

# 3<sup>rd</sup> International Conference and Exhibition on **Nutrition & Food Sciences**

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## **Omega-9 oils - Healthier fats for every day foods**

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Consumers around the world are getting more and more knowledgeable about the factors that affect their health and longevity. There is a worldwide movement to adopt an active and healthy lifestyle, consume simple and healthier foods to improve the quality of life. In terms of oils and fats, the debate is shifting from reducing fats from the diet to consuming the right kinds of fat. Health agencies are recommending Trans fat and Saturated fats be replaced by oils high in unsaturated fats like Omega-3, Omega-6 and Omega-9 fatty acids. Food industry is responding by investing in research and formulating innovative new products with health as a key message, while maintaining taste, convenience and sustainability. Omega-9 Canola and Sunflower oils provide a perfect solution for most food applications. These oils contain high levels of Omega-9 fatty acids, lowest saturated fat, extremely high oxidative stability and a clean and neutral taste profile.

### **Biography**

Asim Syed is a 22-year Food industry veteran with specific focus on new product development and oils & fats technologies. He is currently heading the Applications R&D for Omega-9 Oils at Dow AgroSciences, based at the global head quarters in Indianapolis, IN, USA. He holds Masters degree in Food Science from Karachi University, and in Analytical Chemistry from Georgia State University, Atlanta, GA.

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