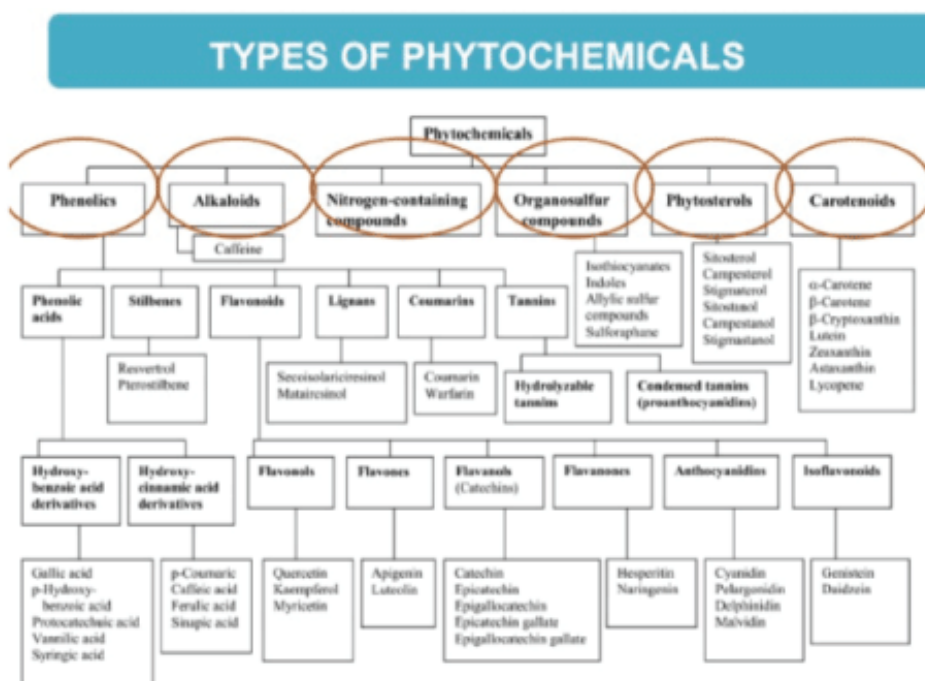


Joint meet on  
 4<sup>th</sup> International Conference on  
**NUTRITION, FOOD SCIENCE TECHNOLOGY**  
 &  
**4<sup>th</sup> WORLD CONGRESS ON FOOD AND NUTRITION**  
 March 22, 2021 | Webinar

**Medicinal foods**

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**P**hytonutrients- definition Phytonutrients are chemical compounds, often secondary metabolites abundantly present in nature notably in fruits and vegetables. More than 30000 phytochemicals have been identified and about 5-10000 are present in the foods that are commonly included in the human diet.



- Evidence base health benefits of phytochemicals in
- Coronary Heart disease
- Type 2 Diabetes
- Cancer
- Gut Health
- Ageing
- Obesity

**Ways to incorporate phytonutrients in the diet:** dietary supplement/nutraceuticals – definition a product taken by mouth that is intended to supplement the diet, which bears or contains 1 or more of the following dietary ingredients- a vitamin, a mineral, a herb or other botanical, an amino acid , a dietary substance for use by man, to supplement the diet by increasing the total daily intake or a concentrate metabolite constituent, extract or combinations of these ingredients.

**Biography**

Ifsha azhar Qureshi has completed her M.Sc and commenced PhD at the age of 31years from Punjab Agricultural University in india.

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