

## **Background**

The cause-and-effect relationship between dietary fats and non-communicable diseases is perhaps the most interesting facet of nutrition research today. The subject of dietary fats attains tremendous significance in India, where a wide variety of edible fats are consumed by the people. There is a strange paradox observed in the pattern of dietary fat consumption in the country. The weak and the under-nourished segments of population need more of it, but cannot afford due to its high costs. Whereas, the well-to-do sections of the society who need to minimize its intake, are over consuming it.

Dietary guidelines pertaining to oils and fats need critical evaluation in the wake of the availability of new research findings. The studies carried out at the National Institute of Nutrition (NIN) during the last two decades have shed new light on this subject. There is a felt-need to disseminate this research-based information extensively among the masses at the earliest. Simultaneously, various strategies and approaches need to be formulated to sensitize all stakeholders involved in the production, supply and consumption of the right type of dietary fats.

In order to deliberate upon several such issues, a two-day workshop was held on “Dietary Fats and Non-Communicable Diseases (NCDs)” on 7<sup>th</sup> and 8<sup>th</sup> July, 2005 at NIN. Several subject experts drawn from different disciplines had participated in the workshop and deliberated on the aspects relating to quality, quantity and combinations of oils needed to meet the nutritional requirements and prevent the incidence of chronic non-communicable diseases. Several recommendations were made on optimal fat consumptions as well as on strategies and approaches for the promotion of ideal fat consumption.

## **Objectives**

- To provide an update on the role of dietary fats/oils with special emphasis on the Indian scenario.
- To recommend optimal quality, quantity and combinations of fat for health promotion and prevention of non-communicable diseases.
- To evolve strategies for sensitizing all stakeholders on the consumption of the right type of dietary fats

Three technical sessions were held after a brief inaugural session. Subject experts presented their papers on different aspects of dietary fats during these sessions.