

Conference Abstract

http://dx.doi.org/10.21065/AdvFoodNutriSci.4.85

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

HEALTH BENEFITS AND THERAPEUTIC EFFECTS OF GREEN LEAFY VEGETABLES

Muhammad Younis, Saeed Akhtar, Muhammad Khurram Afzal, Tauseef Sultan, Tariq Ismail, Hafiz Rehan Nadeem, Muhammad Asif

Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan

Abstract

Corresponding author:

Corresponding author:

Muhammad Younis. Institute of Food Science & Nutrition, Bahauddin Zakariya University, Multan
P: +92
E: younismian0@gmail.com

Citation:

Muhammad Y, Saeed A, Muhammad K. A, Tauseef S, Tariq I, Hafiz R. N, Muhammad A. Health Benefits and Therapeutic Effects of Green Leafy Vegetables. Adv Food Nutr Sci. Vol. 4. 2019.p.85-86.

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.

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.

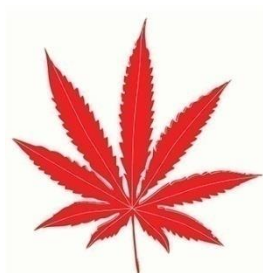
Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Keywords: Green Leafy Vegetables, Harsh Environmental Conditions, Exotic Species, Pharmacological Importance, Antioxidants

ABSTRACT

Green leafy vegetables are under incredible pressure by humans even from the advancement in civilization. Vegetables have the ability of surviving even after facing the harsh environmental conditions of scarcities and drought. In rural areas as compared to urban areas GLVs are the main source of nutrition because exotic species cannot be easily available here, and also these GLVs provide better nutrition as compared to the costly exotic species. Essential amino acids, minerals, fiber and vitamins are present in GLVs to fulfill instant nutritional requirements. Pharmacological and medicinal importance of GLVs is due to the presence of chemical constituents. Consumption of GLVs is health beneficial for reducing risks of specific diseases like hepatotoxicity and cancer. Compounds having the anti-histaminic, anti-diabetic and anti-carcinogenic and hypo-lipidemic characteristics are found in excess in GLVs. To improve the body's defense system, restoring and healing capacity against the hypertension, insomnia, obesity, aging and cardiovascular diseases (CVDs) the consumption of these vegetables is necessary because there are found

phytochemicals and a massive quantity of antioxidants in GLVs, which can overcome the nutritional and other health problems by improving the nutritional status of human beings. In conclusion it can be claimed that GLVs have the ability to be utilized and applied in numerous health beneficial purposes and development of different value added food products as used in their raw form in different regions of the world focusing on their benefits.



© 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.