Smart Eating through an Evolution of Nutritional and Functional Enhancement of Food and Ingredients

Biography

Dr. Anadi Nitithamyong is Senior Advisor at the Institute of Nutrition, Mahidol University (INMU), Thailand where she served as the Deputy Director for Education and Special Affairs from 2008 to 2011 and Deputy Director for Policy and Planning from 2015 to 2016. Her research interests and experiences include food processing and product development for nutritional and functional purposes particularly dietary fiber related areas. Currently she is the President of the Food Science and Technology Association of Thailand (FoSTAT) and a Member of the Nutrition Association of Thailand (NAT). She is also a Member of the Scientific Advisors of the International Life Sciences Institute (ILSI), Southeast Asia Region and is the Scientific Coordinator for its Thailand Country Committee. Dr. Nitithamyong received her Ph.D. in Food Science from the University of Wisconsin-Madison, USA.

Abstract

At present both fresh and commercially processed foods play a vital role in the global food supply. Increasing awareness among consumers regarding nutrition, health and well-being has driven the food manufacturers to respond to these challenges. Modern and emerging technologies are being applied to improve food processing, safety and quality as well as to promote the development of food derived benefits and functionally modified foods for better health. Moreover, the changes in population structure, consumer preference and regulatory atmosphere also encourage the food industry to adapt in order to be successful and sustainable. The presentation will describe varieties of innovation that could contribute to the evolution of nutritional and functional enhancement of foods and ingredients towards smart eating. They include, for example, food innovation/renovation, novel food/ingredient production, biofortification, allergy prevention/reduction and enabling technology for fresh but stable food.