Superfoods in the market

Today is soya beans. Superfoods care of themselves. They are an excellent source of proteins, with around 40 grams of protein per 100 grams of soybeans. This is comparable to animal-based proteins such as chicken and beef. Soybeans also contain all nine essential amino acids, making it a complete protein source.

**TRANSFORM Pakistan Campaign Urges Action On Trans-Fatty Acids**

**World Energy GH2 Submits EIS For Nujio'qonik Project**

The Environmental Impact Statement (EIS) for Project Nujio’qonik has been submitted to the government of the Northwest Territories, according to Reid Leet, the project's environmental manager. One of the first wide-area green energy projects in North America, Nujio’qonik will be built on the first coast of Nunavut, Canada. The project's early phases will offer around 50,000 tonnes of CO2 emissions annually. Nujio’qonik is sponsored by the Greenlandic company Minergi, and the project's environmental manager, Reid Leet, stated, "We successfully completed the first phase of the project's environmental assessment process. We made significant progress toward finishing this important phase."

**HKTUS To Launch Multispectral Satellite With Chang Guang On August 25**

The "THK-FY3/TH2" multispectral optical satellite will be utilized to monitor remote sensing information about the environment, natural disaster, and sustainable development. A multispectral optical satellite, the "THK-FY3/TH2" will be launched by Chang Guang Satellite Technology Co., Ltd. (Chang Guang) for the Hong Kong University of Science and Technology. The satellite, "THK-FY3/TH2", was sponsored by the European Space Agency's (ESA) remote sensing institute, "THK-FY3/TH2".

**GDG Lahore Hosts Extraordinary Event To Launch Google Cloud Services In Pakistan**

Several VCs and startup CEOs in the country attended the event that was sponsored by GDG Lahore and Google Cloud to celebrate the introduction of Google Cloud services in Pakistan.
### Just 30 Plants Make 90% Of Food Humans: Consequences And Challenges

The food we consume is largely determined by a relatively small group of plants, with approximately 30 of our dietary intake coming from just 30 plant species. The global food system is a complex network that relies on a limited range of plants, with approximately 30% of our dietary intake coming from just 30 plant species. This phenomenon is referred to as monoculture, where a single crop is grown on a large scale, often at the expense of biodiversity. The reliance on a limited number of crops exposes us to inherent risks, as the loss of one crop can have significant consequences for global food security.

The Proponent 30, an overview of key food species, highlights the importance of understanding the consequences of monoculture. It emphasizes the importance of diversity in our food systems to ensure resilience and sustainability. Understanding the importance of monoculture and its implications is crucial for ensuring sustainable food systems.

**Nutritional Values of Pulses**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Brown</th>
<th>Chickpeas</th>
<th>Faba Bean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>60.08g (raw)</td>
<td>59.51g (cooked)</td>
<td>62.58g (cooked)</td>
</tr>
<tr>
<td>Fat</td>
<td>1.06g (raw)</td>
<td>6.04g (cooked)</td>
<td>3.8g (cooked)</td>
</tr>
<tr>
<td>Protein</td>
<td>35.5g (raw)</td>
<td>26.6g (cooked)</td>
<td>26.6g (cooked)</td>
</tr>
<tr>
<td>Fiber</td>
<td>30.5g (raw)</td>
<td>19.7g (cooked)</td>
<td>7.9g (cooked)</td>
</tr>
<tr>
<td>Calcium</td>
<td>5mg (cooked)</td>
<td>5mg (cooked)</td>
<td>5mg (cooked)</td>
</tr>
<tr>
<td>Iron</td>
<td>5mg (cooked)</td>
<td>8mg (cooked)</td>
<td>1.4mg (cooked)</td>
</tr>
<tr>
<td>Magnesium</td>
<td>115mg (cooked)</td>
<td>100mg (cooked)</td>
<td>55mg (cooked)</td>
</tr>
</tbody>
</table>

**Points to Consider**

1. **Diversification is a pressing need for our food systems.**
   - The dominance of these 30 plant species poses significant implications and challenges within our food systems. A major concern is food security. Overreliance on a limited number of crops renders our food supply vulnerable to crop failure and climate change.
   - Climate change exacerbates these risks, as extreme weather events can devastate crops, causing food shortages and increasing food prices.
   - Furthermore, the heavy reliance on a few crop varieties increases the risk of diseases and pests, threatening food security and agricultural biodiversity.

2. **Consequences of climate change**
   - Higher temperatures and increased precipitation can lead to crop failures and soil degradation, affecting food production and prices.
   - The loss of biodiversity can have severe implications, as it reduces the resilience of our food systems to climate change.

3. **Addressing the challenge of monoculture**
   - Diversification is crucial for building resilient, sustainable, and healthy food systems.
   - By promoting a diverse range of crops, we can mitigate the risks associated with monoculture and enhance food security.

4. **Promising results**
   - Case studies from various regions demonstrate the potential of diversifying crops and raising local diversity.
   - For example, in Ethiopia, initiatives have focused on cultivating multiple crops and promoting local biodiversity, leading to increased food security and resilience.

5. **Policy and action**
   - Governments and organizations play a crucial role in promoting biodiversity and diversifying crops.
   - Policies that incentivize farmers to grow a diverse range of crops can help build resilience and reduce vulnerability.
   - Additionally, supporting small-scale farmers can help ensure the sustainability of local food systems.

In conclusion, diversification is essential for ensuring sustainable food systems. By promoting a diverse range of crops, we can build resilient, sustainable, and healthy food systems that are better equipped to withstand the challenges of climate change and other uncertainties.
Parasitic Infections Disease In Livestock: A Neglected Disease

Mahmud Ashour

Parasitism is a term used to describe a relationship that parasites maintain in humans and animals in a variety of nations.

Veterinary Parasitology is a scientific discipline caused by this parasite, and infects the number of livestock animals because the major crop to spread the disease among sheep, goats, cattle, and water buffalo.

Parasitic infections are a global and severe scourge to animal health and productivity.

A variety of parasitic infections are responsible for causing different diseases in livestock populations, as well as a significant component of veterinary management as well as climate change factors like poor nutrition, limited health care, and close contact with the thousands animals.

Parasitism in livestock has long been a devastating agricultral problem and the most recurrent parasites in man and woman now severe that parasites become important for causing severe parasitic diseases and financial losses in the government and society.

Parasitism and infection are caused by a variety of parasites that cause disease in man and animals in a variety of nations. Parasitism is caused by various forms of parasites, such as protozoa, helminths, bacteria, and parasites. Parasites cause in humans and animals in a variety of nations.

Helminthic disease caused by a variety of parasitic infections are responsible for causing severe parasitic diseases and financial losses as well.

The life cycle of Paramphistomia involves multiple stages, including the presence of intermediate hosts such as snails, which can contribute to the spread of infection.

Pathological conditions due to their high nucleotide content, parasitic flatworms and their protists are one of the most frequent causes of death in livestock species identified and control. This makes soybeans a good source of protein, vitamins, and minerals. Soybeans are a good source of protein and minerals, and are an essential component of the diet of many countries.

The high fiber content of soybeans helps reduce the risk of chronic diseases such as heart disease, colorectal cancer, and colon cancer. This may be due to the isoflavones in soybeans, which are known to have anti-cancer properties.

Programmable today is in use between software engineers, computer scientists, and other professionals. It involves the process of analyzing and testing code to ensure that it meets the requirements of the project. In this context, the program is said to be working. (IBM)

Animals become infected by ingesting infected vegetation or water sources, which contain the intermediate host such as snails, which can contribute to the spread of infection. Paramphistomiasis infections can cause a range of health problems, including weight loss, reduced milk production, and severe pain in the abdomen and muscles.

Effective management of Paramphistomiasis infections involves several measures, including the use of anthelmintics to reduce the load of parasites, the use of anthelmintics to control the parasitic population, and the use of anthelmintics to control the parasitic population. Because this is impossible, helminths can enter the body via the skin, which is the most common route of infection. Therefore, it is very important to control the vector population of this parasite around the livestock farm, as well as a better knowledge of their evolution and epidemiology. There are many ways to incorporate soybeans into your diet and improve your overall health and well being.

Nutrition And Health Value Of Plant Based Protein Source

Soybeans have been extensively studied and have been shown to have beneficial effects on various health conditions. Some studies have shown that consuming soybeans may help reduce the risk of certain types of cancer, such as breast cancer, prostate cancer, and colorectal cancer.

Soybeans are a low-calorie, nutrient-dense food, which makes them a good food choice for people trying to manage their weight. The high fiber content of soybeans may help to reduce feelings of fullness, which can help to reduce sexual cancer incidence.

How to Incorporate Soybeans into your Diet

There are many ways to incorporate soybeans into your diet. Here are some ideas:

- Use soy flour in baking recipes to increase the protein content of your baked goods. Soy flour is a good source of protein, vitamins, and minerals, and is an essential component of the diet of many countries.

- Try soy protein shakes as a meal replacement or as a snack.

- Use soy sauce in recipes to add flavor and protein.

- Try tofu as a meat substitute in stir-fries or salads.

- Use soy milk to make a dairy-free milk alternative.

- Try tempeh as a meat substitute in sandwiches or salads.

- Use soybeans in soups, stews, and other dishes.

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"Programming today is in use between software engineers, computer scientists, and other professionals. It involves the process of analyzing and testing code to ensure that it meets the requirements of the project. In this context, the program is said to be working. (IBM)"

Phyllostomiasis is a neglected disease caused by a variety of parasites. The life cycle of Phyllostomiasis involves multiple stages, including the presence of intermediate hosts such as snails, which can contribute to the spread of infection.

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Soybeans are a rich source of protein, fiber, and minerals such as iron, calcium, and vitamin C. They are also low in saturated fat and cholesterol, making them an excellent choice for individuals looking to maintain a healthy diet.

One of the most popular ways to consume soybeans is to use it as a substitute for meat. Soy protein is a great alternative for people who want to reduce their meat intake or follow a vegetarian diet on vegan diets. It can be used in a variety of forms, such as tofu, tempeh, and soy milk.

**Pearl**
Soybeans are packed with proteins that can be transformed into plant-based milk.

**Characteristics of Gluten Free Bread**

**Effect Of Soy Flour On Nutritional, Sensory, and Physicochemical Properties of Roti**

**Summary**
Soybeans are considered a superfood due to its rich nutritional richness. It is packed with various essential and nonessential nutrients.

**Results**
Adding 15% soy flour can improve the quality of wheat bread.

**Conclusion**
Soybean is also a rich source of antioxidants, making it an excellent food for weight loss. In this study, it is found that the soy flour has a substantial effect on improving the nutritional, sensory, and physicochemical properties of roti.

**Reference**
Soybeans & Soyfoods: Benefits And Wider Consumption

**Soybeans**
Soybean – The Superfood: Benefits And Wider Consumption

**Soybean Burger**
Replace meat with soybean to make a vegetarian burger. It is a healthy alternative to vegetable oil due to its high levels of unsaturated fats, which can help reduce cholesterol levels and promote heart health. Soybean oil is commonly used for cooking and baking, and it can also be found in many processed foods.

**Soybean Stir Fry**
Cook soybean with garlic, onion, and bell pepper for extra flavor.

**Soy Sauce**
Soy sauce is a condiment made from soybeans. It is used as a flavoring agent in many Asian cuisines.

**Soy Milk**
Soy milk is a plant-based milk made from soybeans.

**Soy Yogurt**
Soy yogurt is a dairy-free yogurt made from soybeans.

**Tempeh**
Tempeh is a fermented soybean product that is similar to tofu.

**Tofu**
Tofu is a soft, silken food made from soybeans.

**Tofu Pudding**
Tofu pudding is a dessert made from tofu.

**Edamame**
Edamame is a type of soybean that is a popular snack in many countries.

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