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Abstract (600 word limits)

The term functional foods was first introduced in Japan in the mid-1980's and referred to foods containing ingredients that aid specific bodily functions in addition to being nutritious. Among the early developed functional foods were those fortified with vitamins and/or minerals. Subsequently, foods were fortified with micronutrients such as omega-3, phytosterol and soluble fibre. Food companies developed food products with multiple health benefits in a single food. This research continues till date and is a market to seek. His presentation explains the different terms linked with functional foods. The different terms that will be discussed are bioactive compounds, dietary supplements, functional ingredients, medical foods, natural health products etc. Probiotics, Prebiotics, Synbiotics and Postbiotics will also be deliberated upon. Nutraceuticals (medical foods, designer foods, phytochemicals, functional foods and nutritional supplements) are explained for their role in health. These include a variety of foods such as "bio" yoghurts, fortified breakfast cereals, herbal remedies and supplements. Functional foods and their wide spectrum of benefits are presented here. Also, opportunities and challenges for the use of functional foods are enumerated.

Biography (200 word limit)

Dr. Rita S. Patil is Associate Professor and Head, Dept of Food and Nutrition at Maniben Nanavati Womens College, Mumbai. She has a teaching experience of 33 years. She is a research guide for PhD and M.Sc. Currently she has three research projects on going. Dr Patil has papers presented at national and international conferences in India and abroad. She is a resource person at conferences. She has several publications which include book, chapters in book and edited book. Dr Rita has twelve research papers published in peer reviewed journals and has written five articles too. She is joint secretary of Indian Dietetic Association-Mumbai chapter and Treasurer IAPEN India -Mumbai chapter.

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