

Thali Treat or Treatment: Traditional Indian Dietary Practice

FTI FOOD TECH PVT. LTD.

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Traditional Indian Thali

Thali involves dishes that are rich in fibre and different phytochemicals from a variety of plant foods in different colours, which indicate the presence of bioactive compounds such as orange (carotenes), yellow (lutein and zeaxanthin), and red / pink (lycopene). Which helps to restore gut bacteria diversity.



Gut Bacterial Diversity

Thali helps to restore gut bacterial diversity via anthocyanins. As anthocyanins are not absorbed into bloodstream in the small intestine and therefore, remain in the gastrointestinal tract until they reach the colon, where they can influence the colonic microbiota in a number of ways. The antioxidant properties can lower inflammation-induced oxidative stress on gut bacteria.

Anthocyanins are also a potential source of carbon, which can be metabolised by bacteria, leading to higher growth of certain microbes. This bacterial metabolism produces a variety of metabolite by-products, some of which exhibit antimicrobial effects on enteric pathogen species such as E. coli.

Inflammation-induced chronic diseases

Low-fibre, high-calorie diets common in the West have been said to either directly induce inflammation, or indirectly do so through gut dysbiosis, thereby increasing the risk of chronic disease.



Low-grade inflammation also allows bacteria like E. coli to thrive, thanks to the intestinal mucus layer thinning and facilitating more direct contact between cells and intestinal bacteria.

Thali, the researchers reported, could combat this cycle in two ways: ‘by suppressing bacterial growth with anti-microbial phytochemicals (for example, curcumin), and by reducing the opportunity for inflammation to occur’.

Bioactive compounds in the dished may also help to reduce the amount of reactive oxygen species (ROS) through their antioxidant activity, thereby also lowering inflammation.



Plant varieties for better health

Eating a wide variety of plant foods has no ill effects, and is indeed a commonly recommended part of a healthy lifestyle.

New Swings in Beverage Formulation



"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

~Spanish Proverb.

The beverage market has long been incredibly dynamic and innovative, characterized by a high degree of new product development and strong competition for consumer attention.

Some emerging trends and new applications in beverage formulation to identify opportunities for innovation in the beverage market.



♣ PLANT-BASED PROTEIN

Plant-based eating is a major trend across the food industry. In the beverage and nutrition segments, plant-based proteins are particularly 24% of performance drink/mix appealing, as they displace whey (a dairy by product) and other less desirable ingredients. Proteins like pea, brown rice, and hemp have boomed in recent years as a component of shakes and dry mix beverages.

♣ FORTIFIED COFFEE BEVERAGES

Coffee beverages fortified to deliver nutritional claims are a growing category. Consumers have grown familiar with coffee as a functional beverage through wellness brands like Bulletproof Coffee, which adds butter and MCT (medium-chain triglycerides) oil to the beverage to produce a ketogenic effect supporting weight loss.

Other consumers are seeking less processed beverages with added nutrients like protein or herbal ingredients traditionally associated with energy brands, like guarana or ginseng.

♣ SUGAR REDUCTION

The new nutrition label places additional scrutiny on the quantity of sugar in foods and beverages. Diet trends are shifting away from minimizing fat or carbohydrates and toward limiting sugar, and soda taxes have placed special emphasis on the sugar content of beverages in particular. Beverage manufacturers thus using flavor modulation technology, which uses flavors to enhance the perception of sweetness even in the absence of additional sugar.

Current Researches and Findings

♣ **Inhaling the aroma of black tea may help to lower stress levels:**

Drinking tea has been associated with various mental health benefits, including lowered Alzheimer's.

According to emerging research inhaling the aroma of black tea may lower stress levels after a stressful task and improve mood prior to experiencing mental stress.



♣ **Oat beta-glucan:**

Oat beta-glucan offers multiple health benefits with authorized claims, including a decreased risk of CVD (Cardio Vascular Disease), in different parts of the world. A sustainable and consumer-friendly ingredient, oat-beta glucan can be used in numerous applications to deliver excellent functionality through its water-binding and stabilizing properties along with its excellent solubility.

♣ **Soy Protein may help protect against the negative effects of menopause:**

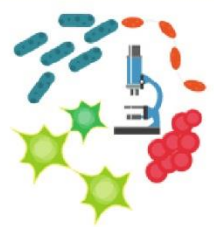
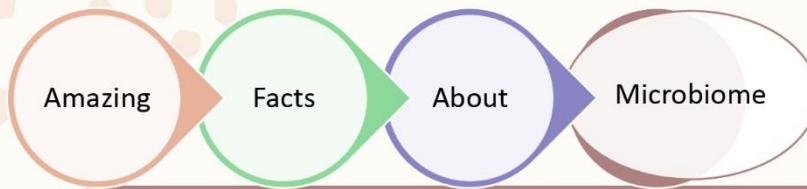
Osteoporosis, decreased physical activity, and weight gain are serious health concerns for postmenopausal women. Researchers have discovered through a new animal study that soy protein found in food might counter the negative effects of menopause on bone and metabolic health. Moreover, the researchers believe that soy protein might also have positive impacts on bone strength for women who have not yet reached menopause.

"Bottom line, this study showed that women might improve bone strength by adding some soy-based whole foods to their diet,"



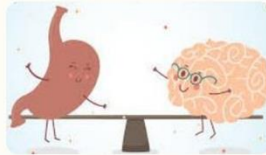
Mind Your Microbiome!

- ✿ Gut microbiome plays the indispensable role in human health. So, when we sit down to a meal, we are not just feeding ourselves — but feeding the trillions of microbes on which our body depends.



It can change in a flash !

Gut Microbiome can be changed within a day or two by altering diet. Prebiotic-rich foods feed gut-friendly bacteria.



It's brainy !

Gut Microbiome is sometimes referred to as a second brain as it, too, makes neurotransmitters. If microbiome is out of balance, one may feel anxious, depressed, or tired.



Food is better than pills !

Feeding microbiome with fermented foods rather than probiotic pills is better.

It's important for immunity !

70% of immune system lies in gut. When it's out of balance, it can trigger inflammation.

Diversity is best!

Studies link a more diverse microbiome with better health and weight control.

Fast facts on Chocolate!



Chocolate causes certain endocrine glands to secrete hormones that affect your feelings and behaviour by making you happy. Therefore, it counteracts depression, in turn reducing the stress of depression. Your stress-free life helps you maintain a youthful disposition, both physically and mentally.

So, eat chocolate !!



- ♣ Cocoa can be healthy, but the high-calorie chocolate bars that contain it aren't necessarily good. Cocoa comes from roasted cacao seeds. It's high in plant compounds called cocoa flavonoids. The flavonoids in cocoa—specifically catechin, epicatechin, and procyanidins.
- ♣ Chocolate's antioxidant potential may have a range of health benefits. The higher the cocoa content, as in dark chocolate, the more benefits there are.
- ♣ Dark chocolate may also contain less fat and sugar, but it is important to check the label.
- ♣ People who are seeking to lose or maintain weight should eat chocolate only in moderation.
- ♣ Chocolate bars do not contain only cocoa. The benefits and risks of any other ingredients, such as sugar and fat, need to be considered. The high sugar content of most chocolate can also be a cause of tooth decay.
- ♣ All in all, eating chocolate can have both health benefits and risks. As ever, moderation is key.

FTI Updates!!



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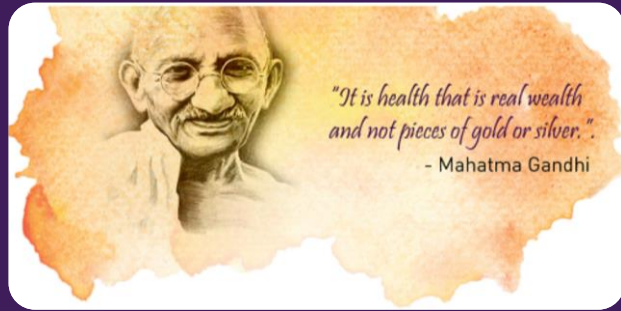


“FTI Food Tech Pvt. Ltd. awarded by ‘ASSOCHAM FAD’ for Excellence in Food Processing Technology 2018 ”



TEAM FTI- Get-together 2018





TEAM AT EAT RIGHT INDIA MOVEMENT 'INDORE GLIMPSE'



COMPILED BY:

Sandeep Kaur & Sakshi Maheshwari

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