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## **The future of nutrition in a nutshell**

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The term 'edible nuts' refers to any hard-walled, edible kernel, namely the seed of different species of plants. Nuts are energy-dense and nutrient-rich. Although their chemical composition varies depending on the nut type, they all have a considerable fat content. Nuts contain of mono- and polyunsaturated fatty acids in different amounts, proteins, fiber, vitamins and minerals. Nuts have been studied extensively over the years for their role in preventing several human chronic diseases and maintaining good health, as part of a healthy diet and a lifestyle.

A possible concern is represented by ant nutrients (e.g., phytates), but some studies show their potential health benefits.

Nuts consumption in the general population is lower than the recommended amount. Nuts among other plant-based protein sources have a far lower GHG emission

count compared to animal-based food products, but their environmental impact depends on the nuts type.

Nuts can have a role in food reformulation and positive nutrition. As a part of a varied and balanced healthy diet, nuts are important plant-based sources of protein and other nutrients which can support a shift towards a healthy and sustainable diet away from meat-based diets while ensuring optimum nutrition for the future population.

### **Speaker Biography**

Martina Zurli completed her MSc in Food Science and Human Nutrition at the age of 24 years. She is a licensed Nutritionist and completed the course 'Plant-based nutrition: a sustainable diet for optimal health' at the University of Winchester. She is Nutrition and Communication Advisor at FRUCOM. Her articles were published on the website lyfesculpt.com.

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