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# Food Safety and Regulatory Measures

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## Food safety and nutrition management challenge of an infant from South India with multiple food allergies – The beginning of a new learning

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Food allergies are caused by a reaction of the immune system to a protein in a food, with clinical manifestations of various degrees of severity. The most common sources of food allergy in children under five years are cow's milk, soy, eggs, peanuts, tree nuts, wheat, sesame, fish and shellfish. Though there are reports of children having multiple food allergies, little information is available regarding the prevalence of multiple food allergies in India and elsewhere. Avoiding the exposure to any foods that are allergic is the only way to manage food allergies. It is a great challenge to manage an infant with multiple food allergies and limited food exposure by hospital food service department. A new learning to handle such cases was necessitated following an admission of a twenty months old girl with severe atopic dermatitis and clinically proven multiple food allergies that included rice, wheat, split pulses (dals) except red gram dal (split pigeon peas), soya, groundnut, potato, spinach, beans and all animal proteins including milk. Initiating trial of trial feedings for assessing food acceptance and preference within the foods allowed, working out new recipes, menu plan and planning the meal timings to accommodate child's disturbed physical condition and close supervision are the strategies ensured the successful nutrition and health management in this case. Micronutrient supplement is necessary to ensure nutritional adequacy. The prognosis was excellent and the child enjoyed the meals and was discharged with two weeks of hospitalization who had completely healed from atopic dermatitis.

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## Food security, nutritious and safe foods in Bangladesh

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Bangladesh attains self sufficiency in food grain production despite decreasing of agricultural land. Rice production has increased 3.18 times (33.5 mt), wheat 12.25 times (1.30 mt) and maize production increased 757.0 times (2.5 mt) from 2071-72 to 2013-14. Vegetable production has increased 79 times (3.13 mt) and potato production increased 3.6 times (8.4 mt) from 1971-72 to 2013-14. Production share of aquaculture about 58% of the total fish production in 2013-14 (3.50 mt) and Bangladesh stands 4<sup>th</sup> in the world in producing sweet water fish. Foods in Bangladesh are now available but nutritious balance diet intake and unsafe foods are big challenges. The problem persists at different level of the food chain from preparation to consumption like manufacturers, processors, restaurants, fast food outlets etc. Foods are unsafe or adulterated by using various harmful chemicals and artificial colors, stored, sold and served to consumers in an unhygienic atmosphere in many cases. It is endangering public health seriously with numerous acute and chronic diseases. Our future generation will be seriously affected with vulnerable physical and mental growth with the intake of unsafe foods. The paper describes the socioeconomic conditions, nutritious foods, common and occupational hazards of food vendors, microbial risk associated with safe foods, safety interventions, control measures, regulatory aspects and legal requirements, financial constraints and attitudes. The study intend to inform the current scenario of foods intake, impact of consumption of unsafe foods on human health and wish to bring a positive change through proper measures by the concerned regulatory authorities.

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