

## Micro green consumption a holistic approach in obesity prevention

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### Abstract

Obesity has become a colossal epidemic causing serious public health concern and contributes to 2.6 million deaths worldwide every year. Epidemiological studies indicate that individuals with higher intakes of fruits and vegetables tend to have a lower occurrence of obesity, cardiovascular diseases and cancer etc. As part of the concerted strategy to promote health and prevent chronic diseases, the development of new foods with enhanced function that is functional foods has received much attention. Microgreens, an exotic genre of edible greens one of those foods that has gained popularity in upscale markets and restaurants. Microgreens are tender immature greens produced from the seeds of vegetables and herbs, having two fully developed cotyledon leaves. Microgreens are usually 2.5–7.6 cm in height, harvested at 7–14 days after germination, depending on the species. Although small in size, microgreens can provide a large array of intense flavors, vivid colors and tender textures. Microgreens possesses generally higher concentrations of necessary vitamins and carotenoids than their mature one. Different species of microgreens contains different amounts of functional compounds, e.g. red cabbage microgreens have the highest concentration of ascorbic acid, while green daikon radish microgreens are rich in tocopherol. The concentration of vitamins (ascorbic acid, tocopherol and phyloquinone) and carotenoids (lutein,  $\beta$ -carotene and zeaxanthin) in microgreens is much higher than mature vegetables. Microgreens have ten times higher content of antioxidant.

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### Speaker Publications:

1. "Identification of a Novel Selective and Potent Inhibitor of Glycogen Synthase Kinase-3"
2. "Beverage Consumption Pattern and its Contribution to the Total Nutrient Intake of Adolescent Boys Dietitian, 2 Senior Extension Specialist"
3. "Role of Microgreens in Eradication of Double burden of malnutrition"
4. "Inhibition of LPS-Induced TLR4 Signaling Products in Murine Macrophages by Phenylmethimazole: An Assay Methodology for Screening Potential Phenylmethimazole Analogs"
5. "Wnt5a: A Player in the Pathogenesis of Atherosclerosis and other Inflammatory Disorders"

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<https://obesityprevention.nutritionalconference.com/>

