Food security links mainly to nutrition and health. Actually, food security is the basis of availability and foodstuffs; therefore, it is affected by urbanization, income disparity, overpopulation, ecosystem degradation and food wholesomeness. Food wholesomeness is also an important aspect of nutrition. Wholesomeness is measured via food safety and food defense programs which are vital components of food security programs. This article discusses these interrelations and concepts for future scientific and humanitarian development programs.

**Biography**
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