

17<sup>th</sup> International Conference on

# Clinical Nutrition and Fitness

November 21-22, 2019 | Singapore



## Nisha Vikraman

*St Teresa's College, India*

### Role of diet in prevention of diseases

Nutritional requirements do not change appreciably with age among adults. However, with increasing age total caloric intake is gradually reduced, but among normal people living in the community dietary deficiencies are seldom found. The reduction in food intake and the tendency of old people to eat the same diet day after day makes them potentially vulnerable to possible deficiencies in specific vitamins, minerals, and protein. Good nutrition plays a significant role in determining the health and well-being of older people and in delaying or reducing the risk of diseases such as stroke, heart disease, diabetes etc. Eating less fruits and vegetables is responsible for close to three million deaths worldwide every year. In addition, dietary fat seems to be associated with various cancers and nutritionally unbalanced diets, which are often associated with diabetes, can play a significant role in increasing the risks of developing coronary heart disease. The deficiencies leading to cardiovascular risk which is because of clogging of arteries also relates to Alzheimer's. Alzheimer's involves a slower, more subtle decline over months or years.

Instead of cholesterol-filled plaques in arteries, plaques made of a substance called amyloid develop in the brain tissue itself, associated with the loss of memory and, eventually, loss of life.

### Speaker Biography

Nisha Vikraman has completed her PhD in 2007 from Kerala University, India, on the topic "A study on the effect of maternal anaemia on outcome of pregnancy in Thiruvananthapuram district". She is an Assistant professor and recognized Research guide in Department of Home Science and Center for Research at St. Teresa's College Ernakulam, India. She is presently guiding two research scholars. She has received Commonwealth Scholarship for MSc. Dementia Studies from University of Stirling. She has done projects on "Sensitizing Consumer on food Adulterants - a sustainable health perspective" for UGC Major project and also done minor projects in "Evaluation of post reproductive stress in women, reflecting on nutritional causes, consequences and remedial strategies". She has done publications in journal and also involved as speaker in community based nutrition programmes and actively involved in developing extension programmes for the community. Her areas of interest are research in the field of nutrition and ageing.

e: nishavn2012@gmail.com

 Notes: