

# EDITOR'S MESSAGE



Dear Readers,

It is an honor to serve as your guest editor for this edition of our esteemed AgriTech Today magazine. In a world inundated with information and choices, our approach to food as a science and nutrition has never been more crucial. The decisions we make about what we eat have profound implications for our health, well-being, and the planet we call home.

As we embark on this journey together, let us first acknowledge the dynamic nature of nutritional science. The field is ever-evolving, with new discoveries challenging old paradigms and urging us to reevaluate our dietary habits. In this issue, we aim to unravel some of the complexities surrounding nutrition, empowering our readers, to make informed and conscious choices.

One of the prevailing themes we explore is the delicate balance required in our diets. The push and pull between macronutrients and micronutrients, the interplay of vitamins and minerals, and the importance of maintaining equilibrium tailored to individual needs. Our contributors delve into the intricacies of creating a well-rounded diet that not only fuels the body but also promotes longevity and vitality. Also the issue explores intersection of nutrition and sustainability, investigating dietary choices to a healthier planet and food enterprises. From the benefits of a plant-based indigenous diet to understanding the new age of our food like 3D food print, we aim to inspire mindful eating for the benefit of both personal and planetary health.

As we navigate the nutritional landscape together, let us remain curious, open-minded, and discerning in our choices. May this edition serve as a guide, empowering you to make choices that resonate with your values and contribute to a healthier, happier future.

Here's to your health and the exciting journey ahead!

Warm regards,

A handwritten signature in black ink, reading 'V. Mukhtamath'.

**(VINUTHA MUKHTAMATH)**  
**GUEST EDITOR**

# MESSAGE



Dear Readers,

It is my pleasure to extend heartfelt congratulations to Dr. Vinutha Muktamath on assuming the role of guest editor for this special edition of AgriTech Today Magazine. As the Director of Research of University of Agricultural Sciences, Dharwad, I am delighted to witness our esteemed scholar lend their expertise to a publication dedicated to unraveling the science of food and nutrition.

Dr. Vinutha Muktamath has contributed significantly to the advancement of knowledge in the field of nutrition for children, women and elderly. This guest editorship is a testament to her commitment to excellence and dedication to sharing valuable insights with a broader audience.

The articles published under her editorial guidance promise to be a source of inspiration and knowledge, reflecting the depth and breadth of their understanding of the dynamic world of nutrition. May this special issue be a source of inspiration, fostering a deeper understanding of nutrition and its implications for a healthier and vibrant life.

Best regards,

A handwritten signature in black ink, appearing to read 'B.D. Biradar'.

**Dr. B.D. Biradar**  
**Director of Research**  
**Directorate of Research**  
**University of Agricultural Sciences**  
**Dharwad, Karnataka**