

NUTRITION AWARENESS ACTIVITY SEMINAR ON BENEFITS OF COLOURS, FLAVOURS & OTHER INGREDIENTS FOR PREPARING HEALTHY FOOD PRODUCTS

Sponsored by IFF, Keva Flavours, Ingredion & Sensient India



AUTHOR

Ms Anuja Padte,
Food Scientist, PFNDAI

PFNDAI organized a Nutrition Awareness Activity in December 2022 in collaboration with Internal Quality Assurance Cell of BCAS & Department of Food Technology, Bhasakaracharya College of Applied Sciences.

The webinar was enthusiastically attended by approximately 220 participants from Delhi University colleges - Lady Irwin, Institute of Home Economics, Rajguru College of Applied Sciences and BCAS.

Besides, students and faculty members from other Universities in Delhi NCR region like Amity, NIFTEM, Manav Rachna and Sharda University also enthusiastically participated.

The theme of the Activity was "Benefits of Colours, Flavours & Other Ingredients for Preparing Healthy Food Products". The Sponsors of the event were IFF, Keva Flavours, Ingredion & Sensient India.

The recipe competition was organised on 1st December at Bhasakaracharya College of Applied Sciences & the theme for the competition was

Colours, Flavours & Colourful/Flavourful Ingredients to Make a Healthy Recipe.

The recipe competition was judged by Ms Shilpa Wadhwa, Head - Nutrition, Health & Wellness, Nestlé India & Mr Ajay Krishnamurthy, Research Scientist - Foods R&D, Dabur India Limited.



Winners of the Recipe Competition



Ms Vidhi Sharma



Ms Vidhi Sharma (Aditi Mahavidyalaya) secured 1st Prize -Makhani Kabab with Vegetable Salad, Laccha Paratha &Kesar Phirni.

Ms Misha (Aditi Mahavidyalaya) secured 2nd Prize - Chilly Garlic Potato Bites & Paneer Tikka



Ms Misha



Ms Shweta Khatri (Bhasakaracharya College of Applied Sciences) secured 3rd Prize - TriChilla

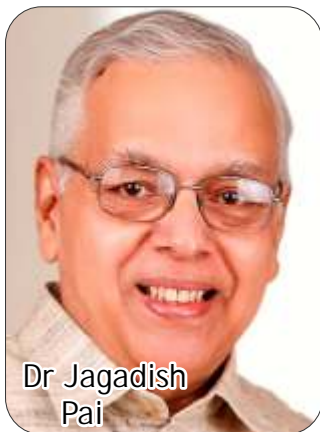


Ms Shweta Khatri



Ms Chhavi Porwal (Bhasakaracharya College of Applied Sciences) secured Consolation Prize- Rose Sweets

The Webinar on 2nd December 2022 started with the Welcome Address by Dr J S Pai, Executive Director, PFNDAI where he welcomed all the speakers and delegates. Ms. Dolly Soni, Manager of Marketing & Projects, Seminar Convenor, PFNDAI then introduced all the speakers.



Dr Jagadish Pai



Ms Dolly Soni



Ms Chhavi Porwal



The first talk was by Mr Sachin S Rathod Flavourist Keval Flavours on "Importance of Flavour Systems to Help Reduce Salt, Sugar & Fat from Food Products". In his presentation he covered the below aspects i.e., Food for human beings, Market trends, Drivers for reduction, Ideal reduction strategies, Reduction approaches & Key challenges. He mentioned that after pandemic people are more conscious about their health and nutrition & 31% consumers are already purchasing health & nutrition products & 48% are planning to purchase health & nutrition products. People have now become more aware and have started reading the product labels before buying them. He further spoke about the acceptable Daily Intake Limits for all the commercial aspects such as High Fat, Salt & Sugar (HFSS) and spoke about some Ideal reduction strategies. He elaborated more on the Salt, Sugar and Fat Reduction Approaches. He ended his presentation by explaining about the Challenges faced in terms of Product Sensory, Cost reduction, Regulatory & Nutrition.



Mr Sachin S Rathod

the aspects for having natural colours are for its Aesthetic Value, Product Identification, Judgment of Quality & Flavour Identification. He explained the Process Flow of Colour creation & how it works till the product reaches the shelf. He elaborated on the Key Challenges in Natural Colour i.e., pH Stability, Light Stability, Heat and High-Water Activity Stability. Dr Patva gave a brief idea of Key Cost Driver for Naturals colour. He further spoke on Health Benefits of Colour & discussed about the benefits of Turmeric/ Curcumin, Beta Carotene, Natural Carotenes, Lutein, Lycopene etc. He briefed the audience on Plant Based Meat Product & Effect of Natural colour solutions in vegan meat, Plant Based Dairy Product & Cheese & Egg Analogues.

The next talk was by Mr Vipul Kumar Mehra, Regional Product Manager- IFF on "Application of Flavours to Improve Undesirable Sensory Properties of Plant Based Healthy Ingredients". He

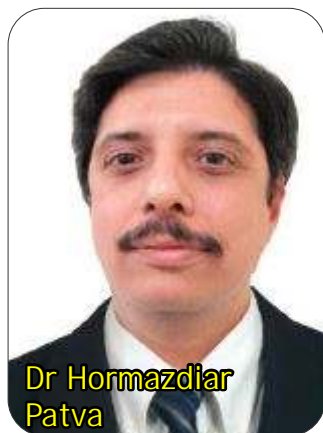


Mr Vipul Kumar Mehra

discussed on the Increased demand for plant-based protein products where he mentioned that according to Health wise 40% of global consumers said that are moderating their meat or avoiding it altogether & Ethics wise 70% of consumers are globally willing to pay >5% extra for a product that is animal welfare friendly. He elaborated on the Challenges Associated with Plant Based Protein in way of maintaining the Texture, Authenticity, Off Notes & Lingering Aftertaste. He also briefed on the

Technology to protect & deliver real, rich & authentic taste & also have protein & flavour interact between taste & plant-based proteins.

The 2nd talk was by Dr Hormaz Patva Technical Director Sensient India on "Natural Colours for Healthier Products". He mentioned why colouring is an important factor and



Dr Hormaz Patva





The last talk was by

**Mr Ayan
Bhattacharya**

Business
Development
Manager (India),
Ingredion & **Mr
Brijesh Desai**,
Business Technical
Service Manager,
Ingredion on
Enhancing Texture
and Nutrition of Plant
Based Meat & Dairy Substitute.
Mr Ayan spoke on the Plant
Based Scenario & Consumer
perception of Texture and
nutrition in plant-based
products. He explained the
market survey done in global
market for the Plant based
product consumption. He gave
examples of meat alternatives
and what products were
developed according to the
target consumer such as Vegan
/ Vegetarian formulated meat
product was to target the
meat seeking consumer, Tofu
was used to target consumer
who are vegetarians/vegans,
health seeking. He also
mentioned that according to



Mr Ayan
Bhattacharya



Mr Brijesh Desai

the survey current plant-based
products are not meeting
consumer's expectations as
32% of consumer thinks that
plant-based products have
poor taste and texture & 33%
of consumers think plant-based
products are poor in
nutritional value / ingredient
quality.

Mr Brijesh Desai spoke on the
Meat, Sea Food & Dairy
Alternatives. He spoke on 3
important aspects in the meat
alternatives/ substitutes that
are appearance, texture and
taste. He mentioned that the
functional ingredients are used
as extenders to build back the
nutritional and sensorial

properties. He further
explained about the challenges
faced in mimicking meat
products with plant-based
ingredients & elaborated on
the consumer demands and the
manufacturing challenges. He
spoke on the ingredient
solutions to solve the
challenges faced while
developing the products. He
also gave information on the
challenges faced while
replacing dairy Ingredients
while making Non-Dairy
cheese. In the end of his
presentation, he spoke on the
key properties and ingredients
in Dairy and Non-Dairy Cheese.

There was a Question and
Round taken after each
presentation. The program
ended by announcement of
Winners for the competition
& with a vote of thanks by **Dr**

Eram Rao,
Professor-
Dept. of
Food
Technology
Bhasakarach
arya College
of Applied
Sciences,
University of
Delhi.



Dr Eram Rao

Please click
the attached link to view the
recording of Webinar
Presentations -

<https://fb.watch/hzWk3kVC-L/>

