



TITLE: Phytosterols as Nutraceutical Intervention for Cardio-Vascular Diseases

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ABSTRACT (upto 300 words)

Phytosterols are defined as plant sterols and plant stanols that the human body cannot synthesize and therefore originate from the diet. Phytosterols lower total and low density lipoproteins (LDL) blood cholesterol by preventing cholesterol absorption from the intestine, so they are known as blood cholesterol-lowering agents. Phytosterols are naturally present in fruits, vegetables, nuts and principally oils. Dietary phytosterol intakes normally range from 160-400mg/day with variations depending on food culture and major food sources. Studies have shown that maximum cholesterol lowering benefits are achieved at doses of 2-3g per day. Therefore, today's use implies the need for enriched functional foods, which give enough phytosterols intake thereby contributing to lowering LDL cholesterol levels. Dairy foods remain a food of choice for use as delivery vehicle for many functional ingredients including phytosterols and there are many dairy products available in the global markets, which are enriched with phytosterols. At the current growth rate of cardio-vascular disease (CVD) throughout world, it is expected that the world market demand for phytosterol-fortified products would increase in the near future. There is no doubt that phytosterol as a functional food ingredient will be a new approach to reduce LDL cholesterol through dairy foods and hold a great promise for long-term health management. The use of phytosterols in commonly consumed dairy products may soon provide an effective tool against CVD and its introduction in world market is worth anticipating in the near future.

BIOGRAPHY (upto 200 words)

Charu Gupta (Gold Medalist), *Professor, Amity Institute of Herbal Research & Studies, Amity University Uttar Pradesh, Noida* carries with over 15 years of experience in teaching and research at University level. She has successfully completed four govt. funded projects in the area of medicinal and aromatic plants. She has over 100 publications that have been cited over 1900 times, and her publication h-index is 25. She has been granted few patents related to medicinal plants and functional foods. She has also transferred 2 technologies related to herbal products to some industries. She has been serving as an editorial board member of several reputed journals. Presently, she is working on the project funded by DST-SERB in collaboration with Malaysia & Thailand under ASEAN-India Collaborative research project.



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