



Seminar On

Innovations in Processed Foods: Pathways to Health and Wellness



FRIDAY

9th Oct 2026



VENUE

Bharat Ratnam Mega
MCFC, Seepz Andheri (E)



START AT

10 AM



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Innovations in Processed Foods: Pathways to Health and Wellness

Changing lifestyle finds people with little time to take care of their health and would rather rely on foods for their health. Thus, food has not just remained as means of sustenance but also to provide health. Better understanding of food and nutrition and health has allowed us to design foods that not give us the daily energy and nutrients but also provide us various health benefits. Processing has enabled this not just to design foods that are tasty and flavourful but also nutritious with controls over the energy. Newer processing has allowed savings of nutrients and use of some technologies and formulations wherein dietary fibres could be increased without affecting texture and mouthfeel.

Growing consumer awareness has prompted the food industry to develop products tailored to consumers' daily wellness and fitness needs. Products designed to meet specific consumer needs, including women's health, vegan lifestyles, and weight management, are increasingly being offered. Products formulated to address specific nutritional requirements are increasingly available.

Modernising food is part of an evolving lifestyle

Healthy food will define market reality. Consumers will demand food that fits a fast-paced life without compromising long-term well-being. The food industry will have to pivot from simply filling a convenience gap to actively designing for health. Reductions in fat, salt and sugar for tasty food will yield to replacements, even as food additives are being seen as sensorial allurements.

Enzyme technology is increasingly being employed both as a processing aid and as an additive to enhance product quality, functionality, and efficiency. Examples are lactose free products and removal of phytates to improve bioavailability of important minerals like iron and zinc. Enzymes have also been used for reducing unhealthy acrylamides during high temperature cooking.

There are also some botanicals used as nutraceuticals that reduce risks of many diseases. Processing techniques such as microencapsulation help prevent the loss of these compounds while masking their unpleasant sensory properties, enabling their incorporation into foods without compromising sensory appeal. Thus, processing has allowed us to enjoy foods and also get health benefits maintaining their affordability and prevent losses so millions can still avoid hunger and malnutrition.

With these aspects of food processing in mind, Protein Foods & Nutrition Development Association of India (PFNDAI) has organised a seminar in Mumbai on Friday 9th October 2026 to discuss many important aspects of the Innovations in Food Processing to showcase some novel food products prepared using innovative technologies as well as some fine ingredients that would make an ordinary food into a healthy or functional food product.

We have invited eminent food scientists and technologists as well as nutrition scientists from food industry, educational and research institutions as well as government organisations to talk on various aspects of the seminar. It would be a great opportunity to meet many of these scientists, health professionals, regulatory experts and manufacturers of food products & ingredients under one roof. There would be sessions of presentations by experts, panel discussions as well as exhibits of many different interesting products, ingredients and services on display.

Program -
Innovations in Processed Foods: Pathways to Health and Wellness
Venue - Bharat Ratnam Mega MCFC, Seepz, Andheri (E)

- **Inauguration**

- **Session 1: Processing for Pleasure & for Health**

Products for pleasure eating or beverages modified with health as the focus. Companies with traditional products have heavily adapted their portfolios to target consumers seeking a balance between pleasure (indulgence, great taste, lifestyle refreshment) and health (functional nutrition, zero-sugar, vitamin fortification)

- **Session 2: Food Be Thy Medicine**

Food industry has utilized the benefits from plant extracts or /and Ayurveda to deliver health and wellness to their consumers. The products are in well known easy to accept forms like gummies, candies etc.

- **Session 3: What Makes Food Healthier & Tastier**

Reducing sugar, fat, and salt requires alternative ingredients that support taste, texture, and product shelf life. Food industry has started using these substitutes to keep foods tasting good with similar texture with healthier options for the consumer. These include Fiber and starches as fat substitutes, emulsifiers, sugar replacers, taste enhancers to reduce salt, etc.

Contact for Information

Ms Dolly Soni

Marketing & Projects Manager
marketing@pfndai.org

Ms Sanyukta Telange

Food Technologist & Regulatory
Support
admin@pfndai.org
Mob: 8291627110

Protein Foods & Nutrition Development Association
of India

211 Mahalaxmi Chambers, 2nd Floor
22 Bhulabhai Desai Road, Mumbai 400 026
E: pfndai@pfndai.org, W: www.pfndai.org

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Registration Fees details



- PFND AI Members – 2000 INR
- Non-members – 3000 INR
- Students – 1000 INR
- On-spot (Members) – 2500 INR
- On-spot (Non – Members) – 4000 INR
- Please mention the correct email IDs in the registration form, as payment details will be sent via mails.