

Sends in Nutritional Enhancement of Plant Food Function in Europe

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Summary

In affluent societies, people who consume a diet rich in plant products appear to be protected against the development of chronic disease. In contrast, in developing countries where plants are the staple food, there are a variety of diseases due to severe nutritional deficiency. Food plants contain a wide variety of chemical constituents, like macronutrients such as proteins and fats, as well as vitamins and other biologically-active chemicals that are of growing scientific interest. A European conference on NEODIET: Nutritional Enhancement of Plant-based Foods in European Trade, was held in Norwich UK from September 6-9 2000. The objectives of NEODIET are to understand how best to maximize the bioavailability of selected nutrients and potentially beneficial factors present in plant-derived foods, and to study the effects of processing on the concentration and bioavailability of such compounds with the aim of optimizing their delivery to the consumer, absorption and biological effectiveness. In the conference, there were many presentations concerning new plant biotechnology and the problems of applying GM to plant-based foods. This paper will discuss on trends of the nutritional enhancement of plant-based foods in Europe.