

## Ensuring Nutritional Security for Better Health

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### Editor Note

Nutrition as a science deals with the interpretation of the interaction of nutrients in growth, reproduction, health, maintenance, and disease of an organism, that includes intake, absorption, assimilation, catabolism and excretion of dietary factors. Nutrition and food science is an international open access journal that publishes scientific articles related to food sciences and nutrition. The current volume no. 6, issue 3 published nine research articles, six review articles along with mini review and commentary articles.

Author Osman in his research article studied about the relation between malnutrition and susceptibility to infectious diseases. Author found a direct relationship between malnutrition and immunodeficiency as protein energy malnutrition increases the susceptibility of infection by influenza and Zika viruses [1]. Obert et al. in the research article studied the growth and cultivation of Tepary bean. The study concluded that rhizobium application can be used for optimum production of Tepary bean, in variable climate and drought seasons with a good yield [2].

Roba et al. discussed about the nutritional factors among adolescent girls in Adama city of Ethiopia [3]. Imai et al. in their studies examined the prevalence of anemia among Japanese elderly population and evaluated the association between hemoglobin concentrations and diet factors. Their studies showed improved nutritional status of the Japanese elderly adults [4].

Kawano et al. studied the effect of Vitamin D supplementation on nephrolithiasis in rats [5]. In the research article Sofi et al. studied the protective effect of buckwheat products on the development of cardiovascular disease by reducing oxidative stress [6]. Kim et al. in their research article showcased the weight loss effect of *Undaria pinnatifida* and *Laminaria japonica* in rats through the regulation of intestinal or gut flora [7].

Garcia et al. in their research article determined the nutritional potential of four micro algae species namely *Codium* spp., *Halymenia floresia*, *Saccorhizapolyschides* and *Ulva* spp. Collected from Gulf of Cádiz [8]. Atallah successfully prepared bio-yoghurt using probiotic bacteria *Lb. rhamnosus* DSM 20245 *Lb. gasseri* ATCC 33323, and/or *Lb. delbrueckii* subsp. *bulgaricus* and *Bif. angulatum* DSM 20098 and *Streptococcus thermophilus* as yoghurt starter; bee pollen grains (0.8%) and royal jelly (0.6%) [9].

Koyama, Vernekar et al., Kagawa et al., Bastidas et al., Cheng and Zachara in their review articles discussed about the Collagen Ingestion, Diet-Gene Interplay, Polymorphism in the Fatty Acid Desaturase, Nutritional Value of Quinoa and its Potential Health Benefits, Lipid Oxidation in Meat and role of Selenium in Pregnant Women respectively [10-15].

Kumar et al., Aslam et al., Vetvicka et al., Kim et al., Eriksen, Sevastianos et al. and Rojekar have briefly discussed about Anti-

Nutritional Factors in Finger Millet, Western-Style Diet, Immuno-Nutrition, Periodontitis Pathogenesis, Microalgal Pigments, Alcoholic Liver Disease, and the Role of Vitamin D in disease management respectively [16-22].

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