Beyond Protein Content: Designing the Next Generation of High-Quality, Functional Proteins
Ms. Sumita Trehan, Associate Director, R&D – ASPAC & META, Glanbia Performance Nutrition

Ms Sumita explained the evolving understanding of protein nutrition in India and emphasized that protein quantity alone is not enough to evaluate nutritional value. Further explained that consumers are increasingly asking questions about daily protein requirements, vegetarian protein sources, whey protein safety, and pricing. It stresses that protein quality, digestibility, functionality, and expected health outcomes are equally important alongside protein content. Concepts such as DIAAS (Digestible Indispensable Amino Acid Score) and functional properties like solubility, stability, texture, and processing tolerance were discussed to show that not all proteins are nutritionally or functionally equal.

A key message of her talk was that “protein upping” is not merely a market trend but a nutritional necessity. She encouraged the food industry to develop optimized protein systems combining animal and plant proteins, focus on sustainable sourcing, and communicate science based information to rebuild consumer trust. She also emphasized the need for collaboration between industry, researchers, and policymakers to create population specific nutrition strategies that align sustainability with nutritional quality. She concluded her talk by stating that the future opportunity lies in redesigning foods that not only provide protein, but also deliver better nutrition, functionality, performance, and convenience suited to modern Indian lifestyles.