Title: Moringa oleifera as a source of functional food ingredients: Potential role in the prevention of type 2 diabetes

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Moringa oleifera (moringa), a perennial deciduous tropical plant belonging to the Moringaceae family, constitute an important source of health-beneficial bioactive compounds. Moringa is also considered as a remedy to fight malnutrition. It possesses many pharmacological properties such as anti-diabetic, anti-cancer, anti-inflammatory and antioxidant. It is possible that the anti-diabetic properties of moringa are closely associated with the presence of its bioactive compounds including polyphenols. This talk will discuss the role of bioactive compounds from moringa, specifically polyphenols, in the prevention of type 2 diabetes.

Biography:

Dr. Imran is Assistant Professor of Human Nutrition at the Department of Human Nutrition, The University of Agriculture Peshawar-Pakistan. He obtained his Ph.D degree in Nutrition & Exercise from Deakin University Australia. His research interest focuses on the development of palatable functional foods using underutilized food ingredients and to elucidate the effect of such foods on biomarkers of chronic diseases using invitro and human clinical studies. He has authored more than 20 scientific publications. He also serves as a reviewer of several reputed international journals.

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