

3<sup>rd</sup> World Congress on

# PUBLIC HEALTH AND NUTRITION

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## INNOVATIONS IN TEXTURE-MODIFIED FOOD

**Girish Sehgal\***

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Knowing what's on the plate in front of us is such a fundamental assumption that we don't even think about it, but is a daily mystery for many people on texture-modified diets. Innovation in texture-modified food services commenced with molecular cuisine, which involves understanding of both the physical and chemical processes that take place in cooking. At Food & Allied Support Services Corporation (FASSCO), we are applying this science through a range of products and techniques that replace unappetising scoops of puréed food items and thickened liquids with food and beverage solutions that restore dignity and the simple pleasures of a meal. For our healthcare clients whose recovery may be dependent on holistic approach, including nutritional and mental health aspects, we know the dining experience requires so much more than simply nutritious food. We also know that the love of food begins at an early age and doesn't diminish with age. Neither does it diminish when we are unwell; in fact there is often a heightened awareness and impact of sensory aspects such as smell, sight, texture and taste. FASSCO International has partnered with Chef Tibor Paller, an industry recognised expert in texture-modified food solutions for the healthcare industry. We understand food is an essential element in the healing process of the patient, hence we ask ourselves and you, 'Do We Want To Provide Food or Do We Want Our Patients to Eat?'

### Biography

Girish Sehgal, has had a remarkable career in hospitality industry working in Maldives, USA, Bahamas, Canada, and India. Girish's career began with Kempinski Hotels, moved to Four Seasons Hotel and Resorts, thereafter, joined Taj Hotels Resorts and Palaces as General Manager at various luxury Taj Hotel properties, under his aegis the teams received several prestigious international awards and accolades. In 2016 took up the role of CEO and MD of FASSCO, enticed by FASSCO's vision of bringing hospitality into healthcare. Girish completed his Masters degree in International Hospitality and Services Industries Management from Glion Institute of Higher Education, Montreux Switzerland.

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