

Protein Quality: Investing in Human Growth and Social Development

【 Date 】 Saturday, May 16th 12:30pm - 1:30pm

【 Venue 】 Room 302, Pacifico Yokohama

【 Chair 】

【 Guest Speaker 】



Prof. Ricardo Uauy

Professor in London School of Hygiene and Tropical Medicine



Dr. Shibani Ghosh

Tufts University,
Friedman School of Nutrition Science and Policy

Biography

For 8 years, he was the Director of the Institute of Nutrition and Food Technology of the University of Chile. After studying medicine at the University of Chile, he obtained his Doctoral degree in Nutritional Biochemistry from the Massachusetts Institute of Technology.

Ricardo has contributed over 360 scientific publications on various aspects of human nutrition and edited 10 books.

He has served as President of the Chilean Nutrition Society and of the International Union of Nutrition Sciences IUNS, has participated as an expert in multiple WHO/FAO expert committees.

Presentation Summary

Poor dietary quality has a marked negative impact on key sensitive periods for human development: pregnancy and the first two years of life (the first 1000 days). Dispensable and indispensable amino acids play key roles in the achieving healthy growth in early life. Amino acids are also responsible for stimulating insulin like growth factors (IGFs) that promote length gain, specific proteins in milk and other animal foods are relevant in this process. Thus we need to characterize the best amino acid mix to promote healthy lean mass gain without inordinate fat mass gain. Protein quality also impacts the quality of life at the later part of life. Women need to enter pregnancy in a well-nourished state, and eat appropriately during pregnancy. Fetal and child development in early life, is critically dependent on the appropriate amount of dietary protein, for both appropriate growth and body composition, these will determine later human capacity and economic productivity.

