



Workshop on Integrative Dietetics

Nutrition in Ayurveda and its application to modern dietary practices

Purpose An introduction to food principles in Ayurveda accompanied by a demonstration of its practical application to wellness and clinical nutrition.

Date Wednesday, 21 August 2019

Time 0930-1700

Location The University of Trans-disciplinary Health Sciences and Technology, Bangalore www.tdu.edu.in/cab

Topics

Session I: Food classification in Ayurveda

Session II: Evidence-based approaches to understand properties of Ayurvedic dietary interventions

Session III: A primer on preparation, tasting and food pairings in Ayurveda

Session IV: Clinical case study discussion: how do modern nutrition and Ayurveda compare?

Target group

Practicing dietitians. Restricted to 25 only. First come First serve. Free registration. Apply online [here](#)

Speakers

Food Scientists and Ayurvedic Vaidyas from TDU and IAIM.

Contact

Ms Suganthi
Centre For Ayurveda Biology and Holistic Nutrition,
wellness@tdu.edu.in