

Functional Foods and Dietary Supplements In Cancer Prevention and Treatment



The Speaker
Prof. Dr. Mirnalini Kandiah

Professor Dr Mirnalini Kandiah, is currently with the Department of Food Science & Nutrition at the Faculty of Applied Sciences, UCSI University, Kuala Lumpur.

Synopsis

Nutrition and foods are related to about 30% of all cancer cases. Functional foods are defined as food consumed as part of the normal diet that have an added positive health benefit besides providing essential nutrients for healthy living.

This presentation will explain the role of bioactive compounds in functional foods and dietary supplements in cancer and the possible mechanisms of action. Bioactive compounds or phytonutrients naturally occurring in plants or their extracts and essential oils, have shown promise as potential chemopreventive factors. Phytonutrients include polyphenols flavonoids, carotenoids, alkaloids, omega-3 and polyunsaturated fatty acids and many others. Dietary supplements are products designed to increase our daily intake of nutrients, including vitamins and minerals. Many are safe and offer significant health benefits, but if overused pose health risks. Examples will be provided to illustrate the uses and expected benefits.

She sits on the University Examination Board, the University Senate and the University Ethics Committee. She is also leading the department in developing the 1st Malaysian degree programme in Nutrition with Wellness and the MSc in Nutrition with Management programme.

Her research interests include epidemiological studies on diet related non-communicable diseases among Malaysians particularly colorectal and breast cancers.

In recognition of her contributions to the advancement of the field of human nutrition in Malaysia, she was conferred the prestigious title of Fellow of the Nutrition Society of Malaysia in 2005.

She has also won the University Excellent Service Medal, in recognition of her academic and professional contributions to the university and community. This was in her previous position at University Putra Malaysia.

CanSurvive & Its Purpose

CanSurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.

Date : Saturday, 4th June 2022
Time : 3:00 pm to 4:30 pm
Venue : Online via ZOOM



<https://tinyurl.com/c2pwvtp6>



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