

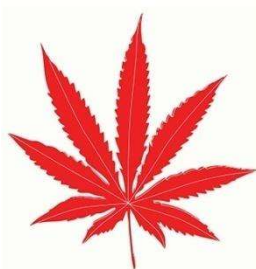


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

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Conference Abstract

UTILIZATION OF INDIGENOUS FRUITS PLANTS IN A NEW CONCEPT AND STRATEGIES FOR NUTRITIONAL SECURITY

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Abstract

Hunger is the most important problem of current time. World Health Organizations reported that more than one-third of human population suffers from hunger or malnutrition and from this one-third goes to bed semi-hungry or hungry, while only one-third of the world population fully enjoys all the benefits of adequate food supply. Utilization of safe, nutritious and healthy food is fundamental right to human and considered critical for social peace and stability. The most vulnerable people cannot access enough of the major macronutrients (carbohydrates, fats and protein). Some are thought to suffer from 'hidden hunger', in which important micronutrients (such as vitamins and minerals) are missing from their diet, with consequent risks of physical and mental impairment. Undernutrition remains one of the world's most serious but least addressed socioeconomic and health problems. In these crises only plants can solve the food and nutrition shortage problem. Presently two types of plant source food are available: one is from cultivated plants and the other is from wild or indigenous source. Azad Kashmir is endowed with agro biodiversity such as indigenous fruits that are highly nutritious, have health benefits, and potential that need to be exploited. These indigenous fruits can be processed into different products to ensure availability of these fruits during off-seasons. These indigenous fruits will be important sources of food especially at times of food shortage, hunger and other natural disasters of climate change. They provide important compounds for health benefits such as antioxidants, vitamins, minerals, and are rich in micronutrients iron, calcium, zinc and copper and phosphorus and antioxidants like phenolic, carotenoids, ascorbic acid,

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anthocyanin, flavonoids. In this context, the study is aimed to screen out indigenous plant sources altitudes wise from nutritional point of view. The development of value-added products from these plants sources

Keywords: Indigenous, fruits, nutrition, concept, strategies for nutritional security, value-added, nutrition security

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Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Declaration

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