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Egg shell powder: An indigenous calcium fortificant for mitigation of hypo-calcemia

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Calcium (Ca) is undoubtedly essential nutrient associated with formation and metabolism of bone, hormonal secretion, muscle contraction, transmission of nerve impulses, osteoporosis, rickets, osteomalacia and numerous functions. The prevalence of Ca deficiency in Pakistan is 51% as per NNS-2011, which may be prevented through dietary interventions. Egg Shell Powder (ESP) is explored as supernatural source of fortification of cookies with best efficacy among hypocalcemic adolescent boys. The adolescent boys were approached from different schools, the research work was discussed with them in detail; a Information, Education and Communication (IEC) material was provided and informed consent was granted from agreed ones. Nutritional Health Status (NHS) of the volunteers was assessed to find out hypocalcemic adolescent boys through demographics, anthropometrics, vital signs observations, body composition, clinical signs and symptoms, dietary intake by FFQ along with biomarkers i.e. serum Ca, vitamin D, complete blood count, RFTs, LFTs and urine complete examination at baseline and 120th day. The volunteers were assorted randomly into different treatment groups. The selected treatments of cookies were provided to furnish 50% RDA of Ca. The data was analyzed statistically which revealed surprising alleviation in hypocalcemia.

Biography

Muhammad Yousaf Quddoos is currently working as an eminent member at Nutritional therapeutics and treatment Department in Pakistan. He has published numerous research papers and articles in reputed journals and has various other achievements in the related studies. He has extended his valuable service towards the scientific community with his extensive research work.

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