

Global Summit on **PHYSIOLOGY AND METABOLISM OF THYROID**

October 03-04, 2022 | Webinar

Antioxidant, anti-Obesity, nutritional and other beneficial effects of different chili Pepper : A review**Sharmin Sultana***International Rice Research Institute, Bangladesh*

Fruits and vegetables are important components of a healthy diet. They are rich sources of vitamins and minerals, dietary fibre and a host of beneficial non-nutrient substances including plant sterols, flavonoids and other antioxidants. It has been reported that reduced intake of fruits and vegetables may increase the risk of non-communicable diseases (NCDs). Chili pepper, is a common and important spice used to enhance taste and nutrition. Over the years, reports have shown its potential as antioxidant and an anti-obesity agent. Obesity is a serious health concern as it may initiate other common chronic diseases. Due to the side effects of synthetic antioxidants and anti-obesity drugs, scientists are now focusing on natural products which produce similar effects to synthetic chemicals. This up-to-date review addresses this research gap and presents, in an accessible format, the nutritional, antioxidant and anti-obesity properties of different chili peppers. This review article serves as a reference guide for use of chili peppers as anti-obesity agents.

Biography

Dr. Mst. Sharmin Sultana completed her Ph.D. at the age of 28 years from the University Malaya and postdoctoral studies at the University Putra Malaysia School of Nutrition and Dietetics. Currently, I am acting as the head of Grain Quality and Testing Laboratory, IRRI-IBO. I have published more than 30 papers in reputed journals and have been serving as an editorial board member of some journals.