

Did you know?

Vegetarian Diets

Nowadays a number of people who are interested in and consume a vegetarian or plant-based diet increase due to health, animal welfare or environment concern. Generally, the vegetarian food is focused on fruits, vegetables, beans, nuts and cereal grains. They are rich in fibers and nutrients that are beneficial. People who consume vegetarian diet can select the meat and milk substitutions that are made from various plants. There are several types of vegetarian diets:

- Lacto-ovo-vegetarians (people who take eggs and dairy products)
- Lacto-vegetarians (people who take dairy products)
- Ovo-vegetarian (people who take eggs)
- Pesco-vegetarians (people who take fish)
- Flexitarian (people who take meat, fish, poultry and animal products in a small amount)
- Vegan (people who avoid meat, dairy products, egg and all animal products include gelatin and honey)

The vegetarians must be careful in taking foods and watch the balance of nutrients. Thus, they have to make sure to get enough of nutrients including iron (beans and dark leafy green), protein (tofu, soymilk, nuts, seeds, grains), calcium (tofu, tahini, leafy green), vitamin D (soymilk, rice milk, some cereals), vitamin B12 (cereals, soymilk), zinc (beans, nuts, oats) and omega-3 (walnuts, flaxseeds, seaweed, algae). The vegetarian diet may help to improve overall health benefits such as weight loss, lower the risk of cancer and heart disease and stable blood sugar level.

References
<https://www.medicalnewstoday.com/articles/149636#benefits>
<https://www.medicalnewstoday.com/articles/8749#nutrients>
<https://familydoctor.org/vegetarian-diet-how-to-get-the-nutrients-you-need/>
<https://www.naturespath.com/en-us/blog/vegetarian-vs-vegan-whats-the-difference/>
<https://www.healthline.com/nutrition/vegetarian-diet-plan#benefits>

Events

December 2020 - January 2021

Date	Event/Website
8 Dec	NuCera Solutions webinar, Chemico Vietnam Co., Ltd., Vietnam
15 Dec	Momentive webinar-Lip products, Chemico Asia Pacific (M) Sdn. Bhd., Malaysia
16 Dec	Respharma webinar-Emulsifiers, Chemico Asia Pacific (M) Sdn. Bhd., Malaysia
13-15 Jan	Cosme Tokyo, Japan_ https://www.cosmetokyo.jp/en-gb.html
18-22 Jan	Global Forum for Food and Agriculture Berlin, Germany_ https://www.gffa-berlin.de/en/
22-24 Jan	The Makeup Show-Virtual Show A Beauty Experience_ https://www.themakeupshow.com/
26 Jan	Beauty & Skincare Formulation Conference, London, UK_ https://formulationconference.com/
27 Jan	Beauty Trends & Innovations Conference, London, UK_ https://www.beautytrendconference.com/
28-29 Jan	The Makeup Show Series en Espanol_ https://www.themakeupshow.com/spanish-series/
31 Jan-3 Feb	ISM Cologne, the world's leading trade fair for confectionery and snacks, Germany_ https://www.ism-cologne.com/



Barabudur -INDONESIA- Taj Mahal -INDIA- Complex of Hue Monuments -VIETNAM- Temple of The Emerald Buddha -THAILAND- Cathedral de San Basilio -RUSSIA- San Agustin Church -PHILIPPINES- Petronas Twin Tower -MALAYSIA- Shwedagon Pagoda -MYANMAR-



Regulation

Thai Regulation for Use of Amino Acids as Active Ingredients in Food Supplements (Part 5)

The annex of active ingredients as amino acids in food supplements is as follows. This regulation came into force on October 19, 2006.

No	Name of variety of amino acids and their forms	Maximum level for recommended daily intake (mg)
8	L-isoleucine or DL-isoleucine	NMT 500 ¹ (calculated as L-isoleucine)
9	L-glutamine	NMT 2000 ²
10	L-glutathione	NMT 250 ²
11	L-carnitine or L-carnitine L-tartrate or L-carnitine tartrate or L-carnitine fumarate	NMT 500 ² (calculated as L-carnitine)

Source: ¹ World Health Organization, Technical Report Series 724 Energy and Protein Requirement. Report of a joint FAO/WHO/UNU Expert Consultation. Geneva 1985: 64-6.

²Maximum allowance level in food supplements.

Reference: www.fda.moph.go.th

To be continued next month.

News



Hair Care Market Trends, Malaysia

Chemico Asia Pacific (M) Sdn. Bhd., Malaysia held a mini webinar under the topic “Hair Care Market Trends” on November 30th, 2020. About 18 customers attended the webinar, where they were introduced to Chemico’s latest hair care prototypes, followed by current market trends. The presented prototypes included Botanical Scalp Shampoo, Botanical Scalp Conditioner, Super Silky Hair Spray, Super Conditioning Hair Oil and Super Nourishing Hair Mask. The presentation contained key ingredients used in each formula with detailed explanation on their functions.

