

REPORT ON SEMINAR ON HEALTHY INGREDIENTS FOR HEALTH & FITNESS



Prepared by
**Ms Swechha Soni, Intern, PFNDAI,
MSc student, Nirmala Niketan College**

A seminar on Healthy Ingredients for Health and Fitness with special emphasis on Proteins and Fibres was organized by the Protein Foods & Nutrition Development Association of India on 8th June, 2017 at Hotel Orchid, Mumbai. The seminar was sponsored by Pulse Innovation Platform India launched by McGill University, Canada, Co-sponsored by DUPONT and supported by IDA Mumbai Chapter. The souvenir and teas were sponsored by the



Mr. Bhupinder Singh

following Givaudan Hexagon Nutrition, Mead Johnson, and Ingredion

Mr. Bhupinder Singh, Chairman PFNDAI

and CEO Vista Processed Foods welcomed all by inaugurating the session. He also outlined the

objectives of the seminar. Dietary proteins & fibre are the most important aspects of a healthy diet and this seminar was organized to address the knowledge on various aspects of dietary proteins & fibre

, to interact with eminent speakers and get a thorough understanding about how these nutrients work together to help prepare balanced meal plans to either achieve a healthy & fit body free from diseases.

Dr. Sesikeran, Ex-Director, NIN, addressed the crowd about the Importance of Proteins & Dietary Fibre. He focused on the bioactive protein peptides and their sources, bioavailability and their various roles. He also added about the immune-modulatory peptides and their effects. He mentioned about the Dietary Fibre Constituents and



Dr. Sesikeran

their sources with their physiological health benefits. A keynote about the importance of breast feeding emphasizing on the colostrum and the microRNAs present in them that regulate the gene expression, was made.

Dr. Valerie Orsat, Chair & Associate Professor, Dept Bioresource Engg,

Mcgill University, Canada, briefed everyone about Incorporating Pulse Ingredients into Newer Products. She shared the health, nutritional and sustainability benefits of the Pulses. A point about the world's biggest problem of Malnutrition was raised which is the consequence of an unhealthy diet.



Dr. Valerie Orsat

An Innovation Management Program for Executives in Food Processing & Agri Business

Learn Start-Up Methodology & Convergent Innovation for breakthroughs in medium and large businesses at this Management Program, jointly organized by the National Institute of Food Technology Entrepreneurship and Management (NIFTEM) and the McGill Centre for the Convergence of Health and Economics in Montreal.

Program Benefits:

- First of its kind Innovation Management Program
- Learn to build the right product in the quickest possible way
- Learn to utilize vast pools of resources through Convergent Innovation
- Sessions by Eminent Internationally Faculty
- Globally Recognized Certificate from NIFTEM and McGill University

Program Details:

Dates: December 5 and 6, 2017
Venue: NIFTEM, Plot 97, Sector 56, HSIIDC
Kundli, Sonapat – 131 028 – Haryana
Fee: Rs. 10,000 (including taxes)
Last Date of Registration: November 20, 2017

For details, please contact the Program Coordinator: Mr. Satyendra Singh
Email: innovation.niftem@gmail.com or satyendra.niftem@gmail.com
Phone: 0130-2281015, Mobile: +91-9696218778

To learn more about NIFTEM, please visit www.niftem.ac.in

Protein Foods & Nutrition Development Association of India

Report on Seminar on Healthy Ingredients for Health & Fitness

She furthermore, shared the importance of legumes. She gave an insight of the Global Crop Production. She also raised the issue of the knowledge gap of sustainability metrics to food systems. Finally the development of High protein Content Products, Low Glycemic Index & Gluten-free products was motivated. Incorporation of pulses must be carried out in food formulation which would have the potential to raise significantly the profile of pulses as highly nutritious and globally available protein source.

The inaugural session came to an end following the felicitation of the speakers with the token of appreciation & a tea break of 25 minutes wherein the tea was sponsored by Ingredion India.

The session 1 commenced focusing on the Nutritional Applications which was chaired by Dr. Sesikeran.

Dr. Vilas Shirhatti, Chief Advisor, Nutraceuticals, Tata Chemicals gave a brief account on Relevance of Pulses in Health & modifying traditional diet using Pulses. He introduced Pulses as smart foods of Future which would contribute to the Health of People, Health of Planet and Health of Economy. Benefits of Dietary



Dr. Vilas Shirhatti

Pulses in decreasing Diabetes, CVD, Obesity and Cancer were discussed. He mentioned about the varied chemical compositions of pulses that give rise to variety of textural & sensorial variations.

He furthermore added that the functional properties of pulses mimic many of the functional properties of egg & dairy proteins. He graphically explained the effect of cooking and various processes on mean protein & starch digestibility. He concentrated on the pulse based snack in Indian menu & its nutritional importance. Use of pulse based ingredients for Innovation, was motivated.



Dr. Sheela Krishnaswamy

Dr. Sheela Krishnaswamy, President IDA & Nutrition Consultant gave a keynote address about the Benefits of

Dietary Fibre for Cardiovascular Health & in Diabetes. She shared the prevalence of Diabetes & CVDs stating that CVDs are the number 1 cause of death globally. She discussed about the Dietary factors that influence various pathways & mechanisms in the body. She shared some of the fibre facts stating that consumption of fibre rich foods can reduce the risk of CVD & Diabetes. She encouraged consuming plant foods that are rich in dietary fibre to be taken in appropriate amounts on a daily basis.

Dr. Swati Gupte, Nutrition Consultant shared the Importance of Proteins & Fibre in Sports Nutrition where she mentioned about the nutrition recommendations for active adults & competitive athletes. She added a point on energy requirements and actions that increase or decrease the energy needs. Certain sport foods were brought into



Dr. Swati Gupte

focus which is used as Dietary supplements & Ergogenic aids.

Dr. T.S. Murali, Chief (R&D), Mother Dairy, chaired the session 2 which was based on Industrial Applications.



Dr. T.S. Murali

Ms. Karuna Jayakrishna, DuPont Nutrition & Health, talked about Newer Ingredients with high protein & fibre products. She gave an outline about the proteins in our diet, emphasizing more on soy protein & their health benefits. She talked about PDCAAS which is the globally recognized method for determining protein quality based



Ms. Karuna Jayakrishna

on amino acid profile and digestibility. Soy is a high quality protein & helps in weight management, healthy aging, child nutrition & sports nutrition.

Blending soy, whey & casein proteins may increase the anabolic window for increased growth & maximize muscle building.

Mr. Shiva Prasad, Ingredion, talked about Plant protein for new Applications. He discussed about the types of resistant Starches & their sources. He shared the Unique

Digestive Profile of High-Amylose Maize Starch. He gave an insight into Ingredion's resistant starches portfolio. Types of pulses and their composition were covered.



Dr. Shiva Prasad

One in three consumers prefers non-animal protein. Vegetable-based proteins experienced 61% growth from 2010. Pulse based ingredients such as pulse seeds, splits & hulls can be used for innovation.

Mr. Saugat Banerjee, Givaudan, discussed about the trends & challenges in Making New Ingredients More Acceptable. He gave a justification on the protein claims trending worldwide. Certain facts about



Dr. Saugat Banerjee

a high protein diet are driving Protein Interest which includes specific benefits such as weight and satiety, energy and muscle health. He stated that Indian Protein dependency is largely on Dairy. For formulating Food & Beverages with





Mr. Suresh Annapure, FDA Chief with Mr. Bhupinder and Dr. Sengupta

protein, Specialized & cross-functional expertise need to overcome the challenges being the solubility, texture, flavour/taste and lastly the cost with certain analytical methods & approach.

Mr. Suresh Annapure, Jt. Commissioner (foods) FDA Maharashtra State, Dr. Valerie Orsat, Mr. Bhupinder Singh & Dr. Shatadru Sengupta, Hard castle Restaurant launched the White

Paper on Eating & Exercising Right for Good Health which was followed by a tea.

A panel discussion was set on Changing Diets & how to ensure adequate nutrition having the following members: Dr. Valerie Orsat, McGill; Mr. Sujith Sathyadas, Dupont Nutrition & Health; Ms. Naaznin Husein, Nutritionist; Dr. Jix Anthony, ITC Foods; Mr. Sachin Saxena, Marico; Mr. Sanjay Singh, Ruchi Soya; Dr. N. Ramasubramanian, VR FoodTech

The discussion covered many doubts on healthy protein diet & high fibre foods. Each member expressed their thoughts & gave individual opinions as to how can pulses be incorporated in our daily diets leading to a healthy & fit body. A very interesting point on energy

balance in regard with energy intake & energy output was discussed. An issue of lack of awareness among the population in India as well as in other countries that is one of the major causes of protein deficiency was raised. Certain other problems regarding the pulse production were brought into consideration, to which various solutions were suggested to overcome the lag in the protein intake as per the recommendations. The panel discussion came to an end, motivating & spreading awareness about the importance of the pulse protein & dietary fibre. The members were felicitated with the token of appreciation.

Ms. Anuja, Food Scientist, PFNDAI, took the opportunity of proposing a Vote of Thanks following the closure of the seminar.



Dr. Jix Anthony



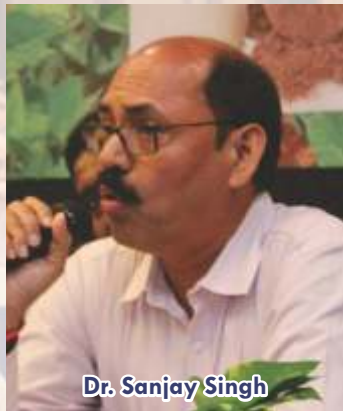
Dr. Ramasubramanian



Dr. Rohit Kulkarni



Dr. Sachin Saxena



Dr. Sanjay Singh



Dr. Sujith Sathyadas



Dr. Naaznin Husein