

Food & Nutrition

May 22-24, 2017 Las Vegas, USA

Root cause of nutritional status of mothers during pregnancy in Pakistan

Iqra Yasmin, Muhammad Saeed, Imran Pasha and Fiza Waheed
University of Agriculture, Pakistan

Malnutrition is major problem in Pakistan. Pakistani population is suffering from various nutritional deficiencies including both macro and micro nutrients. According to nation nutritional survey 2011, 58% population is food insecure due to high prices of food, low purchasing power and poverty. 14.1% mothers are underweight from which 16.4% belongs to rural areas and 9.0% to urban areas. Micronutrient deficiencies also exist in pregnant women. 51% pregnant women are anemic, 37% are iron deficient, 46% are vitamin A deficient, 47.6% are zinc deficient and 68.9% are vitamin D deficient. Moreover, 63.5% mothers breastfeed her child only for 0-6 months. Due to above mentioned causes, we have to face horrible malnutrition (under nutrition) situation in children of Pakistan. In children along with micro, macro nutrient deficiencies also prevail. Due to protein-energy malnutrition 31.5% children are underweight, 15.1% are wasted and the percentage of stunted children is 43.7. Micronutrient deficiencies in children also represent a sorrowful situation. 61.9% children in Pakistan are anemic, 54% vitamin A deficient, 39.2% are zinc deficient and 40% are vitamin D deficient. Infants' nutrients need is fulfilled by their mother's body stores, but when mother is malnourished, her child cannot be healthier. In urban areas, 48.4% women are overweight and in rural areas this percentage is 27.4. Due to being overweight pregnant women have to face situation like gestational diabetes, chronic hypertension and intrauterine death which also affect children health status and it is the other aspect of malnutrition (over nutrition).

iqrayasmin8@gmail.com

Health related benefits of barley as prebiotic in our diet

Naima Khalid
University of Agriculture, Pakistan

Barley has new functional and nutritional properties, so it has high acceptance in our diet. It was used as a staple food in past. It is used as a whole dehulled grain as well as a flour and semolina. It is used to prepare bread, soups and couscous. Barley has a major component known as β glucan. It is an essential component of soluble fiber suggested for hypoglycemia, hypercholesterolemia and used to reduce chemically induced colon cancer. Barley has recently gained commercial attention and attracted research due to its high content of β -glucan. It has efficient antioxidant activity. β -glucan is used in cholesterol reduction, glucose metabolism and improved gastrointestinal function. β -glucan acts as soluble fiber and plays an important role in the digestive tract as a prebiotic. It is used to maintain the colonic environment and a healthy colon wall, where it is available for fermentation by probiotics. Soluble fiber-based prebiotics are important health-promoting functional foods. Soluble fibers are mainly oligosaccharides (e.g. fructo-oligosaccharides) and polysaccharides such as β -glucan, plant gums and arabinoxylans. It is not digested in stomach and small intestine. It is mainly intact into the colon, where it is available for microbial fermentation.

naimamalik51@gmail.com