

Colloquium

Nutrients - the double edged sword

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Macronutrients (carbohydrate, protein & fat), micronutrients (vitamins & minerals), water and fibre are essential components of human diet. Developments in preventive medicine and bio-medicine eradicated many infectious diseases. However, infectious diseases have gradually being replaced by metabolic diseases including Type-2 diabetes, Obesity, hypercholesterolaemia and associated cardiovascular problems. The major reason behind this is unbalanced diet, stress, sedentary life style with some genetically susceptible gene component. Understanding nutrient metabolism and how diet plays an important role in the aetiology of metabolic diseases will help people to modify their life style and diet.

In my presentation, I will talk about carbohydrate, fat and protein metabolism, saturated and unsaturated fat, good cholesterol (HDL) and bad cholesterol (LDL), Milk (A1 and A2), vegetarian and non-vegetarian diet, paleo diet and alcohol consumption in the context of metabolism and cardiovascular complications with recent updates.

Wednesday, Feb 15th 2017

4:00 PM (Tea/Coffee at 3:45 PM)

Seminar Hall, TCIS