

## Food and nutrition misinformation

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Good health is central to human happiness, wealth and even economic progress so, healthy eating impact on human health. But misinformation about food and nutrition affect to human health. Food and nutrition misinformation means misrepresentation of health and nutrition claims and health fraud. According to position of the American Dietetic Association (ADA) that food and nutrition misinformation can have harmful effects on the health, well-being, and economic status of consumers so, consumers have become increasingly aware of the nutrition- health information. We will discuss types, sources and role of laws and acts related to food misinformation.

### Market Analysis of Global Nutrition

Closely half of all deaths in children under 5 are linked to malnutrition, translating into the loss of about 3 million children per year. Malnourishment sets children at higher risk of failing from mutual infections, intensifies the occurrence and severity of such crusts and delays retrieval.

### Nutrition Supplements Market

The global nutrition supplements market size was valued at USD 133.1 billion in 2016 and is expected to quicken at a CAGR of 9.6% from 2016 to 2024. This influence is due to the rising consciousness to weight management amongst working professionals because of extensive brand operations by nutritional product manufacturers. Nutritional supplements are majorly consumed with an intention to enhance the intake of important nutritional elements in the human body. Increased cardiovascular disorders among the populations because of changeable diet patterns and inactive lifestyle among the age-group of 30-40 are expected to promote the importance of Nutraceuticals.

### Food Toxicology

Food toxicology is the study of the nature, properties, effects and detection of poisonous or toxic substances in food. Radioactive particles, heavy metal elements, or the packing substances used in food processing are examples of such substances.

- Food Safety and Hygiene • Food-borne Disease • Food irradiation • Categories of Food toxicity • Food Science & Cardiac Care

### Food Science and Nutrition

Food Science blends food microbiology, chemistry, physics, engineering and nutrition, therefore, the application of data so gained to the event of food product and processes, the preservation and storage of foods, and therefore the assurance of food safety and quality. It is a basic process of how heat, water, acid, and base change our foods.

- Macronutrients • Micronutrients

### Food Microbiology

Food microbiology is a branch of Food Science to study of the pathogens that inhibit, contaminating food and microorganisms that may cause disease especially if food is inappropriately cooked or stored, those used to produce fermented beverages & foods such as cheese, yogurt, bread, beer, and wine, and those with other useful roles such as producing probiotics.

Fermentation is one of the techniques to preserve food and enhance its quality. Fermented food product is less affable to other harmful microorganisms, including spoilage-causing microorganisms & pathogens thus extending the food's shelf-life.

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### Importance of Food Nutrition

The risk factors for fatal diseases, like type 2 diabetes and hypertension, are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits built up in childhood regularly convey into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

- Nutritional Deficiencies
- Weight gain
- High blood pressure

[3<sup>rd</sup> International webinar on Food Safety and Security](#) July 30, 2021 | London, UK