

### **How Much Do you Know About Food Digestion?**

A nutritional biochemist from the United Kingdom has said the digestion of food nutrients, simple as they may sound, is a complex science best appreciated through different disciplines such as Food Science, Nutritional Sciences, Gastroenterology and Immunology, among others. Dr Myriam Grundy, from the Institute of Food Nutrition and Health, University of Reading, made the observation when she delivered a presentation on The Structural organization on plant based food, to postgraduate students and staff of the School of Food and Nutritional Sciences on May 23, 2019, at Jomo Kenyatta University of Agriculture and Technology (JKUAT). The presentation touched on food digestion, the various current models used in the study of food digestion and Dietary fibre. <http://www.jkuat.ac.ke/how-much-do-you-know-about-food-digestion/>