled rather than polished it is a much better food, higher in protein and vitamins. Nutritive losses occur in processing, storage, transportation, home preparation and cooking of many foods. Maximum conservation of the nutritive values in available foods can easily make the difference between a diet that is marginal and one that is fully adequate.

The committee recommends:

that FAO be prepared on request to assist countries in studies of the possibilities of improving diets through better conservation of the nutritive values of foods.

Modifying food habits: The ultimate test of successful national food management lies in its application and acceptance in the home. Food habits are difficult to change quickly. Wartime experience in the United Kingdom has shown that much can