

“WOMEN'S NUTRITION-IMPORTANCE, CHALLENGES AND WAY FORWARD”



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Protein Foods & Nutrition Development Association of India (PFNDAI) in association with Lady Irwin College organized a webinar under the nutritional awareness activity on the topic “Women's Nutrition-Importance, Challenges and Way Forward”.



The webinar started with the welcome address by Dr. J. S. Pai, Executive Director, PFNDAI.



Dr J S Pai

The convenor of the webinar Ms. Dolly Soni, Executive-Marketing & Digital, PFNDAI, introduced all the speakers



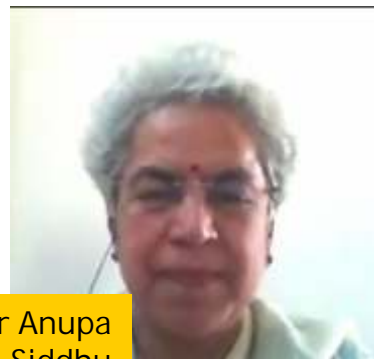
Ms Dolly Soni

before their respective presentations.

Prof. Anupa Siddhu, Director, Lady Irwin College, delivered the inaugural address. In her talk, she emphasized on the importance of creating awareness and mobilizing

women for independence, livelihood and quality of life.

If the importance of nutrition for women is centre staged then the casual attitude towards women's health may change. Women should explore and identify the barriers that stop them from leading a healthy life.



Dr Anupa Siddhu

Women's nutrition requires more attention than we think. So, the objective of this webinar was

to create awareness regarding the importance of women's nutrition. Four eminent speakers addressed different aspects of women's nutrition.





- Breakfast can give a head start on our body's daily vitamins and mineral needs.
- Skipping breakfast over a long period of time can be detrimental to cardiometabolic health and also increases the risk of type 2 diabetes.

and how important it is at every age and stage. Here are some highlights from his presentation-



The webinar proceeded as follows-

1. Importance of Breakfast for Women- Ms. Nadiya Merchant, Associate Director – Nutrition, Kellogg, India

She delivered a talk on how a healthy breakfast can contribute to the women's health.

Here are some highlights from her presentation-



Ms Nadiya Merchant

• Breakfast is the first meal of the day that we consume after a longer period of fasting and within 2-3 hours after waking up. Human brain lacks fuel store and hence require a continuous supply of glucose. So, the habit of skipping breakfast often can lead to several metabolic disorders in the long run.

• Eating breakfast provides several health benefits like improved nutrient intake, healthier body weight and BMI, enhanced cognitive performance and overall improved metabolic health.

She concluded her presentation by stating that balanced diet is the key to address these health problems and breakfast is the important meal of the day.



2. Nutrition Empowerment for Women of All Ages: Critical Role of Protein in Diet- Dr Nikhil Kelkar, Joint Managing Director, Hexagon Nutrition Ltd.



Dr Nikhil Kelkar

He enlightened the participants regarding the importance of protein in a woman's diet

• As per the nutrient requirements 2020, an Indian woman with a reference weight of 55 kg is recommended to have around 55 g of protein daily (a simple calculation of 1g/kg body weight).



"Women's Nutrition- Importance, Challenges and Way Forward"



• Proteins are the building blocks of life. You need protein in your diet to help your body repair cells and make new ones.

• Protein is important for growth and development in children, teens, pregnant women etc. Requirement of protein increases in pregnancy and during lactation. It is very crucial for women to take adequate amount of proteins during these phases for optimum growth and development of the baby as well as her health.

• Disorders like sarcopenia may occur in senior female citizen hence high calorie and high protein diets are of paramount importance.

He concluded his talk by highlighting the importance of replenishment of protein at right time and in right amount. So, addressing the protein requirement of women at different stages of life is imperative.

3. Scope for Food and Nutrition in Light of Covid- Dr Prabodh Halde, Head Regulatory R & D, Marico

He expressed his thoughts on the importance of food, nutrition and innovation in fighting Covid.



Dr Prabodh Halde

Here are some of the important

points from his presentation-

• Many of the food habits or practices that we use today have historical references. e.g. Shahajan's recipe book has many modern recipes and sambar was first prepared in the honour of Sambhaji Maharaj.

• Optimum processing can lead to farmer's development. India is second largest arable land in the world, which is our greatest strength.

• Food and Nutrition goes in hand.



• There is a shift towards healthy habits, nutraceuticals, herbal, Ayurveda, immunity boosting, traditional foods, wellness and hygiene and these factors contribute to the growth of the food market.

• Plant based meat, functional food, nutraceuticals, ayurvedic food are the future food trends. Also, mustard seeds, cumin seeds, turmeric powder, red chili powder, coriander cumin powder, homemade garam masala, amchur (dried mango powder) are the India's home immune booster.

He concluded his presentation by emphasizing on the

importance of innovation in the field of food processing and



nutrition.

4. Delivery of Health Benefits of Plant Proteins through Snacks- Ms Naaznin Husein, Founder Director, Freedom Wellness Management



Ms Naaznin Husein

She enlightened our participants about how to do snacking right.

She included following points in her presentation-

• "Snacking" is when you consume food or beverages between your regular main meals.

• There are different types of eaters like meal skipper, night time nibbler, steady snacker, heavy portioner, steady snacker, convenient dinner, swing eater, feaster.

• It is important to differentiate and choose snacks that are healthy, nutrient dense, high in protein and fibre. Also, snacking needs to be balanced with physical activities. e.g. if you are having a vadapav/samosa do skipping for 30 minutes to balance it out.





• Factors like age, beliefs, hunger, cravings, location, socio-economic status, time of the day, food availability influence the habit of snacking. So,

intelligent snacking can be an important part of our diet.

• Satiety after eating is important in suppressing overconsumption of meals. The whole food snacks high in protein, fibre and whole grain enhances satiety.

• Protein plays very important role in changing the level of several weight regulatory hormones, burns more calories and makes you eat less. Also, protein cuts on the late night cravings for sweet and prevent muscle loss. Hence including protein is important.

She concluded her presentation by saying that mindful snacking do not have to sacrifice taste but should be relevant, sustainable and effective.

Each presentation was followed by a question and answer session. Webinar concluded with the vote of thanks by Dr. Pulkit Mathur, Professor and Head, Department of Food & Nutrition & Food Technology, Lady Irwin College.

Dr Pulkit Mathur

