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Bioavailability of nutrients

The aim of the study is to evaluate the in vivo antimicrobial effect of some natural products, Bioavailability is the amount of nutrient in a foodstuff that the body can utilize, to perform various physiologic functions. It varies according to age and physiologic conditions of individuals. The bioavailability of a nutrient depends on several factors such as factors contained in the food itself, factors of human physiology, factors specific to individual's health status, and factors related to the food processing. Bioavailability is influenced by both dietary and host-related factors. Several dietary factors affect the nutrient bioavailability of plant foods when they are consumed, such as the chemical form of the nutrient in the food and the nature of the food matrix, interactions occurring between nutrients and other organic components within the plant food and pretreatment of the food during processing and/or preparation. Bioavailability of nutrients are very important for fixing nutrient requirements and using it in food labeling purposes. Bioavailability influences a nutrient's beneficial effects at physiologic levels of intake and affects the nature and severity of toxicity due to excessive intakes. Bioavailability is an important issue for many nutritional concerns especially to determine the nutritional status of an individual.

Biography

Ms. Bulbin Jose is graduated in Clinical Nutrition and Dietetics from M.G University, Kerala, India in 2001. She obtained her Master's degree in Foods and Nutrition from Bharathiar University in 2003 and her M.Phil. in Foods and nutrition from Mother Theresa University in 2008. Currently pursuing her Ph.D. from Bharathiar University. She has 16 years working experience as clinical dietitian and lecturer from various countries. Currently she is working as Senior Clinical Dietitian of Dubai Health Authority, UAE. She is a speaker and organizing committee member for various international conferences and had several publications in various scientific peer-reviewed international journals. She was an executive member of Indian Dietetic Association Kerala Chapter. She was a nutrition columnist for various Indian newspapers, health magazines and weeklies in different languages. She participated in television live Programmes and TV shows based on nutrition themes and delivered health talks in various FM radio channels.