

## PREFACE

The history of mankind has been linked with food since time immemorial because food is a basic need and food habits are inculcated quite early in life. Advances in civilisation and rapid urbanisation coupled with industrialisation have not only changed our dietary habits, but also have resulted in nutrient excesses. Added to these, due to the availability of better health care facilities, the life expectancy rate has also gone up, thus producing a population with more nutrient excesses, particularly in developing countries, which are already facing the burden of under-nutrition problems. Further, rapid industrialisation also brought about the movement of population from rural to urban areas, joint family to nuclear family, active form of life to more sedentary life, from tension-less to more strenuous and stress oriented life. All these factors collectively influenced the diet of the pre-industrialisation or agricultural era (low risk diet – which is cereal-pulse rich and low in fat and high in fibre) to the diet of technological era (high risk diet which is less in Cereals & pulses, high in free sugar and fat, low in fibre). This high risk diet (affluent diet) not only increased the prevalence of Diet Related Non-Communicable Diseases in the developed countries, but also influenced to a great extent the dietary habits of developing countries. Thus, Diet Related Non-Communicable Diseases have emerged as a major public health problem. Various technical reports of WHO clearly indicate a sharp rise in the prevalence of Diet Related Non-Communicable Diseases such as obesity, hypertension, diabetes mellitus etc in both, the developed and developing countries. Realising the magnitude of the problem, WHO immediately initiated actions in combating the NCDS through a multi-sectoral approach involving various stakeholders concerned with the health and welfare of the community. Thus, a need was felt to organize a workshop on “Role of Diet in the Prevention and Control of Non-Communicable Diseases” in the Dept. of Foods & Nutrition, The Maharaja Sayajirao University of Baroda, which is a WHO Collaborating Centre for Anemia Control & Diet Related Non-Communicable Diseases. The workshop in particular focused on the changes required in the foods consumed along with improved physical activity to bring about reductions NCD profile of the country. The

present report summarises the deliberations, recommendations and action plans which emerged from this workshop. We are sure these deliberations will go a long way in tackling the rise of NCD's in our country.

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