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## Functional foods in the nomadic traditions

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The history of Mongolian traditional food patterns began probably from the 700 000 years ago, when first man on Mongolian territory made stone tools. From this epoch Mongolian nomads across centuries during the nomadic civilization, have been used the "live" substrates from animal and plant origin for food and medicine. Nowadays, traditional food have been neglected and abandoned due to its inconvenient way of production. The Mongolians have developed methods to consume domesticated animal products based on natural climatic conditions. The yields of domesticated animals including meat, milk, and blood were even then serving as a source of required nutrients for the human body. The methods used to acquire essential nutrients for the human body from plants that are indigestible to humans through livestock animals are definitely an intellectual heritage of nomads. Because animals feed on those plants and microorganisms they convert plant matter to animal protein, carbohydrate, and fat. The consumption of animal-origin products was somewhat restricted based on seasonal livestock yields. During the green season when the yield of livestock milk increases, Mongols generally would consume dairy products along with wild plants. Although Mongolia has an extreme continental climate with four highly varied seasons in the year, there are a variety of plants, fruits, leguminous seeds and vegetables. Mongols traditionally consume these wisely as part of a varied diet, and this tradition has been preserved from generation to generation. This tradition still exists among the population in the countryside. Traditional knowledge regarding the use of these food items was collected and their nutritional composition was determined. Our study indicated that some local foods are good sources of bioactive components and potential to be developed as functional foods. Thus, identifying, characterizing and developing traditional foods as functional food is very strategic research for increasing their utilization and improving quality of life of the nomadic.

## Biography

Ts. Batsukh has completed her PhD from Food Technology University of Ukrainian Republic. She is the Professor of Mongolian University of Science and Technology. She has over 30 years of experience in a broad range of dairy research development areas. Her activity areas include dairy technology, microbiology and biochemistry including programming and country analysis of the dairy sector. She has also undertaken work on Food Security with particular reference to the examination of food security in the agricultural sector. Her other areas include dairy marketing economics with reference to market performance, structure and conduct as well as pricing policy. She has prepared (written, identified teams and prepared financial offers) many of research proposals over the last decade, including dairy microbiology, chemistry and technology. She introduced more than 20 scientific articles in international and local journals.

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