

2nd Global summit on **Food Science and Nutrition**

October 30, 2021 | Webinar

Towards a Vegan diet: Nutrition and Food Science perspective

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Food systems have the potential to promote human health and environmental sustainability; however, the current food systems are jeopardizing both. To achieve the United Nations' sustainable development goals (SDGs) of eradicating global hunger (SDG #2) and ensuring sustainable consumption and production (SDG #12), a worldwide transformation of the food system is urgently needed. In recent years, vegan or plant-based diets have gained popularity among consumers, which can help reduce environmental impact while enforcing healthy eating habits. People are increasingly seeking greater varieties of plant-based foods and this trend has prompted pioneering food manufacturers to develop innovative vegan food products for niche markets, thus accelerating the food sector's transition to sustainability. Hence, the present talk aims at exploring the health effects of a vegan diet from a nutritional standpoint. It also discusses the opportunities and challenges of research in food science while producing plant-based foods. Finally, the talk outlines the importance of an integrative framework combining nutrition with food science to provide essential support for a sustainable and healthy food transformation.

Biography

Towhid Hasan is serving as a Lecturer in Department of Food Technology and Nutrition Science, Noakhali Science and Technology University, Noakhali, Bangladesh. His research interests are varied, with focus on human nutrition as well as food science. He is involved in research on public health, nutrition and dietetics and clinical nutrition. His focus in food science includes thermal behavior of fats, food emulsions, food product development and waste conversion to value-added products.

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