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Chia: an Ancient Seed Plant and its Health Benefits

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Adequate nutrition is an important element to protect the human being from civilization related disorders like cardiovascular diseases, obesity and diabetes. Chia is an oldest seed plant which is being used as foodstuff. The chia plant belongs to the family Lamiaceae and its scientific name is *Salvia hispanica* L. Chia seed is recommended and investigated due to the higher level of proteins, antioxidants, vitamins, dietary fiber and minerals. Chia seed is considered as a functional food because it has contribution in the human nutrition. Ground and whole chia seed is being consumed as a food and oil from chia seed is being extracting. Chia seed consist of high level of essential fatty acid α -linolenic acid and it is linked with some of the physiological functions. Chia is recommended as functional food because it not only has share in the human nutrition but also provides protection against the diseases like cardiovascular diseases, diabetes, nervous system disorders and inflammatory diseases. It is essential to consume chia seed properly in order to get potential health benefits. Direct consumption of chia seed has beneficial effects because of the presence of mucilage layer which is the fraction of soluble fiber. Chia seeds have high level of phytosterols which is an important nutrient and it helps to provides protection against heart diseases. It also has antifungal, bactericidal, antioxidants and anticancer effects. Components of chia seed have beneficial impacts on the enhancement of blood lipid profile and it contains fiber that makes it suitable for the proper functioning of intestine. Eicosapentaenoic (EPA) and Docosahexaenoic (DHA) fatty acid have potential to provide the protection against metabolic diseases. Chia seeds are also being used as oil supplement for human and animals.

Biography

I am Muhammad Kamil Fareed from Pakistan. I have completed my MSC(Hons) in Food Science and Technology from the MNS-University of Agriculture Multan, Pakistan. As, I have completed my MSC(Hons) in this year and my research paper is under review for the publishing. I also have published my abstract in the "30th All Pakistan Food Science conference and Food and Nutrition Expo-2019". The title of my abstract was "Value Addition of Chia into Yoghurt". After that I want to do PhD and also want to serve the human being so that I can make my world better.