



# Protein Foods & Nutrition Development Association of India

organises seminar on

## HEALTHY INGREDIENTS FOR HEALTH & FITNESS

with special emphasis on Proteins & Fibre

Thursday 8<sup>th</sup> June 2017 Hotel Orchid, near domestic airport Mumbai

Co-sponsored by

Supported by IDA Mumbai  
Chapter



Proteins are very important for all living beings and it has been shown to be extremely necessary for the growth, maintenance and health of humans at all ages. It has been shown that Indians are not only protein deficient but also their intake of high quality proteins is less than desirable. Many Indians are vegetarians and so they get most of their proteins through cereal grains and pulses. Some amounts of dairy products are consumed but again much less than desirable. Even those eating meat, fish and poultry & eggs, the intake of majority is low and infrequent. Thus most Indians have protein deficiency.

In order to deliberate and discuss the possible ways in which health professionals and R&D experts in industry can approach the problem, we have organised a seminar on **Healthy Ingredients for Health & Fitness with Special Emphasis on Proteins and Dietary Fibre on Thursday 8<sup>th</sup> June 2017 in Mumbai** and is supported by **Pulse Innovation Platform – India & DuPont**. We have invited a number of distinguished speakers from research, academia, health profession and industry. **Dr. Sesikeran, Former Director of National Institute of Nutrition, Hyderabad** has agreed to inaugurate the seminar. **Prof. Valerie Orsat from McGill University, Canada** has agreed to give a keynote address. **Dr. Vilas Shirhatti** (Tata Chemicals), **Dr. Sheela Krishnaswamy** (President IDA), **Dr. Rajeev Thakur** (IFFCO UAE), **Dr. Swati Gupte** (Consultant Nutritionist), **Mr. Shiva Prasad** (Ingredion), **Ms. Karuna Jayakrishna** (DuPont Nutrition & Health), **Mr. Tansukh Jain** (Givaudan), **Dr. Jix Antony** (ITC Foods), **Ms. Naaznin Husein** (President IDA Mumbai), **Dr. N. Ramasubramanian** (VR FoodTech), **Mr. Sujith Sathyadas** (DuPont Nutrition & Health), **Mr. Sachin Saxena** (Marico) and **Mr. Pranil Bhamare**, Hardcastle Restaurants have confirmed as speakers and/or panellists. Following are some of the topics of presentations

- Importance of Proteins & Dietary Fibre
- Incorporating Pulse Ingredients in New Products
- Relevance of Pulses in Health
- Modification of Traditional Diets Using Pulses
- Newer Ingredients from Soy for High Protein & Fibre Products
- Benefits of Dietary Fibre for Cardiovascular Health & in Diabetes
- Importance of Proteins & Fibre in Sports Nutrition
- Plant Protein for New Applications
- Making New Ingredients with Phytochemicals More Acceptable
- Panel Discussion on Changing Diets & Formulations to Ensure Adequate Nutrition

Pulses used to be consumed adequately until a couple of decades ago but there were many changes including the dietary changes of Indians as well as prices of pulses in Indian markets forcing people to consume even less. This has severely affected protein status of Indians as it is replaced by wheat products. The earlier higher quality of combination of proteins from pulses and cereals is also upset because of this change.





Many new sources of proteins are being explored and soya and pulses have been on the forefront. Soya has been studied for its quality and health benefits for quite some time and has been shown to be extremely useful in removing deficiency. However, its intake is still quite low in the form of soya milk, tofu and textured vegetable protein chunks and granules. There are now high quality ingredients available for including in many foods and beverages that would elevate the quality of these products without affecting any other characteristics including sensorials so it could be added to many traditional food products without altering the eating characteristics.

New products from available pulses and other plant sources could again renew the interest among Indians in eating them. Not only pulse protein in concentrated or isolated form but also newer baked, fried and other processed products made from pulses are available elsewhere. Pulse flours could also be used to fortify traditional products like roti and chapatti as well as in pasta which would improve the quantity and quality of proteins of these products consumed on a daily basis.

Both soya and pulses have another advantage namely that of good quality fibre. Indians have been shown to be prone to diabetes and with the increase in sugar and easily digestible carbohydrates intake and the decrease in physical activity; the problems of diabetes could be worsened. The diets that earlier had adequate amounts of fibre due to intake of whole grains products, pulses and fruits & vegetables have changed so there is deficiency of intake of fibre in their diets. Both soya and pulse products could adequately provide sufficient amounts of fibre. There are now newer forms of fibres from traditional sources that would again provide the benefits of fibre without providing too much of viscosity and other sensory attributes not liked by consumers. Thus products would not have any undesirable changes due to addition of fibres.

With the progress of science and technology in creating these opportunities in new product development PFNDAI is organizing a seminar to bring scientists and food developers together for an exchange of ideas and information.

The scientists would give the requirements for the health and wellness for human beings and the ingredient specialists would provide the answers to meet all these challenges created by newer lifestyle and diets. The delegates would mostly be food industry R&D professionals along with a good number of nutritionists and dieticians. The industry professionals can prepare the products using these ingredients from soya and pulses and nutritionist and dieticians would carry these messages to their clients as well as where they would be advising in hospitals and health & sports centres.

We expect about 200 to 220 delegates gathering in Hotel Orchid near domestic airport in Mumbai. We hope to expect good deliberation and to come up with good recommendations regarding product development and dietary changes. Please register for the seminar by immediately contacting:

**Ms. Anuja Rawool, Food Scientist**

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Registration Charges:

Rs. 3000 for PFNDAI Members, Rs. 1500 for IDA Members, Rs. 5000 for others