

Category	: International Rice Research Conference
Select Theme	: Pathways to health and nutrition
Endorsement email	:
Keyword 1	: Lifestyle solutions
Keyword 2	: Nutrient-dense rice
Keyword 3	: Nutraceuticals
Title of Entry	: Nutraceutically Enriched Rice Based Food to Mitigate Malnutrition in Bangladesh.
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Select only one type of presentation	: 15 minute oral presentation
Abstract	: Rice is the synonym for food in Bangladesh and has been one of the major traditional sources of carbohydrates and proteins since the prehistoric days. By the end of 2017, eighty-six high-yielding varieties (HYVs), including both inbreds and hybrids, have been released by Bangladesh Rice Research Institute (BRRI). At present, total clean rice production is about 34.8 MT, enough to satisfy the domestic requirement to feed more than 160 million population with the surplus of 2.06 MT. In contrast, there has been comparatively less progress on addressing the quality aspects of rice. Thus, emphasis should now be to focus on the grain quality and nutrition research towards rice grain nutraceutical properties to reveal its aptitude to combat with non-communicable diseases such as heart disease, cancer, diabetics etc. By the course of time, Grain Quality and Nutrition Division of BRRI has identified some promising nutraceutically enriched HYVs such as black rice, antioxidant enriched rice, low glycemic index rice (Low GI), anti-depressive alias gamma amino butyric acid (GABA) enriched pre germinated brown rice and micronutrient enriched rice, specially zinc enriched rice. Since in Bangladesh, rice based processed food items are available namely flattened, popped and puffed rice to meet local demand as traditional food items, we assume that there is a potential scope to enhance nutraceutically enriched rice based food considering malnutrition mitigation and humanitarian relief operation into account. In this study we have formulated energy dense nutraceutical enriched rice based food formulation specially cake and biscuits having energy density ranging from 5.0-5.5 per 100g serving respectively. Rice based balanced and nutritious food intake may possibly reduce the amount of unprocessed whole rice consumption gradually. By attaining required dietary allowance, rice based food may help sustain food security in Bangladesh in a way to properly and effectively utilizing the rice grain. It will open diversified uses of rice and rice based food products in Bangladesh.

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