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Coffee as functional and application food polymers for inhibiting obesity

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Introduction: Obesity is one of the risk factors of many diseases in the world. This health problem influences the premature aging which could increase diseases problems like Diabetes Mellitus, Hypertensi, Stroke, Coronary Heart Disease etc. Coffee has many components such as macronutrient and micronutrient and also non nutrient component. Food polymers are very important in food system for improving the quality of food for our healthy body. Coffee as food polymer has no understanding clearly. This review study discuss the functional and application of coffee as food polymer for getting healthy food to inhibit obesity.

Methode : Systematic review

Results: Coffee has component macronutrient (Carbohydrat, Protein, Lipid) and micronutrient (vitamin C, Mg, etc) and non nutrient like caffeine, chlorogenic acid. Coffee has many health benefit activities such as antioxidant activity, antiobesity activity, anti hyperuricemia activity, antimicrobial activity.

Discussion: Coffee is one of herbal which has more protein than other components. Coffee has many dietary fiber. Then, coffee has polymers which can be used for improving the food to avoid obesity. So it will give healthy functional for our body and for increasing high quality food system to inhibit obesity.

Conclusion: Coffee has many components and healthy components activities which increases healthy functional and application as food polymer for inhibiting obesity

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