

## Nutritional immunology and food allergy

Anshoo Agarwal

Norther Border University, Kingdom of Saudi Arabia



### Abstract

Background: Nutrition is critical to immune defence and resistance to pathogens, with consequences that affect the health of individual from all aspects. In humans, under-nutrition, notably of protein, is a major contributor to morbidity and mortality due to infectious diseases, particularly in the developing world. Likewise, over-nutrition and its associated metabolic disorders may impair immune function, disrupt the relationship with symbiotic and commensal microbiota, and increase susceptibility to infectious disease. Despite the undoubted importance of nutrition to immune defence, the challenge remains to capture the complexity of this relationship. There are three main aspects to this complexity: (i) nutrition is a complex multi-dimensional problem for hosts, pathogens, and commensals; (ii) host immunity is a complex, multi-dimensional trait; and (iii) nutrition and immunity interact via multiple direct and indirect pathways, including involvement of the host's microbiota.



### Biography:

Dr. Anshoo Agarwal is currently working as Professor & Chairperson at Department of Pathology, Northern Border University, Arar Kingdom of Saudi Arabia. She received her Bachelor of Medicine & Bachelor of Surgery from King George's Medical College Lucknow. Dr. Anshoo Agarwal received her M.D in Pathology from LLRM Medical College / Ch. Charan Singh University. She is an Associate professor and Discipline Coordinator in University Technology MARA, Malaysia. Dr. Anshoo Agarwal has served on many scientific memberships like Life member of Indian Association of Pathology and Microbiology, Member of International

Academy Pathology, Life member of Indian Society of Hematology & Transfusion Medicine, Emirates Medical Association Pathology Society. Dr. Anshoo Agarwal has more than 80 publications. Dr. Anshoo Agarwal is editorial member of 3 journals and has many reviewed publications. Dr. Anshoo Agarwal research interests include Advance Haematology & Immunohaematology, Breast cancer and Anticancer vaccines.

### Speaker Publications:

1. "Cysticercosis of Breast Presenting as Fibroadenoma"
2. "Damaged pancreatic tissue caused by Alloxan-induced diabetes mellitus can be repaired by oral cinnamon"
3. "Histopathological approach for diagnosis of intravascular leiomyosarcoma of the femoral vein"
4. "Study of Transfusion Practices in Hereditary Anemia Patients Receiving Blood Transfusions at RAS Al Khaimah"
5. "Elderly patients with severe anemia refusing blood transfusion: case studies and review of literature"

[3<sup>rd</sup> World congress on Nutrition and Obesity Prevention;](#)  
Webinar – October 26, 2020.

### Abstract Citation:

Anshoo Agarwal, Nutritional immunology and food allergy, Nutrition Meet 2020, 3<sup>rd</sup> World congress on Nutrition and Obesity Prevention; Webinar- October 26, 2020.

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