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# Clinical Nutrition

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**Clinical nutrition is the major industry for the development of health, basic need of life, reduce financial crises, global poverty and hunger in the developing countries of the world like South Asia particularly in Pakistan**

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The aim of presentation consist of clinical nutrition, food nutrients, health, industry, poverty and hunger, studied and reported that clinical nutrition is the major industry for the development of health, basic need of life, reduce financial crises, global poverty and hunger in the developing countries of the world like South Asia particularly in Pakistan. The study reported that food is the basic need of our life and the food chemistry deals with the production, processing, preparation and utilization of food like plants and animals which are the main source of food and food nutrients. Similarly, clinical nutrition involves studying what nutrients are necessary for your body to function and how what you eat affects your health. Keep reading to find out more about the field of clinical nutrition, including education programs, professional requirements and career information. Schools offering fitness & nutrition degrees can also be found in these popular choices. The study further reported that clinical nutrition is the practice of analyzing if a person is consuming an adequate amount of nutrients for good health. A clinical nutritionist is concerned with how nutrients in food are processed, stored and discarded by your body, along with how what you eat affects your overall well-being. Professionals in this field assess your nutritional needs based on your family and medical history, lifestyle and laboratory tests in order to make recommendations on your diet and individual nutritional needs. A clinical nutritionist may provide advice on changes to your diet that may help prevent disease. Similarly, the different between the clinical nutrition and dietetics showed that the primary role of a clinical dietitian is to design nutrition programs to improve or maintain the health of patients. Clinical dietitians most often work in hospitals, clinics, or public and community health settings. Dietitians and nutritionists are both food and nutrition experts. They've studied how diet and dietary supplements affect your health. Both are considered to be healthcare professionals, but the two titles shouldn't be used interchangeably. Food scientists and technologists apply scientific disciplines including chemistry, engineering, microbiology and nutrition to the study of food to improve the safety, nutrition, wholesomeness and availability of food. 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. The study further reported that the industry of clinical nutrition absorbs millions of technical and non-technical people like doctors, engineers, agricultural scientist, technical experts etc. which generate income, create employment as well as reduction of global poverty and hunger in the world.

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