

# Global Summit on **O**BESITY AND **H**ORMONES

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## **Beneficial effects of different chili pepper in treating Obesity**

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Fruits and vegetables are important components of a healthy diet. They are rich sources of vitamins and minerals, dietary fiber, and a host of beneficial non-nutrient substances including plant sterols, flavonoids, and other antioxidants. It has been reported that reduced intake of fruits and vegetables may increase the risk of non-communicable diseases (NCDs). Chili pepper commonly used in cuisines is an important spice that brings spiciness and nutrition. Over the years, it has been reported on its potential as an antioxidant and anti-obesity agent. Obesity is a serious health concern as it may initiate other common chronic diseases. Due to the side effects of synthetic antioxidants and anti-obesity drugs, scientists are now focusing on the potential natural products which produce a similar effect to synthetic chemicals. This up-to-date presentation addresses this research gap and presents, in an accessible format, the nutritional, antioxidant content, and anti-obesity properties of different chili peppers. Overall, this lecture has the merit to serve as a reference guide for the usage of chili peppers as an anti-obesity agent.

### **Biography**

Dr. Mst. Sharmin Sultana has completed her Ph.D. at the age of 28 years from the University Malaya and postdoctoral studies from University Putra Malaysia School of Nutrition and Dietetics. Currently, I am acting as the head of Grain Quality and Testing Laboratory, IRRI-IBO. I have published more than 25 papers in reputed journals and have been serving as an editorial board member of some journals.