



**Dr. Sujatha Jayaraman, Head, R&D Foods and Beverages,
Unilever South Asia delivered the talk on 'Healthy Gut for a Healthy Mind'.**

Dr. Jayaraman discussed India's nutrition problem, with 1 in 3 children malnourished, 1 in 4 stunted, and 15 million obese/overweight. The Indian diet, which consists of 70% carbohydrates and 7% protein, is not diverse enough for holistic management. She emphasized that every individual's response to the same diet is different, and personalized nutrition is crucial. The gut microbiome plays a crucial role in holistic health and well-being. It is the centre of holistic health and well-being. Every individual's microbiota is unique just as their genetic profile. The gut and brain communicate through the gut-brain axis as many chemicals like serotonin, and GABA are produced in the gut. Sleep is a crucial aspect as it lowers stress. The global gut health report, 2018 and 2020, revealed that consumers prioritize digestive help from foods and beverages.

A diverse diet including pre and probiotics leads to diverse gut microbiota, which helps maintain good health. Industries can supplement necessary ingredients that are not being consumed in the diet. HUL has worked for over two decades on microbiota, prebiotics, and probiotics in the diet. Their work on tea as a prebiotic has been successful, as it promotes the growth of good bacteria like lactobacilli, promoting digestion and nutrient absorption. They have developed products that provide a good source of prebiotics and probiotics, including a list of 50 ingredients and curated recipes open to the public.

Dr. Jayaraman concluded by emphasizing the influence of the gut and how personalized diets are the way of the future.

