

3<sup>rd</sup> World Summit on **FOOD AND NUTRITION**

August 24-25, 2022 | Webinar

**The role of bioactive compounds from dietary spices in the management of metabolic syndrome:  
An Overview****Maryam Naveed**

UAE University, UAE

**Background:** Metabolic syndrome (MetS) is a combination of physiologically dysregulated parameters that can include elevated fasting blood glucose, high blood pressure, central obesity, increased triglyceride levels, insulin resistance, diabetes, elevated low density lipoprotein levels, and reduced high density lipoprotein levels in the blood. Effective clinical management of MetS is critical as it is strongly associated with long lasting and fatal complications in patients. Alongside standard care of lifestyle changes and medication, dietary supplements derived from herbal resources could be an alternative therapeutic strategy that is safe, efficient, culturally acceptable, and has few side effects. Of the dietary supplements, spicy foods have always been considered a great source of functional bioactive compounds. Herbal therapy is broadly used in many countries as a treatment or as a preventive measure in the management of MetS risk factors, including blood glucose, blood pressure, and blood lipid levels. Herein, an attempt is made to evaluate the recent studies in the management of MetS with herbal alternatives, and to explore the possibility of their use as therapeutic treatments or supplements.

**Biography**

Maryam Naveed is a Master student from UAE University and completed her Bachelors in Nutritional Science from College of Medicine and Health Sciences, UAE University. Her research interests are bioactive compounds in dietary foods and its impact in combating diseases particularly obesity, metabolic syndrome, diabetes and cancer.