

Balance fats in balanced diets

Bina Verma

Lady Irwin College, India



Abstract

Diets are not balanced without right percentage of fats. Dietary fat is a confusing concept for the public at large with both evolving nutrition science over time and areas of remaining uncertainty in the scientific literature.

In proposed presentation on the subject, I have the scope of covering the fact, that the types of foods consumed and the overall dietary pattern being followed are far more important for reducing CVD risk than only total fat.

Also the types of fat and carbohydrates and more relevantly, the types of foods supplying these nutrients are more important than the total amounts of fats and carbohydrates in the diet.

Biography

Bina Verma has completed her Diploma in Nutrition and Dietetics in Ministry of skill development and she also completed her BEd in Lady Irwin College, New Delhi and also pursued BSc in Home Science foods and Nutrition. She is highly skilled in Dietary and Nutrition, her keen interest towards the nutrition for the mankind to lead a happy and healthy life as well as dietary for the wellbeing of them. She actively participated in many conferences discussing her research ideas to the medical field for the nutrition field as a mentor for the young researchers and doctors taking it to a greater height.



[9th International conference on Food Science and Food Safety](#) | October 29, 2021

Citation: Bina Verma, Balance fats in balanced diets, Food Safety Summit 2021, 9th International Conference on Food Science and Food Safety, October 29, 2021