

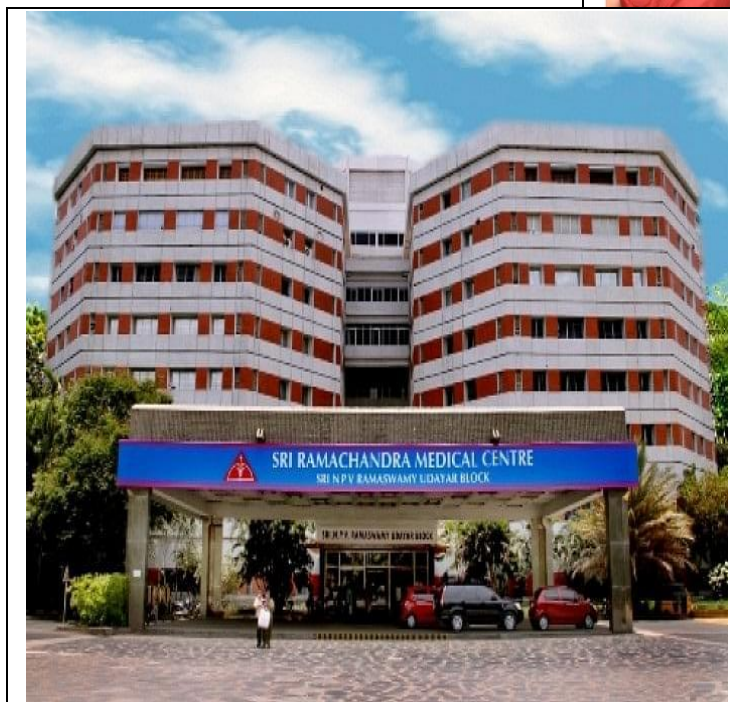


PERCEIVING PLANT BASED FOOD FOR HEALTHY BONE

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Abstract: The concept of health is wide and the way we define health also depends on individual perception, religious beliefs, cultural values, norms, and social class. India, the second most populous country in the world, is home to a very large population of osteoporotic patients. The exponential increase in hip fractures with age is seen in both genders, but the rise occurs about 10 years later in men than in women. Dietary intake is an important modifiable factor for bone health. The process of bone formation requires an adequate and constant supply of nutrients, such as calcium, protein, magnesium,



6. Publication of speakers:

1. Freeze-Drying of Plant-Based Foods
2. Antinutrients in Plant-based Foods: A Review
3. Pioneering Better Plant-based Food Experiences
4. PERCEIVING PLANT BASED FOOD FOR HEALTHY BONE
5. Plant-based food complements

Biography- Dr.G.Gayathri has completed his PhD at the age of 33 years from Sri Ramachandra Institute of Higher Education and Research, Chennai, India. She is currently working as a senior lecturer in the same university. He has published more than 10 papers in reputed journals and has also contributed in several regional magazines. She is also an Infant and Young Child Feeding specialist.

7. [14th International Conference on Agriculture and Plant Science, June 22-23, 2020, Sydney, Australia](#)

8. Abstract Citation :

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