





market can come up with innovative solutions for better human consumption. Natural ingredients are nutrient dense and need lesser processing thus limiting any adverse impacts on health.

### July

#### The role of state-of-art analytical facilities in the food safety claim chain



The article underlines the need to harmonise as the country is putting new laws in place both for packed food and open market foods. There is a need for investment and intellect in training the trainer and making sure that food analysis is done more accurately.

### September

#### Protein trend set to soar in Asia Pacific



The role of protein has now evolved from being 'fitness' to 'health and wellness' ingredient. Protein has a broad appeal across various age spectrums. The article focuses on the rising awareness about flexitarian diets.

### October

#### Fenugreek: From traditional to modern medicine



The writer focuses on various benefits of fenugreek. The green leaves are one of the most ancient medicinal herbs containing health benefits. All these compounds are classified as biologically active, as these have pharmacological effects on the human body when ingested.

### November

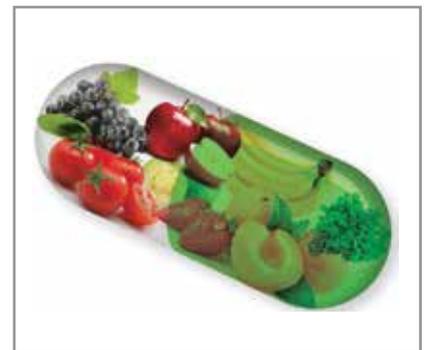
#### The journey of innovation



The consumer of today is vastly different from that of a few years ago. The writer focuses on how technology has taken over our lives, making it simpler and more complicated at the same time. He talks about how MTR also brought an innovative solution for Indian sweets for quality conscious consumers.

### December

#### Nutraceuticals' latest picture and their role in health



Plant foods serve as a rich source of phenolic and polyphenolic compounds. The writer says that nutraceuticals have proven to be health benefit and disease prevention capability, which should be taken according to their acceptable recommended intake. **NS**