

Advances in Technology: How Feasible are they?

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Abstract

Surely, the times have changed and so does the standard of our living. As we are all aware, the modern day people are subjected to stress at personal and professional level. To be honest, stress has become one of the rich nutrients, our palates could only satiate. Stress, was there too, in the time of our grandparents and great grandparents. Didn't they live a healthy and a happy life? Didn't leave behind one of the finest resources via jaw dropping discoveries and inventions? Depression once a word only found in the dusted and cornered dictionaries has now become a word of house hold regulation.

We understand there's lot of research going on to bring out the best food product possible. Research has also taken the first place in the canon of evolvement to solve and treat and eradicate many a human issue. Few these days say, the advancement of technology has changed the quality of our lives and the quantity of our daily food intake. I do not ever think not everyone is meeting the RDA (Required Dietary Allowances) in food once has to come in 24 hour cycle of earth's rotation. But, how did technology change our life? How did these inventions in machinery at a food industry changed the way we produce our food? Hence, with a background knowledge of these, our objective in this article is to mainly focus in bringing this article is to understand the role and importance of advent of technologies and test their feasibility. After all, is this research not aimed at improving the quality of living and decreasing or say, eliminating the incidence of non-communicable diseases, precisely, hypertension?

Keywords: Food Security, Food Safety, Food Economics, Advancement in Technology, Feasibility.

Introduction

Diet, they say, is the most neglected, yet the most notorious come solitary nutrient in the 24 hours Sun completes one revolution. Iron, Folic Acid, Calcium, Proteins, Carbohydrates? Well, aren't they, the most important nutrients in the daily dose of culinary preparations? Professionals and aficionados of medicine say, minimal intake leads to anemia and thrombocytopenia and substitute excess sugar in the place of salt, you will end up being diabetic. But our question here is, can the sore throated social animal ever feel their meal sumptuous and nutritious and delicious, should they find a dearth of the aforementioned foods? Hands on hearts, will we really dare to think about the indulgence of ingredients when a dish of sublime culinary art is put before us and our appetite whets?

Our main focus in bringing this article is to understand the role and importance of adequate nutrient intake in increasing and decreasing the incidence of non-communicable diseases, precisely, hypertension. This globe, this beautiful earth is of diversified foods and varied cultures. Scientific assonance and lexical consonance have always put me pondering and beefing on the one question that hardly invited any answer. 'Why are we concerned about

Fast Foods or Ready to Eat Foods when can we can make them at home, in a span of minutes? Water is a nutrient less taken, and, why on earth only few are blessed to take water as part of their daily food?' To me, as per my literacy, water is the most neglected nutrient on this pale blue do we call earth, we human beings never give an importance. Does hisurreal life beneath our bruised and broken souls, writhing in pain, toying with the affirmatives of pleasure in an innate way, draw us a sheath of support?

Hill Gallant KM, et al. 2016, in their article once said, Bone and heart health are linked through a variety of cellular, endocrine, and metabolic mechanisms, including the bidirectional effects of mineral-regulating hormones parathyroid hormone and fibroblast growth factor 23 [1]. Nutrition plays an important role in the development of both cardiovascular and bone disease. This review describes current knowledge on the relations between the cardiovascular system and bone and the influence of key nutrients involved in mineral metabolism-calcium, vitamin D, and phosphorus-on heart and bone health, as well as the racial/ethnic differences in cardiovascular disease and osteoporosis and the influence that nutrition has on these disparities.

Does our swirling theories of deism and laconic gushiness when put in black and white, which I am trying to do now, push us towards reading and researching the lost pieces of exuberant dilettantism?

With a view of that, and a hallucinated panorama of another, I bring to you, my thoughts and droughts' glorious uncertainties in the field of science towards putting my pen on the everlasting importance of diet and social hierarchy in the areas where food is least available.

Reifer C, et al. 2015 in their research report narrated that, Food sustainability is important, and according to the Food and Agricultural Organization (FAO), the main sources of pressure on the environment are food consumption, production trends and patterns; fundamental changes in the manner in which food is processed, produced, transported and consumed are indispensable in achieving sustainable development [2]. According to the United Nations Food and Agriculture Organization (FAO), approximately 795 million people around the globe do not have access to an adequate supply of nutritious and safe food.

The United Nations (UN) predicts that the worldwide demand for food will increase 60 percent by 2050, with the world population growing between about 9 and 10 billion in that same time period. According to the estimates of some experts, it may take as much innovation in agriculture over the next 40 years as it has in 10,000 preceding years to meet the growing food demand. The market for opportunity for food scientists is needed to keep up with the growing population and demand and to savor a safe and nutritious food supply.

Yes! Ladies and Gentlemen. Time has moved on and so does the advent of technology. I believe the quiddity of my pen lies in the efficaciousness to read and research the needs of human soul.

Past research showed that, retaining back neurotransmitters within the synapses makes the communication between the neurons stronger which further prevents depression. There are many selective serotonin reuptake inhibitors which are being used as the potent antidepressants. Below put forth are a few reviews. McDonald Stet al, 2015 said that, Smoking foods, whether by conventional wood smoke or by smoke condensate flavors, can add to the risk of cancer when the foods are consumed [3]. Generally, foods with smoke flavorings will have less PAH than foods conventionally smoked due to the purification process during condensate manufacture. The toxic compounds are not soluble in the aqueous condensate and precipitate and largely removed by decantation and filtration. However, awareness of the toxicity of PAH has led to techniques to reduce their content in industrially smoked foods as well as smoke condensate flavored foods. In any case, WHO recommendations are for moderate consumption of such foods to reduce the risk of cancer.

In an unputdownable article, Mengual et al, 2016 said, With the popularity of the culinary society and the new role of the cooks as media icons, some of the good practices of correct hygiene for items such as the working uniform are being underestimated [4]. This study demonstrates the bacterial load of some accessories (rings, tattoos, watches, etc.) as sources of cross contamination for foods. The authors also said, the present study demonstrated that food

handlers accessories such as piercings, rings, bracelets, earrings, necklaces and also recent tattoos hold a significant bacterial load [Aerobic bacteria, *S. aureus* and also *E. coli*] what means that these objects are a potential source for the contamination of foods if they are not removed when working at a restaurant (canteen, catering or so) either cooking or serving tables.

I second the authors with regards to this opinion. Isn't it in the hands of clients, consumers and domestic users, to be aware of the importance of maintaining the proper hygienic habits to prevent health public risks derived from this lack of food safety that can lead to the various foodborne diseases? Will you not agree, with me, dear readers?

Conclusion

From food scarcity to the producing food in surplus, or surfeit, we, as a nation have come long. Say Green Revolution or White Revolution, India, today, is in a position to export food, but, not on the other side of importing food. This is the significant finding in this research which added a possibility in designing new methodologies and techniques that would eradicate human hunger and changed the way the world thinks about India. This is, in fact, a case with technology. Hasn't the advance of technology allowed the human being to travel in air and it did give an advantage of cross ocean within a blink of time. Frankness behold, we are now in a situation where everything is at our door step, if not at our finger tips. Ain't it?

Now, after all the stress and pain and insecurities, India is in a position to export food and feed hunger. As an Indian citizen by birth, this makes me absolutely proud. Thanks to our scientists, we are now in a position to lead healthy lives, it once was.

My personal experience inspires me in leaving the comfort bed, and makes me realize the importance of advancement of technology and the craving and exigency in daily life. I hope many a humble soul like me will choose research as their profession and serve the mankind through their deeds in the laboratory if only for the mankind and every living soul (this includes animals around us) to be happy, healthy and peaceful always.

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