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Immunonutrition: Correlation with nutrients

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Abstract

Immunonutrition perception is a condition in which an altered supply of nutrients modifies immune responses. However, it has become linked intimately with endeavors to improve the clinical course of ill and surgical patients who often require an exogenous supply of nutrients. The role of nutrition in the proper functioning of the immune system is well documented since ancient times, several micronutrients such as vitamins and minerals are linked with modulation of cell mediated immunity, phagocytes function and secretary immunoglobulin, antibody concentrations and cytokine production. Malnutrition is a major nutritional disorder globally, especially in the developing countries, poor dietary habits and imbalance of nutrients' intake, results in adverse consequences on the normal body functions. In the domain of nutrition, there are several proven facts that energy and nutrient deficiencies are responsible for multiple immune problems, these disparities can be addressed with good dietary practices as selenium, zinc, iron, copper, vitamins are of significant importance for the development of the immune system . Consequently, the malnutrition results in several health disparities e.g. Nutritional-acquired immune deficiency syndrome (NAIDS). There are several areas that need to be addressed the most important is to raise the awareness of the people for balanced uptake of nutrients. Moreover, special dietary plans should be prepared for communities which could utilize the key concepts of food diversification and food fortifications with essential nutrients. In the nutshell, government agencies and allied stakeholders need to take necessary actions for reducing the extent of malnutrition.

Biography

Farhan Saeed has completed his Ph.D. at the age of 28 years from University of Agriculture Faisalabad-Pakistan. He is now working as Assistant Professor in Department of Food Science, Government College University, Faisalabad, Pakistan. He has published more than 30 papers in reputed journals.

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