



International Conference on  
**NUTRITION AND HEALTH CARE**

February 10-11, 2022 | Paris, France

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## **TITLE: FOOD SECURITY, NUTRITION AND WELL-BEING: A SOUTH AFRICAN PERSPECTIVE**

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### **ABSTRACT**

Food security, sustainable agriculture and food systems to reduce hunger gap and malnutrition are some of the goal of the FAO. It is critical to make sure that the food we eat is not contaminated with potentially dangerous bacteria, parasites, viruses, toxins (mycotoxins), chemicals but also provide the nutritional requirement of the population. The focus of the presentation is to give an overview of the South African landscape in term of food safety, sustainability, nutrition and security with an insight on the current challenges, which have been increased due to the COVID 19 pandemic. The importance of the traditional crops and food products is also highlighted. Finally, the key role of applying science to solving issues related to sustainable food production and safety, while exploiting the health-promoting properties of foods to improve nutrition, is discussed. A special section is dedicated to nutritional value of indigenous crops and insects as well as the mycotoxins research on maize product commonly eaten in South Africa.

### **BIOGRAPHY**

Thierry Regnier holds a PHD from Montpellier University, France. He is a research professor at the Department of Biotechnology and Food technology of Tshwane University of technology, South Africa. For a year, he visited laboratories and research institutes in Syria, Indonesia and the USA. For almost two years, he held a teaching post in Ivory Coast. He then moved to South Africa in 1997 and immediately extended his field of expertise from Ecophysiology to genetics and plant pathology with an interest in plant chemistry (use of essential oil for postharvest application). His current interest is the use of natural products for food conservation. His projects encompass biocontrol, mycotoxins, Food safety, food processing (Biochemistry), food development of underutilised indigenous fruits and nuts, screening of microorganisms for new antibiotics, fragrances, natural pigments and biogas production. Professor Regnier is a rated researcher in South Africa and a certified professor of the French Universities for the sections 62, 63 and 65. He is a reviewer for the American research projects with Israel. He was also a member of the jury for women in science UNESCO/L'OREAL award. Professor Regnier has been presenting plenary lectures in South America, Abu Dhabi, Taiwan, Australia and Europe. He authors more than 65 peer reviewed articles and a book chapter and supervised several PhDs and masters



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**Mode of Presentation:** Oral

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