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## Role of Nutrition and Nutraceuticals in Preventing Obesity

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The prevalence of obesity may differ with age, ethnic background and economic conditions. However, the health implications associated with obesity were nevertheless same. Although the genetic factor may cause the obesity, the behavioral influence such as diet, physical activity and environmental factors have stronger influence on the prevalence and propagation of obesity. Therefore the energy balance in the intake and use of calories by the body plays a critical role in weight gain. Several healthy diet guidelines recommends eating veggie and low fat diets but excess intake of the same may again cause energy imbalance and therefore is less effective in preventing the weight gain. On the other hand nutraceuticals such as green tea, Graciani Cambodia, Coleus forskohilli, fucoxanthinetc and supplements like Acetyl l-carnitine, 5-HTP and CLA etc are exhibited to be effective in fat burning and weight loss in adult populations. Maintenance of regular energy balance is the strategical and logical approach such as limiting the calories from the daily diet and increasing the pysical activity must be observed as routine and with the aid of nutraceuticals may effectively prevent the prevalence of obesity in both children and adults. Nutraceuticals targeting weight control alone does not support overall improvement, but rather a comprehensive approach tackling glucose metabolism, fat burning and circulation may require to counter obesity and related complications. A number of nutraceuticals are recommended for weight management while providing a proper nutritionalbalance.

### Biography:

Dr. T.P.Rao has completed his Ph.D. and postdoctoral studies at Nagoya University, Japan and a certificate course in International Food Laws and Regulations at Michigan State University, USA. He is General Manager at Taiyo Kagaku, Japan. He started his career at ICRSAT (International Crop Research Institute for Semi-Arid Tropics, India) and acquired extensive research, marketing and regulatory experience ranging in the fields of agriculture, nutrition to health. He has published one book and more than 65 papers in reputed journals and books. He has been serving as an editorial board member of NutraCos magazine and Austin Journal of Nutrition and Metabolism.