



## Health Issues Related to Fat Consumption and Choice of Diet as Remedy

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Rapid urbanization and changes in lifestyle has changed food habits towards processed foods. However processed foods are having associated risk factors. Most of the processed foods like French fries, potato chips, Snacks, breakfast cereals (ready to eat), cookies, roasted almond, crackers and related products are reported to have Acrylamides reported to be a neurotoxicant and probably a week human carcinogen. A processed food that contains partially hydrogenated oil (PHOs) as a shortening is the richest source of Trans Fatty Acid (TFA). TFA (isomers of the octadecenoic acids) significantly increase risk of heart disease and may drive insulin resistance and type 2 diabetes.

During processing utmost care need to be taken to avoid formation of undesirable Acrylamides by heating the raw ingredients at comparatively lower temperature. TFA (partially hydrogenated) formation is also associated with prolonged heating at a higher temperature. Regulations are there for manufactures, processed product could be termed as “trans-fat-free” for 0.5 grams of TFA per serving. However, customers do opt for high levels of trans fats consumption based on their food choices. Recent finds have reported that adoption of enzymatic glycerolysis instead of hydrogenation could pave the way for a TFA free processed food.

When it comes to food habit, what matters is the choice for a “healthy diet”. Contrary to past dietary advice promoting low-fat diets, newer research shows that antioxidant and fiber rich diet and good for health. Eating good fat i.e. unsaturated fat, limiting high intake of saturated fat are both necessary and beneficial for health. Among saturated fat coconut oil is reported to be good fat due to presence of medium chain triglycerides (MCT). One must have to replace foods like red meat and butter with fish, beans, nuts, and healthy oils instead of refined carbohydrates, reported to have negative impact o blood sugar and insulin levels.

As far as the prospect of Indian consumers is considered spices and herbs are being used traditionally. Indian being home for spices, Ayurvedic medicines are mostly prepared by using different combinations of spices due to their numerous health benefits such as digestive stimulant, immuno-modulatory, anticancer, antioxidant, enhancing micro-nutrient uptake and cholesterol lowering effect, respectively. Immuno-modulatory influence is shown by spices due to presence of phenolic compounds such as flavanoids, terpenes, alkaloids and antioxidant molecules. According to a re-

cent research findings hypocholesterolemic and antioxidant properties of spices have far reaching nutraceutical values. Antioxidant spices are immune modulators and hence could be used as adjuvant therapy along with conventional therapy in certain degenerative diseases. At present while across the Globe a pandemic situation of Covid'19 has severally influenced health consequences, a healthy diet is a wiser choice to acquire a better immune system.

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