

Ms Shilpa Wadhwa , Head- Nutrition, Health & Wellness, Nestlé India

Ms Shilpa Wadhwa, Head- Nutrition, Health & Wellness, Nestlé India, presented on **“Formulating to promote Nutrition: Cutting-Edge Ingredients and Processing Technologies”**.

The presentation focused on formulating food products to promote nutrition using cutting-edge ingredients and processing technologies. It covered the current nutritional status in India, the evolution of nutrition science, and the importance of addressing nutritional deficiencies. The presentation highlighted the rise of plant-based diets, probiotics, and prebiotics, as well as traditional ingredients in modern formats.

She also discussed processing techniques such as cold-pressing and high-pressure processing to retain nutrients, and microencapsulation to protect bioactive compounds. Ms Wadhwa also emphasized the need for industry collaborations to drive innovation and meet consumer demands for healthier food options.