

# 28<sup>th</sup> WORLD NUTRITION CONGRESS

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## Muhammad Usman

*Former Director General of Agricultural Research System, Government of Pakistan*

### **Nutrition is the major tool for the development of health, reduction in global poverty and hunger in the world**

The aim of presentation consist of major food nutrients, nutrition, health, poverty and hunger were studied and reported that word nutrition is the major tool for the development of health, reduction in global poverty and hunger in the world. The study reported that nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. In other words nutrition is the utilization of food to grow, repair and maintain our bodies, getting the right amount of nutrients from healthy foods in the right combinations and also making smart choices about the food you eat, proper nutrition helps you develop and maintain good health. Nutrition is the study of food at work in our bodies, our source for energy and the medium for which our nutrient can function. Think of nutrition is the building block of life. The difference between nutrients and nutrition showed that nutrient is substance that is required for the nourishment of organism while nutrition is the entire process by which organism obtains energy and nutrient for food. Nutrition consists of major food nutrients which are carbohydrate, lipids and protein and found in plants and animals cells. It is also called as the food science. Food carbohydrates include sugar, starches and fibers, lipids include fats, oil, waxes and cholesterol. Protein is very important component of food and necessary for the life of human being. All the above products are the main source of agro based industries which are absorbing millions of technical and non-technical people which generate income create employment and reduction in poverty and hunger. It is concluded that nutrition is the major tool for the development of health, reduction in global poverty and hunger in the world.

### **Biography**

Muhammad Usman is the Former Director General of Agricultural Research System, Government of Pakistan who retired from service after a spotless career of about 35 years with senior level experience on research and development of agricultural industry with regard to food Chemistry, food science and Nutrition, renewable energy, sustainable agriculture of oil seed, cereal, fruits, vegetable and other cash crops. He is basically an Agricultural Scientist with specialization of agricultural and food chemistry working as plant breeder with regard to the yield and quality of various agricultural crops as well as nutrition. He has released several oil seeds varieties, presented and published research papers on various oil seeds, and renewable energy in different conferences like Geneva.

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