

SEMINAR ON "PRESERVING NUTRIENTS WHILE IMPROVING TASTE"



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Zyodus Wellness Products Ltd respectively.

Ms. Simran Vichare,
Nutritionist at
PFNDAI hosted
the event and
introduced all
the speakers,
providing a brief
about their
background,
qualifications, and
expertise.



The Opening
address was
given by **Dr. Shashank Bhalkar**,
Executive
Director at
PFNDAI. He
stated that the seminar
'Preserving Nutrients while
Improving Taste' aims to
discuss the importance and
the services of the food
industry and how processed
foods can be tasty yet safe
and nutritious. He
encouraged the attendees
to keep an open mind and
actively participate in the
event. He acknowledged the
sponsors of the event and
wished the attendees a
productive experience



through the seminar.

The Chairman's address
was given by **Dr. Shatadru Sengupta**,
Chairman at PFNDAI. He
stated that
processed
food is often
perceived as
well-
packaged,
branded, and
easily
accessible,
but it can provide
significant value to dietary
patterns and overall health.
The myths and
misconceptions about
processing are detrimental
to all and can be well
rebutted with scientific
principles. He wished the
seminar a great success and
stated that PFNDAI is eager
to raise awareness with
relevant science.



Mr. Indranil Chatterjee,
Regional
Product Line
Manager-
Protein
Solutions, IFF
delivered the
Keynote
address. He
discussed the
top 10 trends in processed
foods, highlighting Indian
consumers' focus on holistic



Protein Foods & Nutrition
Development Association of
India (PFNDAI) organized a
Seminar on 'Preserving
Nutrients while improving
taste' on 18th October
2024. The Platinum sponsor
for the seminar were
Herbalife Pvt Ltd and
International Flavours and
Fragrances (IFF) India
Private Limited; Gold
sponsors were Marico Ltd,
Fine Organic Industries Ltd,
and Amway Global. The
speaker sponsors for the
event were Hindustan
Unilever Ltd (HUL) and
Kellogg's India Pvt Ltd; the
Souvenir advert sponsors
were Hardcastle Restaurant
Pvt Ltd, ITC Ltd, and
Mondelez India. The event
also had stall sponsors:
Nutri-circle Ltd, Britannia
Industries Ltd, and Anshul
Life Sciences. The Lunch,
High-tea, and tea were
sponsored by Vista
Processed Foods Pvt Ltd,
Tata Chemicals Ltd, and

health, emotional eating, and ethnic flavours. He highlighted the rising popularity of Korean cuisine, high protein content, spicy foods, convenience, and social media influence on food choices, particularly among Gen Z.

The theme of the first session of the seminar was "Current trends in processed foods" and the session was moderated by Mr. Avinash Singh, Head of Sales-Nutritional Solutions at Tata Chemicals Ltd.



Dr Palaniyamma Durairaj, Senior Manager of Clinical Affairs and Nutrition at Amway Global delivered the talk on "The Science Behind Dietary Supplements". She emphasized the need for supplements to address India's micronutrient deficiencies and the triple burden of malnutrition. She highlighted the importance of high-quality, validated supplements, made from pure and potent ingredients undergoing strict quality control as well as the delivery and formulation methods of the supplements as it is crucial for nutrient



absorption. Scientific evidence shows arterial calcification can be prevented with vitamin K2 and protein shots before meals can increase time in euglycemia. Dr. Palani also discussed the topics of metagenomics, nutrigenomics, and nutrigenetics, and listed the emerging trends like personalized nutrition and microbiome-based supplements.

Dr Veena J, Senior Manager, Scientific Affairs, at Herbalife India, gave a talk on 'Role of protein in general well-being and specific nutritional requirements.' She highlighted the critical role of protein for overall health. The quality of protein, including its amino acid composition, is important for muscle repair and growth, especially when combined with physical activity. Post-exercise, consuming around 40g of high-quality protein, like whey, promotes better muscle recovery compared to lower doses. However, special conditions such as chronic kidney disease (CKD) may require lower protein intake, with careful monitoring to avoid malnutrition. She concluded by stating that a balanced diet with adequate protein,



matched to individual needs, is essential for health, muscle maintenance, and recovery.

Mr. Jitin Garg, India Lead, Scientific & Regulatory Affairs, Mondelez India Foods Pvt. Ltd.



discussed the 'Role of processed foods in enhancing food and nutrition security'. He explained food security and nutrition security. The food industry faces issues like food waste, nutrient loss during processing, and consumer education gaps. However, it contributes significantly to solutions, by addressing malnutrition, food and nutrition security through food fortification, advanced food processing, and improving supply chains.

Dr Sakshi Bhushan, Lead, Innovations (Functional Nutrition), Diet & Health



Capability and Advocacy Lead, South Asia, Hindustan Unilever Limited delivered the talk on 'Processed Foods: Debunking Myths with Facts'. She elaborated on how processed foods play

a crucial role in the modern food system by enhancing taste, shelf-life extension, and nutritional accessibility, providing year-round availability. Ultra-processed foods (UPFs) are believed to be high in energy but low in nutrients when compared to homemade meals, however, studies have shown otherwise.

She also listed the classifications of processed foods (e.g., NOVA and IFIC) and mentioned international reviews about the impact of UPFs on health. Examples were given of processed foods like fortified cereals and plant-based meats that contribute essential nutrients, challenging the belief that all UPFs are unhealthy. She concluded by emphasizing the need for processed foods as the consequences of an 'un-packaged' world would lead to increased food insecurity, heightened micronutrient deficiencies, increased food wastage and many more. The theme of the second session was "Evolving Food Regulatory Landscape in India" and was moderated by Dr. Jagadish Pai, Editor at PFNDAI.

Dr. Prabodh Halde, Head - Regulatory Affairs, Marico Limited, delivered the talk on 'The Future of



Regulatory and Emerging Trends in Food Safety'. He discussed the connection of ancient regulations from Chanakya's Arthashastra to modern regulations and how the tort of negligence came into existence. He also discussed the importance of risk-based approaches which are expertise and evidence-driven to ensure product and consumer safety. Current regulatory challenges were listed including compliance costs, misinformation about UPF, and nutraceuticals as pharmaceuticals among others. Emerging risks in food safety included contaminants like acrylamide, PFAs, microplastics, and others. Dr. Halde advocated for strong compliance, a strong technical/regulatory team, and proactive collaboration with associations like PFNDAI to address these regulatory demands.

Ms. Kalpana Yadav, Regulatory Affairs, Herbalife gave the talk on 'Protein Supplements: Regulatory Overview'.



She explained how the 2022 FSS (Nutra) Regulations replaced the 2016 guidelines, clarifying definitions and safety requirements for health supplements and nutraceuticals. Key regulatory requirements

include labelling, claims, quality & safety. She also explained the regulations regarding the food recall, packaging, advertising & claims and labelling & display. Along with the general labelling requirements supplements must include clear usage guidelines, target groups, and safety warnings without claiming to treat or cure diseases unless permitted by food authority.

The panel discussion on the theme "Evolving Food Regulatory Landscape in India" was moderated by **Dr. Joseph Lewis**, Chairman Regulatory Affairs Committee, PFNDAI.

The panellists were **Dr. Sidhishwarr N Rindhe**, Director Quality, Food Safety and Poultry, Vista Processed Foods Pvt. Ltd., **Dr. Zafar Khan**, Director Regulatory Affairs, Nutrition International - India, Abbott Healthcare Pvt. Ltd., **Dr. Kavita Tarade**, Associate Director Regulatory Affairs TTH India Subcontinent, DSM-Firmenich, **Ms. Nupur Agarrwal**, Manager Nutrition Science, ITC Foods Division and **Ms. Priya Arora**, Manager Regulatory Affairs, IFF. The panel discussed Food and Nutrition Labelling (FoPNL), HFSS/Ultra-processed foods and varying regulatory practices worldwide.



Panel Discussion - Dr. Joseph Lewis, Dr. Sidhishwarr N Rindhe, Dr. Zafar Khan, Dr. Kavita Tarade, Ms. Nupur Agarrwal & Ms. Priya Arora

They further discussed the need to improve the per capita consumption data of HFSS and UPF. Dr. Lewis referenced a 2017 PFNDAI survey, with panellist recommending collaborations with academic institutions for getting scientific and accurate data, using online platforms like ShodhGanga to capture consumption patterns. This data can provide for better-informed policy decisions, pertaining processed foods.

The third session's theme was "Processed Foods: Future Trends," moderated

by Dr. Uday Annapure, Senior Professor and Former Director, ICT.

Mr. Ganesh Devsarkar, Senior Manager, Technical Sales, Fine Organics Industries Ltd. gave the talk on 'Specialty Additives in Confectionery, Bakery, Oils/Fats: Trends and Applications' Food Additives. He explained the technological purposes of food additives which



included colours, preservatives, acidity regulators, antioxidants, anticaking agents, antifoaming agents, artificial sweeteners, and emulsifiers. Specialty additives, such as emulsifiers, are crucial in producing confectionery, bakery items, and oils/fats. The Indian food processing market is projected to grow at a CAGR of 10%, reaching USD 498 billion by 2027.

The trends in bakery, confectionery, and oil & fats, are driven by factors like rising disposable income and consumer preferences for healthy, diverse, and premium products.

He stated the common problem areas and root causes of baking, confectionery, and fats & margarine and how additives can address them. He further described the use of emulsifiers in a variety of products, including baked goods, margarine, and extruded goods, as well as innovative emulsifier blends and their benefits.

Dr. Govindarajan, Chief Innovation Officer, Kapiva Ayurveda delivered the talk on 'Effect of Processing on the Nutritional Quality of Food'.



He presented two contradicting new articles with one describing UPF as bad for health whereas the other praised the Nobel prize winners for designing novel proteins. He gave a brief overview of food processing including preservation techniques like frying, drying, and freezing. Positive aspects include fortification, improved digestibility, and prolonged shelf life.

However, drawbacks include potential formation of harmful compounds, nutrient losses, and altered

nutrient profiles. He emphasized the need for consumer awareness in reading food labels. He concluded by saying that processing can enhance safety and convenience and it's important to consume them in moderation to maintain a balanced diet.

Ms. Nadiya Merchant, Associate Director - Nutrition, Kellogg India Pvt. Ltd. gave a talk on 'Hidden Hunger: Role of Fortified Foods'.



She highlighted the issue of micronutrient deficiency, its global prevalence, and its impact on the Indian population. Essential vitamins and minerals, such as iron, iodine, folate, and zinc, often lacking in diets and can lead to serious health consequences. Various strategies to combat these deficiencies included food fortification, dietary diversification, biofortification, and supplementation. According to studies, regularly consuming ready-to-eat breakfast cereals significantly improves nutrient intake as they are fortified. She concluded by saying Government,

policymakers, and the private sector must take action to address the micronutrient deficiency along with educating people through health counselling.

Dr. Jagadish Pai delivered the closing remarks, appreciating the speakers for addressing the essential points in their talk.



Food processing has become an important part of today's world. While nutrient loss was once a significant concern in food processing, advancements in technology have since minimized this issue considerably. Dr. Pai further emphasized that food processing not only enhances the taste but is also necessary for certain foods, such as millet and pulses, to enhance their bioavailability. He concluded with the importance of food processing to ensure nutrition and taste.

At the end of the session, **Ms. Simran** gave a vote of thanks to all the sponsors, speakers, and panellists, along with her PFNDAI team members and volunteers for making the seminar a success.

