

6<sup>th</sup> International Conference and Exhibition on

# NUTRITION

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*Taiyo International Inc*

### Blame it on diet and nutrition....for present and future you!!

Our present day nutrition and life style would shape up our body and health in future. Abundant food and excess intake at any stage of life may impact on our immediate life and health. In most developed countries childhood obesity is raising at alarming rate as a result of excess nutrition, caloric imbalance and low physical activity. Childhood obesity likely to increase the risk factors for cardiovascular disease, diabetes, high blood pressure and osteoarthritis in future. On the other hand cancer and mental diseases also raising in the later stage of life are also influenced on the diet and life style in middle life. All together cardiovascular diseases, diabetes, cancer, mental & neurologic disorders are killing about 38 million people and spent billions of dollars every year. While genetic factors play major role in the initiation of these diseases, we can still blame on the excess diet and nutrition for the raise of all these mortalities, but the same diet and nutrition in proper balanced manner with increased intake of functional food may also prevent, delay and heal these diseases. In the series of lectures in this conference we will come across all these issues and the ways to resolve with proper nutrition.

### Biography

Theertham Pradyumna Rao has completed his PhD and Postdoctoral studies at Nagoya University, Japan and a certificate course in International Food Laws and Regulations at Michigan State University, USA. He is an Assistant General Manager at Taiyo Kagaku, Japan. He has started his career at ICRSAT (International Crop Research Institute for Semi-Arid Tropics, India) and acquired extensive research, marketing and regulatory experience ranging from agriculture, nutrition to health. He has published one book and more than 65 papers in reputed journals. He has been serving as an Editorial Board Member of NutraCos magazine and Austin Journal of Nutrition and Metabolism.

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