

GOLDEN
1968 - 2018 **JUBILEE**

SEMINAR
ON

EMERGING FOODS FOR HEALTHIER INDIA

HELD ON 5TH & 6TH OCTOBER, 2018 AT
HOTEL KOHINOOR CONTINENTAL, MUMBAI



By
Ms. Swechha Soni,
Nutritionist, PFNDAI

This year PFNDAI completed its 50 years and to celebrate this occasion PFNDAI had organised a Seminar on “Emerging Foods for Healthier India” in collaboration with the Indian Dietetic Association (IDA) - Mumbai Chapter. The Sponsors for the seminar were as follows:

Gold sponsors: Vista processed foods, AAK Kamani, Tata Chemicals and Mondelez India Foods.

Silver Sponsors: DuPont Nutrition & Health, Kellogg India, Herbalife Nutrition India, Coca Cola India, Hindustan Unilever, Fine Organics Industries, Danone India, Marico, PepsiCo India.

Mr. Bhupinder Singh, Chairman of PFNDAI in his inaugural address highlighted the Future trends in the Food Industry and gave an overview of the Seminar by talking about the Emerging Foods and the techniques behind its processing and how the industries should come together in building a Healthy nation. Ms. Naaznin Husein, President of Indian Dietetic Association – Mumbai Chapter in her address stated that food industries along with the nutritionists and the dieticians should undertake various strategies to make the population healthier. She also added that as the lifestyle of the people is changing hence there is also a need for changing the diets they consume.

Dr. Sesikeran, former Director of National Institute of Nutrition, Hyderabad gave a keynote address on Global warming & its Effects on Nutrition. He in his speech stated that the Greatest Challenge of Climate change will be its impact on Food and Nutrition security and the way to manage them. Climate change is likely to cause multiple effects on food and nutrition security due to multiple environmental impacts affecting agriculture and the small holder farmers who are the majority would likely be most affected. The consequences of all these would be higher food prices, inability of classical agriculture to increase production and further worsening of malnutrition in the country.

First Session: Nutraceuticals & Functional Foods

The session was chaired by Dr. Sanjog Surve, Director – R&D, Abbott India and in his opening

remarks he mentioned the importance of the nutraceuticals and functional foods in our diets. Dr. U. V. Babu, Head – Phytochemistry, R & D, Himalaya Drug Company delivered a talk on The Untapped Potential of Indian Herbs: Nutraceuticals & Functional Foods. He talked about the Ayurvedic Nutrition and stated that Food taken in proper quantity provides Strength, Vigour, good complexion and nurtures the health of the tissues. He further added that “The diet which besides providing the basic nutrition to the body, helps to maintain the healthy state of the body and prevents the occurrence of diseases should be consumed”. He also brought into focus why there is a rising demand of Nutraceuticals & Functional supplements.

Dr. B. Sesikeran delivered a talk on Traditional Functional Foods. He started his talk stating that “Most traditional Foods were functional and was considered at times as medicine with Traditional sources, unique composition and traditional processes of preparation and consumption. He also talked about the major food categories and their functional components. He further talked about the bioactive molecules in foods and their characterization. He mentioned about the Principles for Addition of Dietary Active Compounds in Foods and concluded by saying that Safety and Quality of the foods must be the ultimate goal.

Followed by the first session was a Panel on "Beverages as Functional Foods" that was moderated by Dr. P. B. Kanade, Food Industry Consultant. He gave a market perspective of the beverages to the audience along with covering some advantages of beverages that contains functional components.

The panel had the following members- Dr. Agatha Betsy Manager- Scientific, Nutrition & Regulatory Affairs, Mondelez; Ms. Mili Bhattacharya, Senior Manager- Scientific, Nutrition and Regulatory, Coca Cola; Mr. Atanu Halder, Chief R&D Officer, Mother Dairy; Dr. Nandan Joshi, Head - Nutrition Science & Medical Affairs, Danone. Each speaker shared their views on the various parameters of the functional beverages. As of today, Functional beverages are getting more focused than other foods and the greatest challenge of functional beverages is its taste. A strong point was made on fortifying the beverages with micronutrients to ensure it has some health benefits. Beverages having citrus components should be fortified with iron. Milk that is calcium rich should be fortified with vitamin D.

The session on Newer Techniques for Conserving Quality of Foods was chaired by Ms. Shilpa Telang, Head of Business Tata Nx, Tata chemicals. She welcomed the speakers of this session to deliver their respective talks. Dr. TSR

Murali, Founder CEO of Urjita Food Business Consultants, spoke on Novel Non-Thermal processing/ Preservation Methods. He stated that the main objective of Food processing is presenting a Great Product that meets Consumer Demand. He further added that the basic principles of Food processing are to make it safe, make it consistent, verify compliance and deliver consumer appreciated quality. He explained about various non-thermal processing techniques like High Pressure Processing, Pulsed Electric Fields, Radio Frequency Drying, Microwave Heating, Membrane Filtration, Ozonation, Osmotic Treatment and other Hurdle technologies with some more emerging techniques.

Dr. Sandeep Kale, Associate Professor of Bioprocess Tech in ICT, Mumbai delivered a talk on Scalable Extraction and Purification Processes for Nutraceuticals and Health Supplements. He explained the different methods of extraction and purification of foods. He also shared the need and importance of bioactive compounds for human body. He also talked about plant proteins and their purification.

Dr. N. Ramasubramanian, Founder Director, VR FoodTech presented a talk on Emerging Technologies for better Nutrition. In his talk he mentioned about various upcoming technologies which can contribute towards better nutrition by making the food affordable, accessible and

bioavailable. These techniques like Micro-emulsion, Nano Technology, Synbiotics in Mineral absorption, Transdermal Patches were discussed and the challenges associated to these were pointed.

Ms. Richa Arora, Chief Operating Officer, Consumer Products Business; Tata Chemicals then delivered a keynote address on Marketing Aspects of Nutrition from Consumer Perspectives. She in her speech said that people do not care for nutritious food if the taste of food is not satisfactory. Taste is the first thing the consumer is concerned about any food he or she tends to try and so the food should not just be tasty but it should also look appealing so that people have a temp to try out any nutritious food.

The second day started with the keynote address by Dr. Jasvir Singh, Regulatory, Scientific and Government Affairs Leader; DuPont Nutrition & Health- South Asia. He in his speech brought into focus the basic concepts and trends of regulatory frameworks. He explained that more regulations put more burdens on society hence it is first necessary to understand what is required to be regulated and what does not. He also gave an insight of innovation and its interplay with regulatory frameworks. He mentioned that sufficient time is not given to the companies by the regulators for innovation.





Inaugural Session



Audience



Audience



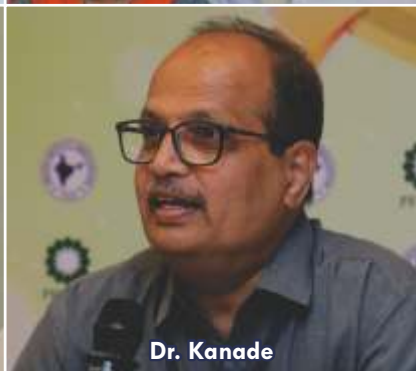
Audience



Dr. Agatha Betsy



Dr. Jagmeet Madan



Dr. Kanade



Dr. K. D. Yadav



Dr. Lewis



Dr. Nandan Joshi



Dr. Prabodh Halde



Audience



Audience



Banner



Audience



Audience



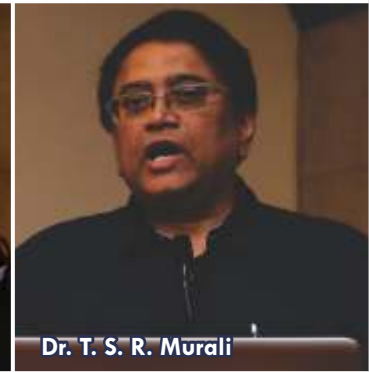
Dr. Ramasubramanian



Dr. Sandeep Kale



Dr. Sesikeran, Dr. Surve & Dr. Babu



Dr. T. S. R. Murali



Dr. Sesikeran



Dr. Shatadru Sengupta



Dr. Usha Antony



Dr. Shweta Khandelwal



Ms. Naaznin Husein



Audience



Audience



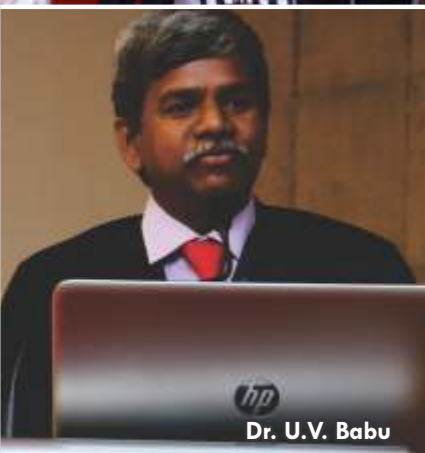
Dr. Swati Gupte with
Ms. Nadiya & Ms. Madhavi



Charming Delegates



Ms. Mili Bhattacharya



Dr. U.V. Babu



Panel on Functional Beverages



Mr. Atanu
Halдар



Mr. Shaminder Pal Singh



Mr. Shiv Shankar



Ms. Madhavi Trivedi



Audience





