

Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



Hot debates in nutrition and food production/reformulation against global obesity

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Obesity is an important public health concern of our age. In theory, weight reduction involve behavior change related to diet and exercise. A lot of research has been devoted to the links between diet and obesity. Still, there are long-running differences of view, reflect the youth of the science and the difficulties of conducting controlled research that lasting for years, based on the daily routines of large numbers of free-living individuals. Increasingly sedentary lifestyles is considered as one of the major factor for the obesity epidemic in developed countries. Hence, the parallel debates on how to influence the consumer to make healthy lifestyle choices continues

actively.

Obesity, as multidimensional problem, requires an interdisciplinary approach involving the cooperation of all stakeholders such as the food industry, government, academia and medical community. Stakeholders should team up together in order to strengthen nutrition education of consumers and develop healthier product choices. Recently, attention has turned to the reformulating of the existing products (e.g. by decreasing sugars, fats and salts) and developing new food products. So, the food industry give its contribution in the battle against obesity by offering healthier food options on the market. The food labeling is also very important for consumers to have clarity and reliable nutrition information and to make responsible dietary decision. Giving consumers the nutrition information and nutritional food options can help them to make 'informed healthy choices' and, in the long term, to deal with nutrition problems, including obesity.

Biography

Daniela Nikolovska Nedelkoska has completed her PhD thesis related to the antioxidant properties, bioactive compounds and therapeutic potential of the wild-growing macrofungi (mushrooms) in 2014. Her competences ranges from food engineering and biotechnology, to biological area of expertise. She has participated in several national and international projects in her field of interest. Ass. Professor Daniela Nikolovska Nedelkoska has published over 25 original scientific articles and abstracts.

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