Super Foods And Its Importance In Our Daily Diet

Volume-I

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Co-Editor

Dr. Madhu

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CONTENT

ABOUT BOOK:

Super foods have grown in popularity over the previous decade, becoming a hot topic of discussion in the community's health and wellness. During the COVID-19 pandemics, the concept of super food gained prominence. Super food is a marketing term for foods that claim health benefits due to their high nutrient density. Between 2011 and 2021, the number of food and beverage products on the market that contain the terms "super food," "super fruit," or "super grain" more than doubled. Super foods might be a good entry into healthy eating, and understanding the nutritional value of your food can be enlightening. There is no specific description of what constitutes a "super food". On the other hand, Super foods are said to be nutritious powerhouses that include high levels of antioxidants, phytochemicals, vitamins, and minerals. Super foods high vitamin and mineral content can help your body fight against diseases and keep you healthier. By editing this book, we hope that we can educate people about many super foods, their nutritional and medicinal characteristics, production, processing, and health advantages in our everyday diets as our lifestyles change. Our primary objective is to disseminate accurate information on super foods. We believe that this attempt will benefit students, researchers, academicians, and the general public.

ABOUT EDITOR

Dr. Latika Yadav *is currently working as Assistant Professor and Head in the Department of Home Science, Government Degree College, Punwarka, Saharanpur, Uttar Pradesh. She completed her B.Sc. Home Science from Acharya Narendra Deva University of Agriculture and Technology, Ayodhya, U.P, M.Sc (Foods and Nutrition) from Banaras Hindu University, Varanasi, U.P; Ph.D in Foods and Nutrition from Maharana Pratap University of Agriculture and Technology, Udaipur, Rajasthan and B.Ed in Home Science from Dr. Bhim Rao Ambedkar University, Agra, U.P. She earned a University Gold Medal in B.Sc. and was the department topper in M.Sc. She was awarded a Ph.D. scholarship by the UGC, the NFOBC-JRF. She has qualified ICAR JRF (2008), UGC - NET (2010, 2013, 2014), ASRB NET (2018) and Rajasthan SET (2013). She cleared various competitive examinations UPSESSB (PGT), DSSSB-PGT, UKPSC (GDC) and UPPSC (GDC). She has a teaching experience of about 5 years and research experience of 9 years. She has published more than 23 research and review papers in national and international journals, 12 articles and 5 chapters in Book. She got Young Scientist Award for outstanding contribution in Food and Nutrition at ATDS-2018. She awarded 2 times best poster presentation award in International conference (2014) and First UP Agriculture Science Congress (2013). She has presented more than 12 papers and posters in national and international seminars/ conferences and has also attended many workshops. She is the Life time Members of Indian Dietetic Association and Home Science Association of India.*

ABOUT CO-EDITOR

Dr. Madhu *is Assistant professor in Deptt of Home science, Kashi Naresh Govt. PG College, Gyanpur, Bhadohi, U.P. She holds a Doctorate degree in Food and Nutrition from Punjab Agricultural University in 2014. She was awarded UGC-NET(2011), ICAR-SRF (2010), ASRB-NET (2018) as well as UGC- Junior research fellowship(2011) in Ph.D. besides that she was also awarded with ICAR- Junior research fellowship(2008) with rank Second and she completed her M.Sc from Acharya NG Ranga Agricultural University and done dissertation from National Institute of Nutrition(NIN),in Deptt of Microbiology, HYDERABAD with highest OGPA . She has completed B.Sc from Narendra Dev University of Agriculture and technology Ayodhya, U.P. throughout merit scholarship. She has associated with various academic and research experience specially in UNICEF sponsored project in DRPCAU, PUSA, Samastipur, Bihar. She has a teaching experience of more than 2 years and research experience of more than 5 years. She has also more than 1 year of experience in teaching as PGT lecturer in Home Science in Sanatan Dharam kanya Inter College, SADAR, Meerut. She has qualified different competitive examination like UPSESSB (PGT), and UPPSC (GDC). She has published more than 16 research and review papers in national and international journals, 5 articles. She awarded 5 times best poster presentation award in International conference (2012) and First UP Agriculture Science Congress (2013) and Second UP Agriculture Science Congress (2014). She has presented 14 posters and 2 papers in national and international seminars/ conferences and has also attended many workshops/symposium. She is the Life time Members of Indian Dietetic Association and Nutrition Society of India.*

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