

Elderly: Nutraceuticals intervention to anemic and undernourished**Meenakshi Mathur**

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Advancing age is associated with a remarkable number of changes in body composition, including reduction in lean body mass, increase in body fat, decreased physical activity, decreased energy intake which may be associated with physiological functions that affect metabolism, nutrient intake, and risk of disease. Therefore, a study was undertaken to assess the acceptability of nutraceutical mixtures and also to observe the affectivity of these three interventions by anemic and undernourished geriatric patients in two nursing homes of Jodhpur, Rajasthan, during the health check-up camp. Three nutraceutical mixtures were prepared, tested on organoleptic and organosensory evaluation using Hedonic scale. Preparation method of nutraceuticals mixture was demonstrated to all the patients and their attendants during the camp. A lecture was also arranged by a dietitian on "Smart Aging". Majority of the geriatric patients were under the age group of (60-69) years. The meal they eat was simple, they were all vegetarian, and the diet was cereal based and wheat as staple. Consumption of fruits, flesh food, egg, nuts, and oil seeds were low. Out of 28 geriatric patients, majority of them, i.e., 18 patients (64.28%) were detected anemic, who had hemoglobin less than 9 g/dl, the rest, and 10 patients had Hb between 10-14 g/dl. They were distributed the recipe folder and also a copy of the lecture which was delivered by the dietitian. They were convinced about the three formulas: Amylase rich food (ARF) which is commonly suggested as weaning food; protein and fiber supplement (PFS) through germination trying to enhance iron and B-complex vitamins and adding soybean to improve protein quality; green veg pulp (GVP) which is again rich in iron, other minerals and vitamins. This project is still on going. Randomly, 10 respondents were post tested for hemoglobin and it was observed that the hemoglobin level was slightly improved (0.5-1.5 gms/dl) after one month time.

Caffeinated beverage and energy drink consumption pattern in Omani University students**Nasiruddin Khan**

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The rapid economic development in Middle East countries including Oman had witnessed a diversion from traditional to western diet leading towards deleterious health effects. The trend of consuming caffeinated beverages (CB) and energy drinks (ED) among students is increasing rapidly. Knowledge and awareness about healthy diet can help combat against various diseases. Our aim is to study the consumption pattern, knowledge, awareness and negative health impacts of CB and ED in Omani University students. This cross-sectional study included 150 healthy male and female students (18-35 yr age) from different departments of A'sharqiyah University, Oman. A face to face questionnaire, including socio-demographic characteristic, knowledge and awareness about CB and ED, frequency of consumption, reasons for use, basis to buy and its side-effects, was used. The frequency of consumption of CB (except Nescafe) and ED was significantly high in males than females ($p < 0.001$). The reasons for consumption of CB were to feel active, minimize headache and feel relax in both genders while for ED were to boost energy, exam, reduce fatigue, socializing with friends and better performance. Female preferred "taste" to choose the CB and ED products, while caffeine content, quality of the product and popularity were main basis in males, respectively. Females were more aware about negative health effects of CB than males (67 vs 51.1%), while males exhibited more knowledge and awareness about ED than females. High frequency of insomnia was observed in all participants consuming CB, while insomnia and irritability were significantly high in males consuming ED than females.

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