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# Scientific Tracks & Sessions

## December 09, 2019

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### *Food Science 2019*



8<sup>th</sup> International Conference on  
**Nutrition, Food Science and Technology**  
December 09-10, 2019 | Dubai, UAE

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# Nutrition, Food Science and Technology

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## Green vegetable smoothies are better for health than Huel and Soylent

**Angom Ocan**

The Lakor Consultancy, UK

**G**reen vegetable smoothies are high in vitamins such as C and A, antioxidants, chlorophyll, dietary fibre, low levels of sucrose, glucose and calories and contains HDL Cholesterol. They are a great source of non-dairy calcium and magnesium. They contain carotenoids and foliates and all this guards against a risk of CVD. Green smoothies do not contribute to salt intake a predisposing factor for CVD and stroke. Soylent and Huel derive energy from refined sugars (acid converted glucose syrups and hydrolysis of edible starches e.g. Maltodextrin, Isomaltose, Isomaltooligosaccharide with amounts capable of spiking glucose levels. 50 percent of calories are derived from Canola oil, a partially hydrogenated fat or MCT a fatty acid from Coconut oil that raises LDL Cholesterol increasing the risk of CVD. Fibre is added and absorption rates are less than natural dietary fibre. They contain synthetic vitamins and minerals and supplements such as (Soy, Brown rice or Pea) proteins and although may reduce cholesterol and blood pressure have issues such as potential Arsenic that can increase the risk of diabetes. Their source of Calcium can cause arterial calcification and potential atherosclerosis disease. The aim of the study was to


examine the effects of green vegetable smoothies with Huel and Soylent on the risk of CVD, diabetes and stroke. Studies show green smoothie consumption guards against the incidence of CVD and this observation has been confirmed in cardiovascular health studies.

**Conclusions:** This research has positive implications for green smoothies for guarding against heart disease and diabetes. Consumption of green smoothies should be promoted on a global scale, especially in the case of subjects with cardiovascular problems, diabetes and stroke survivors whereas studies do not correlate Huel and Soylent with a lower risk of heart disease and diabetes.

### Speaker Biography

Angom Ocan has completed her MBA at the age of 37 years from Hull University and Post Graduate Diploma studies from Hull University Grimsby School of Fisheries & Food, Fruit & Vegetable Technology and previously Biology & Chemistry BSc from De La Salle affiliated to Manchester University. She is the Proprietor of The Lakor Consultancy a Food Hygiene & Safety service organization. She has 25 years' experience in Food manufacturing in Technical management in private industry and consulting with SME's.

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## Nutritional Myths-gluten, sweeteners, organic & much more

**Lovely Ranganath**

Dubai World Trade Centre, UAE

Years back the medical professional's educational qualification and work experience was considered the gold standard to evaluate credibility. After the birth of Google, it is a struggle for the evidence-based practitioner to work with clients from a foundation built on principles of wisdom, confidence and integrity. The field of Nutrition & Dietetics is most hit by quackery. From that friend who managed to lose 20kgs & has 5000 followers in Instagram to the Licenced Dietician promoting her grain free products and glorifying the Paleo or Ketogenic diet to that beautiful actress with a million followers, posting pictures of her 'Superfood detox green smoothie' - the public is as lost as we are.

Hoping to shed some light to the mayhem, I chose the topic of Nutritional Myths with the objective of empowering my colleagues, so they remain critical in their advice and go forth and support those reaching out to them with confidence.

I will be covering four topics –

- GLUTEN – Does it impair gut health and reduce fat loss?

- ARTIFICIAL SWEETENERS – Is it worse than sugar and does it initiate an insulin response?

- ORGANIC – Are they healthier?


- IS FASTED CARDIO A GREAT METHOD FOR FAT LOSS?

Under each i will explore - Where did the myth come from? What gives it credence? Research to refute it & Conclusion.

### Speaker Biography

Lovely Ranganath, Senior Nutritionist at Dubai World Trade Centre. A master's in food science and Nutrition, plenty of passion and strong work ethics is what made Lovely explore various work industries the past 20+ years, from Hospitals (patient care – Mediclinic & Al Zahra) to Hospitality (DWTC Hospitality - retail, private and event based catering). She has first-hand knowledge about the workings of both the Health and Food industry. She feels that every good practitioner, to be truly successful, should know how to translate cutting edge research into practical advice for their clients. Her work philosophy is 'The brighter you are, the more you have to learn'!

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## Anti-aging treatment in reproductive medicine: Modification of lifestyle and trial of supplemental diet

**Naoki Okamoto**

International University of Health and Welfare School of Medicine, Japan

With delayed childbearing being the current norm in Japan and many other countries, where the average age of having the first child has increased to 31 years of age in Japan, sub-fertility in aging women is rapidly emerging as a common presentation. Because it is difficult to change the delayed childbearing in modern society, this situation becomes one of the biggest social problems. Infertility in aging women is characterized by the ovarian dysfunction which caused by decreases in residual follicles in ovaries with simultaneous decline of oocyte quality, leading to serious difficulties in infertility treatment. In addition to medical treatment, most of patients are seeking for self-treatments for their infertility. Those patients are sometimes receiving a self-treatment without solid scientific evidences based on internet search, and then resulting in health troubles and

fraud damage. In this lecture, I will present several potentials of self-treatments for infertile aging women focusing in improvement of lifestyle as well as taking supplemental diets.

### Speaker Biography

Naoki Okamoto obtained his master's degree in 2006 in Applied Life Sciences, College of Bioresource Science, Nihon University and Researcher of Institute of Medical Science, St.Marianna University Graduate School of Medicine. In 2008 Researcher of Obstetrics and Gynecology, St.Marianna University Graduate School of Medicine. In 2013, a doctoral degree obtained in St.Marianna University Graduate School of Medicine. In 2018 Embryologist/ Visiting researcher of Department of Obstetrics and Gynecology, International University of Health and Welfare School of Medicine.

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## Microbial technology for sustainable nutritious Food production with environmental protection

**Shaon Ray Chaudhuri**

Tripura University, India


**F**resh water scarcity is knocking at the door. General health as well as food security is also threatened due to this crisis. Agriculture uses about 89% of the fresh water that is drawn everyday accounting to be one of the major causes of freshwater scarcity. Dairy industry utilizes and produces a lot of water. For each liter of milk processed, about 3 liters of wastewater is generated. The wastewater is nutritionally rich and causes environmental damage unless treated extensively before discharge. The Microbial Technology Group in India has developed a process through microbial intervention which converts dairy wastewater into a biofertilizer that enhances yield of economic crops. It maintains the nutritional quality of the food while increasing its yield. This biofertilizer unlike its counterparts available in the market can enhance yield of non-tuber crops when compared to the produce using chemical fertilizer. Through this approach fresh water as well as chemical fertilizer use for agriculture can be reduced substantially while decreasing the cost of the product due to higher production. The adoption of this technology would be economically beneficial for both the dairy farms and the farmers. The process has been scaled up to 11m<sup>3</sup>/day processing capacity with enhance grain yield in case of Mung bean (*Vigna radiata* var. MEHA) (1.56 folds), Maize (*Zea mays* var. Vijay) (1.19 folds), Black Gram (*Vigna mungo* var. Pant-U-31) (1.04 folds). Biomass yield enhancement is seen in case of Sorghum Sudan grass (*Sorghum sudanense*) (3.5-fold), Ramie fiber (*Boehmeria nivea*) (1.3 fold), Lemon grass (*Cymbopogon citratus* var. Dhanitri and var. Krishna) (2.6 to 4.6 folds). In case

of Aloe vera (1.31-fold) the gel content as well as the leaf dimension are seen to increase as compared to the conventional practice. There was significant increase in percentage filling of grains in case of scented rice (*Oryza sativa* var. Kola Joha and var. Manikimadhuri) with maintained fragrance and production of hydroxy cyclooctene derivatives in the rice hull imparting protection from insect infestation.

### Speaker Biography

Shaon Ray Chaudhuri did her PhD from Calcutta University in 2001 in Molecular Biology. She was a DST Fast Track Scientist in 2003 and has been working independently in the area of Microbial Technology since then. She is currently an Associate Professor at Department of Microbiology, Tripura University. Her group has been working on development of wastewater specific tailor-made microbial consortia for treatment with minimum dead mass generation. Under her guidance ten scholars have graduated with PhD degree; three scholars are pursuing their PhD while four others are working in the group to develop new solutions for waste management with environmental sustenance. She has to her credit 5 technologies transferred, 4 awarded international patents and 10 filed patents. Two of the developed technologies have being tested in three industries in India. She was the founder Director of RCM BioSolutions Pvt Ltd and has formed up a start-up named Waste to Wealth Innovative Technologies LLP. She has more than 50 papers published in refereed international journals. She has secured R&D grants of over USD 1.1M till date. She is a recipient of the Visitor's (President's) award under Technology category of 2019 while another technology earned the 16th position in DST Lockheed Martin Indian Innovation Growth Program in 2014.

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## Evidence based evaluation of an endemic medicinal herb in the treatment of Jaundice to promote its cultivation and conservation

**Reena Mascarenhas**

University of Mumbai, India

In this research work, *Flemingia tuberosa* Dalzell, an endemic plant of Western Ghats of Maharashtra, has been scientifically evaluated to help spread awareness about it amongst the locals to avoid it from being endangered. The plant has been standardized on the basis of kaempferol content. It showed potent hepatoprotective activity. Also, the absorption-elimination pattern of kaempferol has been established which helped to generate pharmacokinetic parameters for *Flemingia tuberosa* using HPTLC. A better understanding of the pharmacokinetics of the marker compound can also help in designing rational dosage regimen. The study also demonstrates the feasibility of using HPTLC as a tool for the evaluation of the pharmacokinetic parameters of the plant extract. The plant being an endemic species its

pharmacokinetic activity is of prime importance to name it as an 'evidence-based drug'. The evaluation of the plant for its efficacy will help in conservation and cultivation of it and will help farmers to generate revenue. Thus, this study generates employment along with scientifically validated knowledge of the plant.

### Speaker Biography

Reena William Mascarenhas, University of Mumbai (B.Sc., 2013) (M.Sc., 2015). At present, a research scholar at Ramnarain Ruia Autonomous College, in the subject of Bioanalytical Sciences. Research fields: Phytochemistry, Pharmacognosy, herbal drugs, and pharmacokinetics.

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## Role assessment and nutritional and therapeutic education in Hypertensive patients

**Akimana Arlène**

Community Health Counts, Burundi

**Background and Purpose:** According to WHO, 63% of global deaths in 2008 were due to chronic non communicable diseases (NCDs) including cardiovascular diseases. A US Global Burden Diseases Association projects in its studies that 6.4 million deaths in 2020 will be attributable to cardiovascular disease in the 30-69 age group. High blood pressure remains a widespread cardiovascular risk factor. Its prevention and treatment through nutritional and therapeutic education should be a priority by enabling patients to acquire knowledge and conduct in relation to the management of the disease.

**Methods:** The study period was from June to December 2017. This is a prospective and analytical study of 120 hypertensive patients admitted within the period in two national referral hospitals. Information collected on a questionnaire; a descriptive analysis (uni and bivaried) served as analysis methods.

**Results:** 89, 2% of patients were over 40 years; 67.4% patients were overweight and obese, 95% were subject to permanent stress due to family (37.7%), work (36.8%), poverty (15.8%), illness (9.6%). 63.3% knew required diet; salt avoidance (61%), importance of fruits and vegetables (35.7%). In practice,

consumption of fruits (21.7%), vegetables (85.8%), cereals (90.8%) and fish (15.8%) was reported. However, patients still use salt (36.7%), fatty foods (94.2%), Alcohol (77.5%), and tobacco (35.8%). Strict adherence to treatment was noticed in only 19.7%. 1.7% patients had a BP daily monitoring at home. 19, 5% used to consult once a week. Brain (57.5%) and heart (50%) were the most affected by complications.

**Conclusion:** Our study shows the main risk factors of blood pressure, information and practices of patients and recommends the integration of nutritional and therapeutic education to improve the results of the management of patients suffering from arterial hypertension in Burundi.

### Speaker Biography

Arlène Akimana has completed her medical studies/MD from University of Ngozi, Burundi in 2018. She has been a first aid worker physician/Red Cross Burundi. She is also an active member of "Community Health of Counts" and "Young Professional Chronic Diseases Network". She has published an article on the role of nutritional and therapeutic education in case of arterial hypertension in Burundi.

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