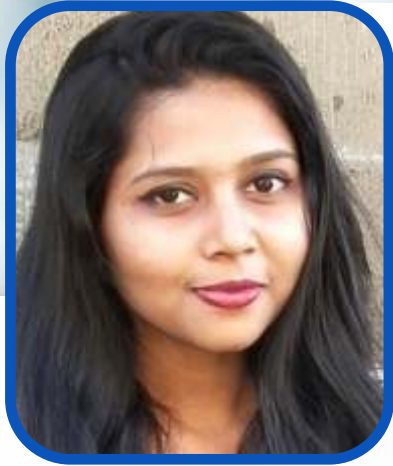


WEBINAR ON NUTRIVERSE - NAVIGATING THE PATH TO HOLISTIC NUTRITION



AUTHOR

Ms. Sanyukta Telange,
Food Technologist &
Regulatory Support, PFNDAI

Protein Foods & Nutrition Development Association of India (PFNDAI) organized a Webinar on 'NutriVerse - Navigating the Path to Holistic Nutrition' on 26th July 2024. The event was sponsored by Hindustan Unilever Limited (HUL).

The welcome address of the webinar was given by Dr. Shashank Bhalkar, Executive Director at PFNDAI. He stated there has been a rise in non-communicable diseases globally and in India. The rise in processed foods is



often blamed on food and diet, but factors such as rapid urbanization, migration, and changing lifestyles have also contributed to the rise in NCDs. Studies in Nutrigenomics show that individual diets affect genes and health, and new diet changes can affect health. Additionally, changes in physical activities, work from home, and increased stress have led to a reduction in physical activities and stress levels. Therefore, it is crucial to adopt a holistic approach to diet and nutrition to improve individual health. Dr. Bhalkar acknowledged Hindustan Unilever Limited for sponsoring the webinar and assured that the participants would be enriched in knowledge.



Ms. Sanyukta Telange, Food technologist & Regulatory support at PFNDAI introduced the speakers for the session, providing a brief about their background, qualifications, and expertise.

Dr. Anura Kurpad, Professor & Head, Department of Physiology, Division of Nutrition, St. John's Medical College & Research Institute talked on the topic 'What's in a Diet?'. He emphasized the importance of a diet that provides pleasure and all the necessary nutrients for good health.



Meeting nutrient requirements in a diet is maintaining well-being that keeps us stable, energetic, strong, alert, and young. He introduced the concept of 'Reductionism'. Nutrient needs vary for individuals and populations, and people digest and use food differently. The Estimated Average Requirement (EAR) and Recommended Dietary Allowance (RDA) were explained. He also discussed the risks of giving too much of a particular nutrient, which can increase the demand for another nutrient. Nutrients can be toxic in excess and need to be detoxified. When iron is in excess, glutathione is needed to detoxify, excess omega 3 needs extra antioxidants. He stated that meeting the RDA in a reasonable diet is not easy. According to a recent report, multivitamin use in over 3 lakh participants showed no association with lower mortality risk. Ideally, the diet should be able to provide or meet at least 20-25 nutrient requirements. Advancements in AI can help provide meal-by-meal plans to meet these requirements. The talk was concluded by stating that holistic approaches should be taken, and one should focus on eating well and eating good food in moderation.



Dr. Shally Awasthi
Vice Chancellor,
Bodhisatva
University, Barabanki
(UP) delivered the
talk on 'What is
the Malnutrition
Problem in the

Country?'. She explained malnutrition and the 3 groups of conditions namely, undernutrition, micronutrient-related malnutrition (MND), and obesity. MND affects almost one-third of the world's population. One or more MND is reportedly present in almost one half of school going children in India. She also displayed a map of India where more than 40% of the population was iron deficient. Further she presented the data of a multicentric (10 cities) study, where children of age 6-16 years were enrolled from randomly selected urban schools. Based on the BMI for age they were categorized as severely thin, thin, normal, overweight, obese, and severely obese. The study showed the distribution of MND and prevalence of MNDs with iron, vitamin D and Vitamin B12 being highest along with others. The distribution of dietary inadequacy of various macro and micronutrients was showed graphically. She listed the possible causes of MND like daily diet inadequacy, reduced bioavailability and malnutrition and concluded



by stating a few solutions and the need of further research to solve the issue of malnutrition.

Dr. Sujatha Jayaraman,
Head, R&D Foods and
Beverages,
Unilever
South Asia
delivered the talk on
'Healthy
Gut for a
Healthy
Mind'.



Dr. Jayaraman discussed India's nutrition problem, with 1 in 3 children malnourished, 1 in 4 stunted, and 15 million obese/overweight. The Indian diet, which consists of 70% carbohydrates and 7% protein, is not diverse enough for holistic management. She emphasized that every individual's response to the same diet is different, and personalized nutrition is crucial. The gut microbiome plays a crucial role in holistic health and well-being. It is the centre of holistic health and well-being. Every individual's microbiota is unique just as their genetic profile. The gut and brain communicate through the gut-brain axis as many chemicals like serotonin, and GABA

(Gamma-aminobutyric acid) are produced in the gut. Sleep is a crucial aspect as it lowers stress. The global gut health report, 2018 and 2020, revealed that consumers prioritize digestive help from foods and beverages. A diverse diet including prebiotics and probiotics leads to diverse gut microbiota, which helps maintain good health. Industries can supplement necessary ingredients that are not being consumed in the diet. HUL has worked for over two decades on microbiota, prebiotics, and probiotics in the diet. Their work on tea as a prebiotic has been successful, as it promotes the growth of good bacteria like lactobacilli, promoting digestion and nutrient absorption. They have developed products that provide a good source of prebiotics and probiotics, including a list of 50 ingredients and curated recipes open to the public. Dr. Jayaraman concluded by emphasizing the influence of the gut and how personalized diets are the way of the future.

After every presentation, Dr. Bhalkar coordinated the questions raised by the

attendees. The speakers enthusiastically answered the questions raised.

A panel discussion followed the presentations. **Dr. Sujata Jayaraman** was the panel moderator and **Ms. Suchitra Tripathy**, Head of Technical Services Food and Beverage Biosolutions at Novonesis, South Asia, **Dr. Jagmeet Madan**, Principal, Professor, Director (R&D Centre), SVT College of Home Science (Empowered Autonomous Status), SNDTWU, Mumbai, National President Indian Dietetic Association, **Dr. Rekha Singhal**, Professor of Food Technology at ICT,



Dr. Sujata Jayaraman



Ms. Suchitra Tripathy



Dr. Jagmeet Madan



Dr. Rekha Singhal

Mumbai were the panellists.

Dr. Jagmeet elaborated on the benefits of holistic nutrition and emphasized the importance of diet diversity and nutrition literacy. Ms Suchitra talked about the novel solutions to design healthier diets and specific areas overlooked in holistic nutrition. Dr. Rekha elaborated on the Indian culture and traditional knowledge on functional food and fermented food. Dr Jagmeet and Ms Suchitra gave practical tips on designing a holistic diet and making better food choices.

At the end of the session, **Ms.**

Samreen Shaikh, Jr. food technologist at PFNDAI gave a vote of thanks to the webinar sponsor, speakers, and panellists, along with her PFNDAI team members for making the webinar a success. She also thanked the attendees for patiently attending the webinar.



The entire webinar recording is available on the following link:

<https://fb.watch/tljTFo2SuH/>