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Curbing against dietary diseases through healthy eating: Enlightening the future advances in Food Safety and Hygiene practices

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Prevalent eating habits are the biggest contributor affecting human health so immensely that we are left with half of people suffering from over nutrition while the other half from under nutrition. Uncontrolled intake of refined grains, added sugars, fats, meats and their related products are increasing rapidly. Most of the people particularly from developing and under developed countries are not properly concerned about the recommended dietary intake of food components and the consequences of their abuse. As a result, the index of CVDs, diabetes type II, obesity, stunted growth, vitamins and mineral deficiencies are getting speedup. My research findings indicated that increasing awareness among all age groups particularly children through introduction of "my plate concept" which is based on intake of good carbohydrate sources such as fruits, vegetables and whole grains, protein

sources such as lean meat, low-fat dairy products, pulses, nuts and soy and fats sources such as vegetable oil has promising outcomes. Further research indicated that intake of salt, saturated fats and added sugars should be limited as their abusive are the marked indicators for dietary diseases such as Obesity, CVDs, Hypertension and Diabetes type II. Finally, the adoption of healthy eating practices although require time but if implemented would not only keep us healthy but also make us live more.

Speaker Biography

Muhammad Abdullah Bin Masood is a final year student of BSc.(Hons) Food Technology from Pir Mehr Ali Shah Arid Agriculture University, Pakistan. He has completed short course "New Nordic diet" from University of Copenhagen, Denmark.

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