

Conference Abstract

http://dx.doi.org/10.21065/AdvFoodNutriSci.4.27

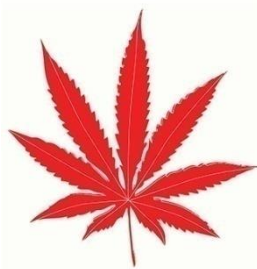
9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019



Monday –Thursday, July 10-11, 2019

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

NUTRITION TRANSITION PARADOX AND LIFESTYLE CHANGES IN PAKISTAN

Abdullah Sarfraz

Institute of Food and Nutritional Sciences, PMAS-Arid Agriculture University, Rawalpindi, Pakistan

Ethics approval and consent to participate: No ethical approval needed for this research work.

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

Keywords: Nutrition transition paradox, Pakistan, Dietary changes, Lower-middle income country, dual burden, Urbanization, Lifestyle changes

ABSTRACT

This article reviews the evidence of nutrition transition in last several decades and its consequences related to Pakistan which is a lower middle-income country of South Asia. In Pakistan the dual burden of disease and dual burden of malnutrition (over and under nutrition) are generally seen in national surveys or either both exists at even in same household. The main determinants of this nutrition transition paradox are rapid shift in income, mode of working, purchasing power, availability and desirability of low-quality food that mismatch our biology that is being established over the past millions of years with the evolution of human on this earth. The comparison of Paleolithic, Asian specific and today's modern (western) diet is also evident of this intricate transition. The latest facts and figures on dietary intake of fruits, vegetables, types of fats consumed, BMI (body mass index) and level of activity from a national survey is being analyzed in this article. As the Asians are at greater risk of chronic diseases than Caucasians, Pakistan need to struggle hard for solving this nutrition transition paradox situation and its long term health implications by planning effectively in nutrition specific and nutrition sensitive areas in the country.

Corresponding author:

Abdullah Sarfraz. Institute of Food and Nutritional Sciences, PMAS-Arid Agriculture University, Rawalpindi, Pakistan

Citation:

Abdullah S. Nutrition Transition Paradox and Lifestyle Changes in Pakistan. Adv Food Nutr Sci. Vol. 4. 2019. P.27-28.

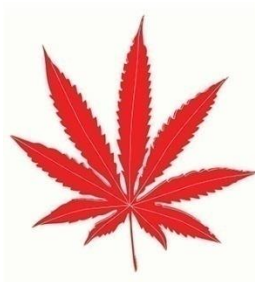
Funding:

The authors received no direct funding for this research.

Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.



© 2019 The Author(s). This open access article is distributed under a Creative Commons Attribution (CC-BY) 4.0 license.

You are free to:

Share — copy and redistribute the material in any medium or format

Adapt — remix, transform, and build upon the material for any purpose, even commercially.

The licensor cannot revoke these freedoms as long as you follow the license terms.

Under the following terms:

Attribution — You must give appropriate credit, provide a link to the license, and indicate if changes were made.

You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

No additional restrictions

You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits

The abstract appearing is approved to present in 9th Pak Pharma Healthcare Expo | 1ST Pakistan Food –Nutrition International Summit 2019, July 10-11, 2019 at Pak-China Friendship Centre, Islamabad, Pakistan. The submissions were selected and processed by the Organizing Committee to be presented in oral or poster session, and were subject to review by the Program Committee.