

Nutraceuticals and Nutrition Supplements

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Let food be thy medicine and medicine be thy food: The world of nutraceuticals

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The world of nutraceuticals proves the old proverb “you are what you eat” right. The term nutraceutical is a combination of Pharmaceutical and nutrition, thus giving products which are useful as medicine and also have a nutritional value. They emphasize on prevention of the disease rather than the cure. Over the years, nutraceuticals has captured the interest of people because of its high therapeutic value, efficacy, safety and negligible side effects. They have a role in various biological processes like cell proliferation, antioxidant defenses, gene expression etc. The growth in this sector has resulted in an increase in the detachment of the patients from the traditional medicines. The global nutraceuticals market in 2015 has a worth of US\$ 182.60 billion and is predicted to shoot up to US\$ 278.96 billion by 2021, thus, showing an increase in the CAGR rate of 7.3% till 2021. This poster aims at reviewing the market of the recently flourishing nutraceuticals and their claims.

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Development and evaluation of oyster mushroom powder supplemented spaghetti

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Mushrooms have been in the deliberation of human beings owing to its medicinal, functional and sensory properties. Mushrooms are recognized as “meat” in the vegetable world and considered as the next generation vegetable. It is a rich source of carbohydrates, protein and dietary fiber and only non-animal source of vitamin D. Important therapeutic properties ascribed to mushroom include antiviral, antidiabetic, anticancer, hypotensive and immune supportive. Although mushroom is excellent source of nutrients but still consumption is very low in Pakistan. Mushroom is extremely perishable and delicate commodity, therefore its preservation technologies have gained acceptance. In modern life style the consumption of pasta products is increasing rapidly in urban population. It is popular among the masses and liked due to cooking viability and nutritional qualities world intake of spaghetti and noodle products has improved in current years due to the easiness of mechanizations, transportation and cooking. The pasta products have low glycemic index. Spaghetti is now being well intended as functional food item. Interest is now rapidly increasing for the consumption of functional foods because of abundant benefits as far as health is concerned. Lysine deficient in most cereals like wheat and rice, is the abundant essential amino acid in mushroom so, supplementation of mushroom will complement well with wheat flour to produce nutritionally balanced high quality food products. The present project has been designed to prepare mushroom powder supplemented spaghetti for diet diversification and value addition. For the purpose, mushroom supplemented flours were prepared by enriching wheat flour with mushroom powder at various levels. Spaghetti was manufactured from all formulations followed by analysis for chemical composition, minerals and consumer acceptability. The data obtained for each parameter was subjected to statistical analysis.

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