

## Applied Nutrition Research Group



**Research Group Name:** Applied Nutrition Research Group

**Group Leader:** Ms. Madiha Javed

**Team Members:** Ms. Sehrish, Ms. Fareeha Shahid

**Research Description:** Applied Nutrition Research Group aims to improve the understanding of the impact of food and nutrition on health. The main theme of this group is to provide guidelines regarding impact of nutrition on health. Applied Nutrition Research Group concentrates on improving the nutritional quality of foods, on primary prevention, surveillance, and nutritional epidemiology, establishing reference values and guidelines for healthy eating, dietary education, and collective catering for the healthy population.

As we know that the food that we eat is digested and absorbed and it is utilized by our body. Food helps us in staying healthy as it provides nutrition. Our diet should be such that it meets our nutritional requirements and thus helps to be sound health.

Applied Nutrition is the branch of the Food and Drug Administration (FDA) that regulates food, dietary supplements, and cosmetics. Nutrition is the science that expounds the interaction of

nutrients and other substances in food. In relation to have a healthy life as by maintenance, growth, reproduction, health and disease of an organism. It includes food intake, chewing, absorption, assimilation, biosynthesis, catabolism and excretion.

**Tactical Guidelines:**

The research team focuses on nutrition related programs in different setting. The team utilizes knowledge to guarantee healthy nutritional status of society. The team focuses on:

- To expand public health and community nutrition programs and initiatives.
- To develop consciousness about the importance of nutrition education in daily living
- To improve the health status through conducting nutrition camps to create awareness among society