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Probiotics

Although the pathophysiology of obesity is multifactorial, many recent studies have suggested that changes in the microbial ecosystem of the gut might be a novel approach in the prevention & treatment of obesity. The gut microbes in human colon have the capacity to ferment nutrients and secrete bioactive compounds. In addition, the gut microbiota also influences energy metabolism of the host, by regulating systems that have a crucial role in the control of nutrient absorption and metabolism, the integrity of the gut barrier, adipogenesis or hormonal status. Gut microbes also influence the metabolism of cells in tissues outside of the intestines (in the liver and adipose tissue) and thereby modulate lipid and glucose homeostasis, as well as systemic inflammation, in the host. Various studies have described that the species of intestinal bacteria may play either a pathogenic or a protective role in the development of obesity. Probiotics have physiologic functions that contribute to the health of gut microbiota, can affect food intake and appetite, body weight and composition. The gut microbiota is, therefore, a potential nutritional and pharmacological target in the management of obesity and obesity-related disorders

Biography

Archana Arora is a Registered Dietitian and has been practicing for more than 20 years in the fitness, healthcare, wellness and catering industries. She has completed her Masters in Food and Nutrition in 1995 followed by an internship at the All India Institute of Medical Sciences, New Delhi. Currently, she is working as a Senior Dietitian and Health Coach at NU Foods, Dubai.

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