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The power of colorful food: The science and clinical application of phytonutrients in chronic disease

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We all know that “food is medicine,” but research is now demonstrating the importance of color in our food selection. It’s been estimated that eight out of ten Americans have a “phytonutrient gap,” and that missing out on thousands of these colorful pigments and phytonutrients has consequences for chronic disease prevention and treatment. Science suggests that these essential components of plants appear to be acting in ways beyond antioxidant function, by having a role in structure and function of various organ systems. In this presentation, learn about the latest science on nutrition, phytonutrients, and how to identify plant foods for clinical application to personalized nutritional medicine.

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