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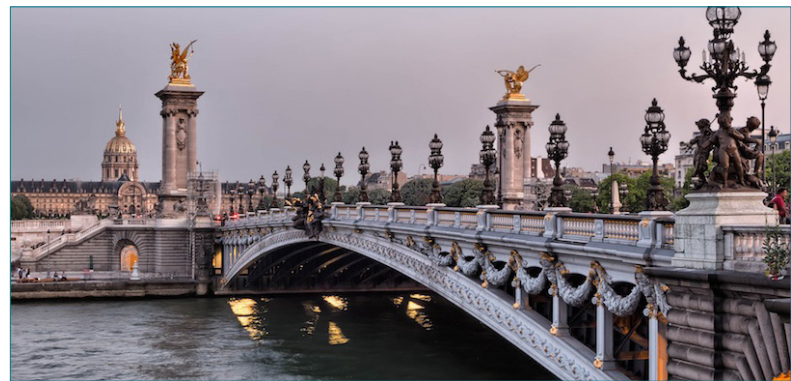
# Scientific Tracks & Sessions

## November 12, 2018

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### *Nursing 2018*

### *Nutraceuticals 2018*



Joint Event  
27<sup>th</sup> International Conference on  
**Nursing and Healthcare**  
&  
International Conference on  
**Nutraceuticals and Food Sciences**  
Nov 12-13, 2018 | Paris, France

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## Oncology Nursing - General issues in Cancer Nursing

**J Sankhari**

Government General Hospital, India

Oncology nursing education has focused on the knowledge and practice of providing care to cancer patients. Today's health care environment demands constant improvement in patient outcomes. As part of the multidisciplinary team, oncology nurses are particularly interested in effective cancer-symptom management and have identified an essential need for resources that facilitate easy access to the best evidence for managing common cancer symptoms. The Oncology Nursing Society (ONS) is committed to identifying the evidence base for oncology nursing and demonstrating the impact of oncology nursing interventions on patient outcomes. **General issues in cancer nursing** are one of the main challenges nurses face is collaborating with the many different organisations in the field of oncology. In addition to the difficulty of monitoring and educating patients who receive treatment in the out-patient setting. when informing or not becomes a dilemma- showing the main difficulties

related to oncological treatment information regarding health staff, health system, and infrastructure; to invest or not - dilemmas related to finitude - showing situations of dilemmas related to pain and confrontation with finitude. It is important to invest in the training of these professionals, preparing them in an ethical and human way to act as lawyers of the patient with cancer, in a context of dilemmas related mainly to the possibility of finitude. Part of their role is to listen to the emotional concerns and anxieties of the patient and refer them appropriately if needed.

### Speaker Biography

J Sankhari has completed her M.Sc Nursing (Dept of Community Health Nursing) at the age of 37 years from Pondicherry University. she is the Nursing Officer in Government General Hospital, Puducherry, India. She has published 1 paper in reputed journal and presented more than 10 concept paper in International and National conferences.

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## The role of a school nurse in handling children at risk

**Hazel Rose Ledesma-Sumpay**

DepEd, Philippines

**A** child is born on earth and inherent to his/her existence are fundamental rights in order to survive.

Children's rights includes their right to association with both parents, human identity as well as the basic needs for physical protection, food, universal state-paid education, health care, and criminal laws appropriate for the age and development of the child, equal protection of the child's civil rights, and freedom from discrimination on the basis of the child's race, gender, sexual orientation, gender identity, national origin, religion, disability, color, ethnicity, or other characteristics.

Somehow, oftentimes these rights are overlooked and neglected hence, child protection must be imposed religiously. From the different Stages of Development a child passes through in his/her life, he/she encountered many challenges and trials that are sometimes inevitably unfriendly and unacceptable to them. One of which is child abuse in any setting.

Child abuse cases in schools both in primary and secondary level are tremendously arising. A number of cases had been recorded and presently increasing to an alarming proportions.

Child abuse in schools are reported cases of violence against children caused by school officials and some abuses incurred at home caused by parents, siblings, relatives, house helpers and neighbors for that matter.

The reported cases of abuse in schools include but not limited to physical, verbal, emotional, acts of discrimination and in most cases sexual abuses. These are cases when not properly addressed may result to traumatized learners that might result to a low level performance in schools. These abused children when left unattended would turn out to be learners with low self-esteem, fear, anger, helplessness and

low morale.

Interventions such as the use of positive non-violent discipline in all primary and secondary schools must be a mandatory act.

A school nurse is one personnel in school that would help intensify the proper interventions through quality nursing service. One of their major role is to safeguard school children from various forms of conditions that would greatly affect their physical, social, psychological and mental development. The holistic development of a school children plays an important role in his/her academic performance and his/her ability to be molded into an ideally kind, responsible, sociable, talented and God-fearing unique individual.

A school nurse knowledge, skills and ability will serve as a guide in handling children at risk. The tender love and care that they possess is a commitment towards addressing the different kinds of harassment to school children.

The study aimed at protecting the school children by providing them health services of a dedicated school nurse that would help them achieve their greatest potential, elevate their level of performances and sustain great achievements in order to make them a good and productive member of the society.

The world is fast changing. Development of a person is being greatly challenged. A child who is nurtured and cared properly would come out to be a full grown responsible person and in turn can contribute to the welfare, progress and stability of the country and become a globally competitive individual.

### Speaker Biography

Hazel roze sampaury working in DepED , and she published several research work and she published many articles, currently she is working in dengue project and also working as a school nurse. in the Department of Education in Philippines.

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## Occupational Health Nursing – Scope and Role of OHN

**J Chozharajan**  
WOISO, India

The occupational health nursing field has a long history but started an evolutionary change in the 1970's when the United States Congress passed the Occupational Safety and Health Act of 1970 (OSH Act). The law requires employers to provide their employees with working conditions that are free of known hazards. The Act created the Occupational Safety and Health Administration (OSHA), which sets and enforces protective workplace safety and health standards. After passage of the OSH Act, the scope of the field significantly changed as new and improved local, state and federal regulations passed which protect both the employee and the employer. OSHA classifies Occupational Health Nurses (OHN) "as registered nurses who independently observe and assess the worker's health status with respect to job tasks and hazards. Using their specialized experience and education, these registered

nurses recognize and prevent health effects from hazardous exposures and treat workers injuries and illnesses". The major roles and responsibilities associated with occupational health nursing practice include: Clinician - Clinical and Primary Care, Educator/Coordinator - Training, Advisor - Research and Health Promotion, Consultant - workforce issues and workplace issues - Environmental issues, Case Manager - Regulatory responsibilities and legislative management.

### Speaker Biography

J Chozharajan has completed his M.Sc Nursing (Dept of Community Health Nursing) at the age of 26 years from Pondicherry University. He is the Nursing Instructor in WOISO, Navi Mumbai, India. He has published 1 paper in reputed journal and presented more than 10 concept paper in International and National conferences.

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## Impact of Nutraceuticals on global health: Current challenges and future perspective

**Ramesh C Gupta**

Murray State University, USA

Natural products, especially plant extracts, have been used for thousands of years for maintaining health vigor and for prevention and treatment of diseases. With the current world population at seven and-half billion, rising health care costs, and drug resistance, the use of complementary and alternative medicine is inevitable. Out of the US and Europe, 80% of people rely on dietary supplements. Presently, 150 million Americans consume at least one supplement every day. These complementary and alternative medicines are also referred to as Ayurvedic, Unani, traditional Chinese medicines, etc. In 1989, Dr. Stephen DeFelice coined the term “Nutraceutical” from “Nutrition” and “Pharmaceutical”, and defined it as “A food (or part of a food) that provides medical or health benefits, including the prevention and/or treatment of a disease”. By the turn of the 21st century, the use of nutraceuticals has exploded to safeguard human and animal health. Currently, revenue of the nutraceutical industry is more than \$250 billion per year. From a “One Health” perspective, nutraceuticals are used for infectious and non-infectious diseases in humans and animals. By having antioxidative, anti-inflammatory, immunomodulatory, cytoprotective, antimicrobial, anti-parasitic, anti-fungal and many other properties, nutraceuticals are used for cardiac, respiratory, hepatic, neurodegenerative (Alzheimer’s and Parkinson’s), diabetes, arthritis, cancer, and other ailments. Additionally, phytochemicals are playing a vital role in controlling vectors and thereby mitigating the spread of diseases such as malaria, West Nile, dengue, and others around the globe. In spite of their worldwide use in human and animal health, nutraceuticals lack mechanistic rationale and quality standards compared to pharmacotherapeutic drugs because of their inadequate efficacy, safety and toxicity evaluation, lack of clinical studies, and inadequate regulatory guidelines. In the US, the only major regulation related to nutraceuticals is the 1994 passage of the Dietary Supplement Health and

Education Act by the US Congress. If Farm Bill 2018 is passed by the US Congress, then cannabis, for pain management, atopic dermatitis, osteoarthritis, and many other health conditions, will be the most popular nutraceutical. In the EU, current regulations require evidence that herbal medicinal products meet acceptable standards of quality, safety, and efficacy before a product can be issued. Currently, the nutraceutical industry is facing too many challenges, including quality control, evidence of therapeutic efficacy, food-nutraceutical-pharmaceutical interaction, and assurance of product safety. By all means, the future of nutraceuticals in human and animal health seems bright as novel nutraceuticals will divulge optimal efficacy with few or no side effects.

### Speaker Biography

Ramesh C Gupta, earned his DVM, MVSc, and PhD in India, and carried out his postdoctoral training at Michigan State University (1981-1983) and Vanderbilt University (1983-1987) in the US. Currently, he serves as Professor and Head of the Toxicology Department, Murray State University. For more than 35 years, he has conducted experimental brain research in relation to pesticide and neurodegenerative diseases, and for the last twenty years has been heavily engaged in nutraceuticals research. He has made presentations in the UK, France, Australia, Italy, Japan, Germany, Switzerland, Spain, Czech Republic, Sweden, Finland, South Korea, and China. Dr. Gupta has served on the panels of NIH, CDC, NIOSH, and National Academy of Sciences, and has published >425 publications, including eight major books: (1) Toxicology of Organophosphate and Carbamate Compounds, (2) Veterinary Toxicology: Basic and Clinical Principles, (3) Handbook of Toxicology of Chemical Warfare Agents, (4) Anticholinesterase Pesticides: Metabolism, Neurotoxicity and Epidemiology, (5) Reproductive and Developmental Toxicology, (6) Biomarkers in Toxicology, (7) Nutraceuticals: Efficacy, Safety and Toxicity, and (8) Nutraceuticals in Veterinary Medicine (in preparations). In 2006, he received the Murray State University’s Distinguished Researcher Award; and in 2014, Outstanding Research Award. He is a Diplomate of the American Board of Toxicology, and Fellow of American College of Toxicology, American College of Nutrition, and Academy of Toxicological Sciences. Currently, he holds active membership in more than a dozen academic societies, including American College of Nutrition, American Veterinary Medical Association, American Society for Pharmacology and Experimental Therapeutics, Society of Toxicology, Eurotox, International Society for the Study of Xenobiotics, and American College of Toxicology.

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## The plant-powered tsunami - How to ride the wave of the plant-based movement

**Ron Labez Gandiza**

The Plant-Based Society, USA

The plant-based movement is growing rapidly with the popularity of plant-based alternatives to meat and dairy, as well as the growing recognition of the undeniable health benefits of plant-based nutrition by the medical profession and the mainstream public. In the past decade, there's been a 350% increase in the number of people on a plant-based diet in the UK, and in just the last three years, there's been a 600% increase in the US. In this presentation, Ron Labez Gandiza reveals specific trends in the plant-based movement and how organizations can ride this "plant-powered tsunami."

### Speaker Biography

Ron Labez Gandiza is an international speaker, learning solution architect and co-founder of the Plant-Based Society. His learning solutions have been implemented in more than 10,000 academic institutions and organizations around the world including Microsoft, the US Air Force, Blue Cross/Blue Shield, and Plant Pure Nation. In addition, he has built online and local support communities with millions of members in over 400 cities around the world in the fields of IT, business, and health and wellness. Ron earned a Certificate in Plant-Based Nutrition from Cornell University, and as Chief Marketing Officer for Plant Pure, Inc., he was part of a passionate team that helped to release the Plant Pure Nation documentary in theatres and on Netflix, build a global network of local plant-based support groups, and launch a successful line of healthy whole food, plant-based frozen meals in grocery stores and on Amazon.

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**Dacarbazine loaded nano structure formulation for the effective treatment of Melanoma****Abdul Hafeez**

Glocal Pharmacy School, India

**M**elanoma is one of the type of cancer of skin which generates from the pigment cells known as melanocytes of skin and covers global economic burden for the treatment. Regular exposure of skin of genetically susceptible person to ultra violet radiation range is the main cause of induction of melanoma in skin. Dacarbazine which is chemically imidazolecarboxamide is utilized as a drug of choice for the treatment of melanoma as well as Hodgkin's lymphoma cancer. Dacarbazine induces programmed cell death (apoptosis) in the cancerous cells of melanoma by inhibition of synthesis of DNA. Major drawback with this drug is its poor solubility in water, short shelf life in systemic circulation, low rate of response and severe adverse effect which limit its utility. In this study dacarbazine in the form of nanoformulation (size >100nm) was utilized for augmenting the anticancer effect of chemotherapeutic drug. In current study Dacarbazine nanostructured lipid particles (DTIC-NLPs) were

prepared by solvent diffusion method. In drug release study the drug shows depressed release in free form in comparison to DTIC-NLPs after 48 hrs in PBS (pH 7.4). MTT assay showed its strong cytotoxic potential as compare to simple dacarbazine suspension.

**Speaker Biography**

Abdul Hafeez has completed his M Pharm in Pharmaceutics from Teerthankar Mahaveer University, Moradabad and pursuing doctoral studies from Glocal University, Saharanpur Uttar Pradesh India in Pharmaceutics department, Glocal School of Pharmacy, a premier rising university. He has published more than 10 papers in reputed journals and has been serving as an editorial board member of repute. He attended many national and international conferences. Recently he has given oral presentation in Asia Pharma Conference in Kuala Lumpur, Malaysia in July 2016. He is a member of reputed pharmaceutical societies like Association of Pharmaceutical Teachers of India (APTI) and Indian Pharmacy Graduate Association (IPGA).

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## The use of Oral Probiotics in the prevention of upper respiratory tract infections

**Alessandro Bucci**

Hospital of Senigallia, Italy

At the start of the 20th century (in 1908), Russian noble prize winner and father of modern immunology, E. Metchnikoff, a scientist at the Pasteur institute, observed that a surprising number of people in Bulgaria lived more than 100 years. Metchnikoff observed that Bulgarian peasants consumed large quantities of “yogurt”. He subsequently isolated bacteria from the yogurt and determined that they conferred the observed health-promoting benefits. The clinical evidence for application of the interfering ability of non-virulent bacteria to prevent or treat infections has been rather limited, although promising for certain purposes. Bacterial interference refers to the antagonism between bacterial species during the process of surface colonisation and acquisition of nutrients. Conventionally, probiotics, defined by the WHO as ‘live organisms which, when administered in adequate amounts confer a health benefit on the host’, have almost exclusively been bacteria of intestinal origin, and their application has largely been targeted at relieving maladies of the gastrointestinal tract. A number of relevant preliminary trials suggest that in the upper respiratory tract the rate of recurrence of streptococcal pharyngotonsillitis appears to decrease using selected bacteria with inhibitory ability against common pathogens of upper respiratory tract. Sore throat is one of the most common reasons for visits to family physicians or paediatrician. URTIs are very common and cause substantial illness and billions of dollars of economic loss every year. *Streptococcus pyogenes* is a major cause of acute pharyngeal infections, especially in children. Oral probiotic as *Streptococcus salivarius* K12 has been shown clearly to antagonize the growth of *Streptococcus pyogenes*,

the most important bacterial cause of pharyngeal infections in humans, by releasing two bacteriocins named salivaricin A2 and salivaricin B, reducing the incidence of streptococcal pharyngitis and/or tonsillitis. According to our reviews of the literature and our experience prophylactic administration of *Streptococcus salivarius* K12 to adults and/or children having a history of recurrent oral streptococcal pathology reduces the number of episodes of streptococcal pharyngeal infections and/or tonsillitis.

### Speaker Biography

Alessandro Bucci is the Centre and Rhinology/Rhino-Allergology Centre - Otolaryngology Dept. ASUR Marche – AV2 – Senigallia – Italy. International faculty member of the XXXV Pan-American Congress of Otorhinolaryngology 2016, Cuba. Past Director of the 1st International Conference on Rhinology and Rhino-Allergology / 5th Bulgarian Italian Rhinology Meeting, 2016 Senigallia (Italy). Committee Member and Chairman of the International Specialists Conference on Ear, Nose and Throat Disorders, November 2016 Alicante (Spain). In the past: University Professor at the UNIVPM – Ancona – Italy. International faculty member of the VI Bulgarian Italian Meeting of Rhinology. Dr. Bucci attended medical school at Catholic University (UCSC) in Rome, and completed his residency in Otolaryngology-Head and Neck Surgery at UCSC - Gemelli Hospital in Rome. Reserve Medical Officer of the Italian Navy. Consultant in Otolaryngology from 2002. PhD (Rhinology and Rhino-Allergology) in 2006 at UCSC - Rome. Fellowship in Otolaryngology in Spain (University Hospital, Cadiz). Fellowship trained in Facial Plastic Surgery (AMC) and OSAS (Sint Lucas Andreas Hospital) in Amsterdam, The Netherlands, in Facial Plastic Surgery (Calixto Garcia University Hospital), La Habana, Cuba. Research focused on Rhinology/RhinoAllergology, Sleep Apnea/OSAS, and dysphagia/swallowing disorders. Teaching, management and audit experienced. His other main interest is in humanitarian and international outreach. He is Vice-president of the ONLUS association: “ANATRA.it” (National Association of Tracheotomised patients). Member of the ERS (European Rhinologic Society). Hobbies are sailing / windsurfing, world music, travel and diving (PADI).

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## Building a food safety culture and questioning the philosophy and practicalities of the revised 2018 BRC global quality standard version 8, 'Clause 1.1.2'

**Derek Watson**

University of Sunderland, UK

Despite the advancements of food quality systems and governmental regulations, the threat of food contamination is ever present in all societies. Foodborne diseases annually cause as many as 600 million illnesses and 420,00 deaths worldwide. It is a sobering reality that the fight against food contamination cannot be viewed as a battle but a way of life by both management and its employers. Breaches in such defence systems can be critical for the consumer and financially crippling to organisations in terms of fines and reputational damage. This paper draws upon key case studies drawn from food manufactures operating in Greece, Mongolia, Panama, UK and USA and synthesizes core issues that directly contribute to both a positive and negative food safety cultures. The paper further asks the question if the revised 2018 BRC Global Quality Standard Version 8, 'Clause 1.1.2' and its Food Safety Cultural Requirements are an attribute and or an academic exercise for food manufactures.

### Speaker Biography

Derek Watson Senior Fellow of the Higher Education Academy, founder of the Faculty 'Business Clinic' and the Doctoral lead for the University's 'Research Fridays' programme and has rich experience of mapping skills requirements in emerging sectors. He has extensive links and networks as a result of sourcing and embedding external engagement opportunities across the curriculum, with an international portfolio of clients and contacts, such as the British Cabinet Office, Indian Government Council of Scientific and Industrial Research, Dubai Police and Canon International. His research focuses on academic-industry collaboration, investigating the impact of knowledge exchange and food safety cultural compliance. He actively documents his consultancy experience via international academic journals and has delivered lectures and seminars at universities and symposiums on a global scale. He has been appointed on the editorial board for the 'International Journal of Academic Research in Management'. He is also a Doctoral External Examiner, academic reviewer of several international journals and currently employed as 'External Examiner' for Staffordshire University DBA programmes in Business & Law. In addition, a Visiting Professor at Sias Business School and Sias Academy for Open Innovation at Sias International University in China, the Technological University of Panama and Senior Research Fellow at the Cyprus Business School, Cyprus.

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**Exposure of food grade nanoparticles in Nutraceuticals and their potential implications on Human Health**

**Balunkeswar Nayak**  
University of Maine, USA

Nutraceuticals and bioactive compounds are currently a popular topic in scientific research and with the public as natural ways to help treat many ailments including inflammation, prevent or treat cancer, and as antioxidants. Unfortunately, many of these bioactive compounds have very low bioavailability and, therefore, fail to show any significant benefits in these areas. Nanotechnology involves the use of very small particles ranging in size from just a few nanometers (nm) to hundreds of nanometers. The nanoparticle life cycle begins with manufacturing, continues with transport and processing, transport of the finished product, consumption by humans or other living organisms, and ends with recycling or disposal of nanoparticles or the products in which they are present. It is important to understand the potential hazards of nanoparticles in the environment and in our food to avoid potential adverse effects. The research that is currently available does not specifically determine if the use of engineered nanoparticles is hazardous or beneficial to human health that has not stopped the food industry from actively incorporating such ingredients into their products. The way a nanoparticle behaves in a

biological system depends on many different factors, mainly what type of nanoparticle the system is being exposed to. These particles vary in chemical structure, composition, and size; therefore, a reaction from one specific nanoparticle may be different from another. Very small particles have the ability of passing through the cellular barriers in the body and reaching multiple organs as well as accumulating in the body. Many consumers are unaware of the nanoparticles that may be in their foods that they are ingesting every day. This talk will focus on the food grade nanoparticles and related factors that impact human health.

**Speaker Biography**

Balunkeswar Nayak is an Associate Professor, Food Science and Human Nutrition in the School of Food & Agriculture, University of Maine, Orono, United States. He received his Ph.D. in Food Engineering from Washington State University, Pullman, WA. He has more than 16 years of experience on the food process engineering and nanotechnology on the safety, quality and functionality of health benefitting compounds in fruits, vegetables and grains. He has published his research in many reputed journals and is a scientific editor for the Journal of Food Processing and Technology and Trends in Post-harvest Technology. He has served in many scientific committees of IFT and ASABE.

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**GC-MS analysis of flesh oil and seed oil of date palm (Phoenix Dactilifera): A comparison****Olusola Ladokun**

Lead City University, Nigeria

**D**ate palm (Phoenix Dactilifera) is a highly nutritious fruit with a potential as a nutraceutical for the treatment of various health disorders including memory disturbances, fever, inflammation, paralysis and loss of consciousness. The present study was conducted to determine the nutritional components of the flesh, seed, flesh oil and seed oil of phoenix dactilifera. The results show that the date palm seed has a moisture content of 11.88%, 8.89% of crude protein, 12.67% of crude fat, 9.58% of crude fibre, 3.79% of ash and 53.19% of carbohydrate. The date palm flesh contains 10.72% of moisture, 19.77% of crude protein, 15.21% of crude fat, 11.48% of crude fibre, 7.38% of ash and 35.44% of carbohydrate. Oil was extracted from the seed and flesh and the nutritional components were also

determined. More oil was extracted from the seed (80%), while the percentage oil extracted from 500g of date flesh was 44%. Physicochemical properties that were determined from the oil of date seed were free fatty acid such as oleic acid (4.08%), peroxide value (60mg/g). For date flesh oil the free fatty acid was 4.94%, peroxide value 62.5mg/g.

**Speaker Biography**

Olusola Ladokun Abiola done his Ph.D. On Agricultural Biochemistry and Nutrition, 2004. She taught courses in biology and food Technology at both intermediate diploma and final Diploma level, advised students on various aspects of their academic work and setting, administering and marking of examinations in the courses. At present she is working as a professor in Department of Biochemistry, Lead City University, Ibadan and Dean of Faculty of Sciences.

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## Cereal based functional fermented milk – A health challenge for Humanity

**John David**

Sam Higginbottom University, India

Consumption of fermented milk has increased manifold worldwide and various popular ingredients of functional significance are being incorporated into cultural dairy products to enhance their market value and thus with specific health benefits. Fermented milk products have been reported to have therapeutic properties like anti-cholesterolemic and anti-carcinogenic. The choice of cereal based substrate for the development of probiotic foods is motivated by increase in consumer vegetarianism, lactose intolerance, cholesterol content and economic reasons that are associated with dairy products. Cereals also have the potential to offer consumer prebiotic and whole grain benefits. Cereal grains are very good substrates for fermentation globally and the predominant microorganisms are lactic acid bacteria and yeast. Cereal grains constitute a major source of dietary nutrients and addition of cereals into milk enriches its mineral value supplementing fibre. Fermentation further enhances the nutritive value, palatability and functionality of cereals by reducing the anti-nutritional factor. Cereal based functional fermented milk fulfils the nutritional requirements of an under-nutrition person as it provides proper energy, proteins, vitamins and minerals. The ingredients of cereal based functional fermented milk includes whole barley flour, flax seed, date syrup and milk which

supplements the nutrients required for an undernourished. The barley supplements with protein, dietary fibre, the B vitamins, Niacin and several dietary minerals like manganese and phosphorus. Also, flax seed provides omega 3 fatty acid which protects against heart disease, lower triglycerides, decreased risk with higher blood levels, inflammation etc. Omega 3 fatty acids are important for normal metabolism. Mammals are unable to synthesize omega 3 fatty acids but can obtain the shorter chain of omega 3 fatty acids ALA (18 Carbon and 3 double bonds) through diet and use it to form the more important long chain omega 3 fatty acids. It is a known fact that animal food is a good source of omega 3 fatty acids but vegetarian diet lacks. Cereal based fermented functional milk will open new vistas for new generation comprehensive food.

### Speaker Biography

John David is a vibrant university professor in Shiats University, India, in the field of Dairy Technology, having a teaching experience of 21 years. He is a passionate research worker having more than 80 research publication in his credit. Prof. David has guided 10 Ph.D. theses. He has written 7 books of national and international repute in the field of Food and Dairy Technology. He has been bestowed with Young Scientist award in the year 2006 and has been honoured with "Pride of the Nation" (Rashtriya Gaurav) and "Gem of Education" (Shiksha Ratan) award for his distinguished service to the nation in the year 2014.

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## The wherefore of salt appetite

**Micah Leshem**

University of Haifa, Israel

Sodium is a life-supporting cation, and many animals have evolved means for its acquisition and retention, respectively sodium appetite and kidneys. Humans share the retentive capacity, however, the determinants of our human excessive salt appetite, well over physiological need, are less well understood. Perinatal occurrences of putative sodium loss augment sodium intake later in life, and sodium loss in perspiration may increase and condition its attractiveness, but even in need states, increased intake of sodium seems to require experience, albeit there may be a predisposition for such learning. Irrespective of need, humans can learn to prefer a sodium-containing food, and while this may not generalize to other foods, mere exposure to high levels of dietary salt has been proposed to determine intake. These are meagre explanations for a phenomenon as potent, pervasive, and persistent as ingestion of salt worldwide, but they rely upon the assumption that we may have an innate preference for the taste of sodium, such as we have for sweet.

Surprisingly, increased avidity for the taste of salt does not seem to determine dietary intake. On the other hand, much, or most, of our sodium intake is untasted consciously, but may drive our dietary sodium intake. In sum, we have extensive knowledge of what high salt intake causes, but little of what causes high salt intake, a mismatch bedeviling effort to regulate our sodium intake. To redress the balance slightly, I shall present what is known about the determinants of excessive salt intake throughout the life-span.

### Speaker Biography

Micah Leshem completed his PhD at Leeds University, USA. He is professor of psychology at the University of Haifa, Israel, where he has his laboratory. He has collaborated with colleagues in Europe, Brazil, and the USA, and has over 70 publications on mineral appetites, transgenerational effects, and ingestive behaviour, that have been cited over 2000 times, H-index =25 (Google), and has served on national boards and parliamentary advisory committees.

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