

**? WHO
SHOULD
ATTEND**

Nutritionist | Dietitian | Food Technologist | Nutritional Therapist |
Community Education Officer | Nutrition Associations and Societies |
Nutrition Faculties and Students | Nutrition Researchers and Scholars |
Direct Health Professions | Professors | Scientific Community |
Food Research Labs | Business Entrepreneurs | Business Professionals
(Directors, Presidents and CEO) from Food and Nutrition equipment
companies | Delegates | Healthcare Professionals | Nutrition Startup
Companies | Young Investigators | Training Institutes

NUTRITION AND FOOD TECHNOLOGY WORLD CONGRESS

JULY 20-21, 2020 | LONDON, UK

Venue

Sheraton Heathrow Hotel

Heathrow Airport, Colnbrook By-Pass,
Harmondsworth, West Drayton UB7 0HJ,
United Kingdom

<https://nutrition.peersalleyconferences.com/>

2

DAYS WITH MORE
THAN 45 SESSIONS,
KEYNOTES & TALKS

12+

INNOVATIVE
FEATURED
SPEAKERS

20+

HOURS OF
NETWORKING
EVENTS

60+

INTERNATIONAL
SPEAKERS

125+

EDUCATIONAL
SESSIONS

Welcome Message

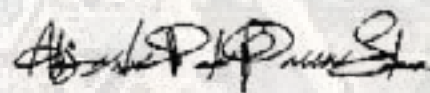
Dear Colleagues,

Hold on to your hats! Welcome to beautiful city of London and to the **Nutrition and Food Technology World Congress 2020**. The organizing committee has work diligently to bring to you the noteworthy Nutrition World 2020 Congress. It offers conference participants the ability to engage in sharing, learning, discussing, and networking at the global platform of **Nutrition and Food Technology World Congress 2020**.

The theme for the international conference is "Enlightening the Advancements and Exploring the New Horizons in Food and Nutrition" and consists of prominent Keynote presentations by renowned speakers, Oral talks, Poster presentations, and Exhibitions. There will be opportunities for conference participants to learn, share, and ask experts in their areas of interests and concerns related to many Food and Nutrition fields. Topics that will be addressed by the conference include: Nutrition and Dietetics, Food Science and Technology, Maternal and Prenatal Nutrition and Clinical Nutrition etc. I am honored to be a part of Organizing Committee Member and look forward to this immersion experience.

I look forward to seeing you in London, UK.

Sincerely,



Alejandro De la Parra Solomon

*Executive Board Member at
WAMS, The World Academy of Medical Science*



**THE WORLD
ACADEMY OF
MEDICAL SCIENCES**

PRESENTATION FORUM

KEYNOTE FORUM / MINI-PLenary SESSIONS

Presentations under Keynote Forum or Mini-Plenary Sessions includes abstracts with remarkable research value selected by the program committee. These significant speeches are delivered by globally recognized honorable speakers and it is open to all registrants.

DISTINGUISHED SPEAKERS FORUM (ORAL ABSTRACT SESSIONS)

In this forum, speakers and experts of the research field gets an opportunity to showcase their noble research work that involves comprehensive research findings. These formal oral presentations include a wide range of talks covering basic research to advanced research findings in accordance to the theme and scientific sessions of the conference.

STUDENT FORUM

POSTER SESSION

This session is particularly introduced to encourage more number of student participation at international conferences, however it is not restricted only to students since it is also available for the participants with language barrier. There are specific guidelines to be followed to prepare the poster. Poster topic should be selected only from relevant scientific sessions with in-depth technical details.

YOUNG INVESTIGATORS FORUM

An exclusive opportunity for students and young investigators to present their research work through a formal oral presentation. Young Investigators Forum provides a global platform for young researchers and scholars to showcase their valuable contribution to the scientific world and to get acknowledged by the global scientific community of experts. It is an excellent opportunity to recognize young scientific assets with promising research ideas. These oral presentations are of shorter time duration with 10-15 minutes of informative and precise presentations in relevant scientific sessions.

NO SECRET IS SAFE SHARE YOUR RESEARCH

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**TIME TO
CONNECT
WITH YOUR
PEERS**



Register & Participate

in

NUTRITION WORLD

2020

**TYPES OF
ACADEMIC
REGISTRATIONS**

**SPEAKER
REGISTRATION**

COMBO A

(Registration + 2 night's accommodation)

COMBO B

(Registration + 3 night's accommodation)

DELEGATE REGISTRATION



EDUCATIONAL WORKSHOPS/ RESEARCH WORKSHOPS/CORPORATE WORKSHOPS/MINI- SYMPOSIA

With an aim of transferring knowledge among the participants, workshops are introduced as a part of international conferences. These interactive and occasionally practical sessions gives an opportunity for participants to engage in detail discussion. Workshops are mostly scheduled for 60 to 90-minutes. It may range from learning about a specific topic relevant to international education, products and research which sometimes involves practical demonstration. It helps in enhancing skills, knowledge and understanding of the research field in depth through interactive discussions.

HIGHLIGHTS OF THE DAY SESSIONS

"Highlights of the Day Sessions" is introduced to discuss and focus a ray upon previous day ORAL ABSTRACT presentations by experts to summarise the key findings. It helps in getting better insights into the various dimensions of the topic.

EDUCATIONAL SESSIONS/ TRAINING PROGRAMS

Educational Sessions or training programs are specifically designed for a better understanding of the latest findings and technologies. These are generally 45-minute sessions that gives an exposure to the multidisciplinary field, that provides in-depth learning experiences and address educational needs.

MEET THE PROFESSOR @ NETWORKING SESSIONS

This session involves open discussion between the experts and session attendees, it gives enough time for getting answers to specific questions and doubts. It is an opportunity for attendees to increase their professional networking, sometimes also leads to an excellent collaboration opportunity.

SCIENTIFIC TRACKS/ SESSIONS

Nutrition and Dietetics | Maternal and Prenatal Nutrition | Pediatric Nutrition | Clinical Nutrition | Innovative Information in Nutrition | Nutrition and Cancer | Nutritional care & Nutritional Therapy | Nutrition and Diabetes | Sport and Exercise Nutrition | Animal and Dairy Nutrition | Malnutrition or Nutrition Deficiency | Nutrition and Immunology | Nutrition in Obesity | Public Health Nutrition | Nutrition and Food | Plant and Livestock Nutrition | Nutrition, Health and Wellness | Food & Nutritional Disorders | Allergy and Nutrition | Cellular and Molecular Nutrition | Medical Nutrition Therapy | Nutritional Endocrinology | Nutritional Regulation | Nutrition and Cardiovascular Disease | Nutritional Epidemiology | Role of Nutrition in Neuroscience | Nutritional Education and Behavioural Science

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TYPES OF BUSINESS REGISTRATIONS

SPEAKER REGISTRATION

COMBO A

(Registration + 2 night's accommodation)

COMBO B

(Registration + 3 night's accommodation)

DELEGATE REGISTRATION

TYPES OF STUDENT REGISTRATIONS

REGISTRATION

YIF

COMBO A

(Registration + 2 night's accommodation)

COMBO B

(Registration + 3 night's accommodation)

POSTERS

TYPES OF ADDITIONAL REGISTRATIONS

Accompanying Person

E-Poster

Virtual Presentation

Workshops

Start-Ups



Concurrent Educational Sessions

MONDAY, JULY 20, 2020

NUTRITION AND DIETETICS

- Vitamins and Minerals
- Nutritional Biochemistry
- Nutritional assessment
- Mineral Deficiency Disorders
- Energy and macronutrients

MATERNAL AND PRENATAL NUTRITION

- Pregnancy Nutrition
- Gestational Diabetes
- Nutrition and weight management
- Enteral or parenteral route - Strategy
- Public health and Protection

PEDIATRIC NUTRITION

- Infant nutrition
- Nutrient-Gene Interactions
- Formula Feeding of Term Infants
- Breastfeeding and alternatives
- Pediatric Allergies

CLINICAL NUTRITION

- Nutrition and metabolism
- Clinical malnutrition
- Immuno-nutrition and Dietetics
- Molecular Nutrition
- Nutrition Therapy and benefits

GROUP PHOTO

COFFEE BREAK

INNOVATIVE INFORMATION IN NUTRITION

- Hospital Dietaries in Patient Care
- Food Quality, Safety and Sustainability
- Nutrition Transition
- Nutrition Intervention
- Nutrition Monitoring and Evaluation

NUTRITION AND CANCER

- Nutrition for people living with cancer
- Treatment side effects and nutrition
- Nutrition and advanced cancer
- Drugs and Cancer
- Ovarian Cancer Research

NUTRITIONAL CARE & NUTRITIONAL THERAPY

- Nutrition Assessment
- Nutrition Diagnosis
- Nutrition Intervention
- Nutrition Monitoring and Evaluation
- electronic Nutrition Care Process Terminology

NUTRITION AND DIABETES

- Diabetes Health Center
- Nutrition for Diabetes
- Gestational diabetes
- Type 1 diabetes
- Type 2 diabetes

LUNCH BREAK

SPORT AND EXERCISE NUTRITION

- Physiology of Endurance Performance
- Exercise and Immunology
- Exercise and Health
- Amino Acid Metabolism in Exercise
- Eating Disorders in Athletes

ANIMAL AND DAIRY NUTRITION

- Food Science of Animal Resources
- Nutrition Transition
- Canned seafood products
- Meats and fish
- Dairy products

MALNUTRITION OR NUTRITION DEFICIENCY

- Protein-energy malnutrition
- Micronutrients deficiencies
- Marasmus and Kwashiorkor
- Malnutrition in children
- Nutrition Care of Patient

NUTRITION AND IMMUNOLOGY

- Applied Nutrition
- Antioxidants and Phytochemicals in Food
- Inequalities and food choice
- Management and control
- Clinical immunology

COFFEE BREAK

NUTRITION IN OBESITY

- Genomics, nutrition and obesity
- Body Mass Index
- Diabetes and its types
- Diabetes Diet, Eating & Physical Activity
- Overweight Athlete

PUBLIC HEALTH NUTRITION

- Nutrition and health
- Weight-loss planning
- Food and Fitness
- Protein Diet
- Applied Culinary

NUTRITION AND FOOD

- Canned vegetables
- Carbohydrate counting
- Chemical food safety and toxicology
- Food contact surfaces
- Nutritional psychology

PLANT AND LIVESTOCK NUTRITION

- Plant nutrient sources
- Minerals required by plants
- Modes of nutrition
- Consumer trends and nutritional behaviors
- Vegetarian and other dietary systems

Concurrent Educational Sessions

TUESDAY, JULY 21, 2020

NUTRITION, HEALTH AND WELLNESS

- Food Quality and Sustainability
- Temperature Regulation
- Fluid and Electrolyte Balance
- Central Nervous System Fatigue
- Synthetic Nutrition

FOOD & NUTRITIONAL DISORDERS

- Vitamins and minerals disorders
- Life style related disorders
- Food allergy
- Food intolerance disorders
- Iodine deficiency disorders

ALLERGY AND NUTRITION

- Food intolerance
- Food sensitivity
- Food Allergens
- Diets and Eating disorders
- Diagnosis and Tests

CELLULAR AND MOLECULAR NUTRITION

- Homeostasis and Apoptosis
- Botanical Identification System
- Biochemical and Molecular Nutrition
- Molecular Nutrition & Food Research
- Cellular Healing Diet

GROUP PHOTO

COFFEE BREAK

MEDICAL NUTRITION THERAPY

- Food Safety Network
- Nutrition and Neurotransmitters
- Obesity and weight control
- Digestive Issues & IBS
- Synthetic Nutrition

NUTRITIONAL ENDOCRINOLOGY

- Diseases and medicine
- Endocrine system
- Hormone replacement therapy
- Pediatric endocrinology
- Reproductive endocrinology and infertility

NUTRITIONAL REGULATION

- Bio active Nutrients
- Obesity & Hormonal Imbalance
- Nutrient-Gene Interaction in the Immune System
- Immune system boosters
- Nutrigenetics

NUTRITION AND CARDIOVASCULAR DISEASE

- Dietary assessment
- Estimate of nutritional exposure
- Statistical modeling of the diet-disease relationship
- Nano materials in food system
- Coronary heart disease

LUNCH BREAK

NUTRITIONAL EPIDEMIOLOGY

- Nutritional cognitive neuroscience
- Nutrient Biomarkers
- Biomarkers in Nutrition
- Nutrigenomics
- Cognitive aging

ROLE OF NUTRITION IN NEUROSCIENCE

- Nutritional Cognitive Neuroscience
- Sensory Food quality
- Nutritional Screening
- Food Toxicants
- Biochemical Markers

NUTRITIONAL EDUCATION AND BEHAVIORAL SCIENCE

- Nutrition literacy
- Bio active Nutrients
- Nutrition and Neurotransmitters
- Nutrient Biomarkers
- Biomarkers in Nutrition

COFFEE BREAK





Title: Novel Method of Transition Phase of Nutrition in ELBW Infants

Pradeep Alur | University of Mississippi Medical Center, USA

Abstract:

Objective: To assess if our current method of delivering protein & calories during TP of nutrition in ELBW infants.

Methods: Retrospective review of ELBW infants born from 2014- 16 at the UMMC Level IV NICU. Infants with NEC, short bowel, or chromosomal anomalies excluded. TP defined as enteral feeds increased from 30 ml/kg/day to 120 ml/kg/day while PN weaned with a goal of 3.5-4 g/kg of protein and 100-110 kcal/kg/d of calories. Infant demographics, nutritional data and growth parameters during TP were analyzed. All infants started on 100 ml/kg/d fluid with a goal of 4 g/kg/d protein. Dextrose and lipids advanced based on tolerance. Feeds started with breast milk (BM) and advanced by 10-20ml/kg/d. BM fortified to 24 cal/oz when the enteral feeds >50 ml/kg/d. PN reduced when enteral feeds advanced >50 ml/kg/d to give at least 150 ml/kg/d of fluids. Effect of sex, calories & protein on the in Z score was analyzed.

Results: 123 ELBW infants evaluated—96 (78%) AGA. Majority (68%) received ≥ 100 Kcal/kg/d of calories with 19% receiving ≥ 110 Kcal/kg/d, and 76% received ≥ 3.5 g/kg/d of protein with 32% receiving ≥ 4.0 g/kg/d during TP. BM fortified to 24 cal/oz @ ≤ 80 ml/kg/d in 46%. IL discontinued at a mean enteral volume of 96 ± 16 ml/kg. By the completion of TP, no infant showed poor growth in weight and only 8% had poor head circumference growth.

Conclusions: Majority of ELBW infants received target goals of calories and protein and all maintained good weight growth with our model of TP nutrition delivery. We speculate earlier fortification of BM & later discontinuation of IL may allow greater number of infants to receive the target protein & calories and maintain normal growth in this vulnerable population.

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Title: Sex Differences in Transition Phase of Nutrition in Extremely Low Birth Weight Infants

Pradeep Alur | University of Mississippi Medical Center, USA

Abstract:

Objective: To determine sex differences in the effect of calories and protein on weight gain during the transition phase (TP) of nutrition in ELBW infants.

Methods: Retrospective review of ELBW infants born from 2014–16 in our Level IV NICU. Infants with NEC, short bowel, or chromosomal anomalies excluded. TP defined as the period when enteral feeds increased from 30–120 ml/kg/day as parenteral nutrition (PN) weaned with a goal of 3.5–4 g/kg of protein and 100–120 kcal/kg/d calories. Infants started on 100 ml/kg/d and 4 g/kg/d (goal) of protein. Dextrose and lipids advanced as tolerated. Enteral nutrition started with breast milk and advanced by 10–20 ml/kg/d. PN weaned when enteral feeds advanced >50 ml/kg/d to give at least 150 ml/kg/d of fluids. Effect of sex, calories & protein on the percent change in weight percentiles analyzed.

Results: Cohort: 95 AGA ELBW infants (Table 1). Demographics, pre-TP growth percentile, calorie and protein intake was similar in both sexes. Significant correlation of total calorie intake with a change in weight percentile. On sex-specific analysis, total calorie intake significantly correlated with a change in weight percentile only in girls (Figure 2). The final model with backward linear regression analysis after controlling for TP calories, protein, duration, day of life TP started and weight percentile before TP predicted TP calorie intake and weight percentile before TP as significant factors. Protein intake did not correlate with weight percentile or sex. Overall, girls lost two percentiles for and boys gained one percentile for weight. Girls lost two percentiles, while boys maintained their head circumference during transition phase.

Conclusions: Despite similar intake of calories and protein during TP, there was a significant decrease in weight percentiles only in girls. Large prospective studies may help us understand if ELBW girls need higher calories or have a higher metabolic rate.

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Title: Personalized and Precision Medicine as a Unique Avenue to have the Healthcare Model Renewed to Secure the National Biosafety

Sergey Suchkov | Sechenov University, Russia

Abstract:

A new systems approach to diseased states and wellness result in a new branch in the healthcare services, namely, personalized and precision medicine (PPM). To achieve the implementation of PPM concept, it is necessary to create a fundamentally new strategy based upon the subclinical recognition of biomarkers of hidden abnormalities long before the disease clinically manifests itself.

With a growing understanding of the genetic basis of diseases and of their risk factors, the hope and expectation is that genetics will soon revolutionize health care. Knowing a patient's genome would enable to predict risk of future disease more accurately and to prescribe PPM treatment and prevention strategies, as opposed to the traditional "one-size-fits-all" approach. Moreover, we have already started to market personalized "nutrigenomics" analyses to consumers. Such analyses can reveal how an individual may respond to everything. But with little data available on nutrigenomic testing, the jury's still out on whether it can actually lead to improved diet quality or better health outcomes.

Each decision-maker values the impact of their decision to use PPM on their own budget and well-being, which may not necessarily be optimal for society as a whole. It would be extremely useful to integrate data harvesting from different databanks for applications such as prediction and personalization of further treatment to thus provide more tailored measures for the patients resulting in improved patient outcomes, reduced adverse events, and more cost effective use of the latest health care resources including diagnostic (companion ones), preventive and therapeutic (targeted molecular and cellular) etc.

Recent studies have focused on gene, diet, and lifestyle interactions, whilst showing that, for instance, people carrying more obesity gene alleles are more susceptible to increases in body mass index from drinking sugar-sweetened beverages than were those with fewer obesity gene alleles.

On the other hand, another study showed that a healthy lifestyle such as increasing physical activity may mitigate the genetic risk of obesity. The interplay between genes and diet indicates that genes are not destiny, and individuals can offset their obesity genetic predisposition by following a healthy diet and lifestyle.

Gut microbiota may play an independent role in obesity whilst impacting diabetes and cardiovascular disease to secure the development of novel prevention and therapeutic strategies such as probiotics and prebiotics for metabolic diseases.

Some studies have shown that certain foods and certain diets have unique metabolic signatures, and researchers are beginning to assess the relationship between these signatures and diseases such as diabetes and cardiovascular disease. Precision nutrition appears to hold a lot of promise, and it makes sense to embrace and harness new technologies and integrate them into epidemiological studies and dietary intervention trials. On the other hand, public health efforts, including policies and laws, are focused on populations and aim at root causes of chronic disease such as socioeconomic inequities or unhealthy food environments.

Chronic diseases and nutrition-related ones cost the U.S. economy about \$1 trillion per year. Thus, one of the goals in nutrition, including personalized nutrition, is to lower this cost. Meanwhile, a lack of medical guidelines has been identified by the majority of responders as the predominant barrier for adoption, indicating a need for the development of best practices and guidelines to support the implementation of PPM! Implementation of PPM requires a lot before the current model "physician-patient" could be gradually displaced by a new model "medical advisor-healthy person-at-risk". This is the reason for developing global scientific, clinical, social, and educational projects in the area of PPM to elicit the content of the new branch.

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Title: New Vistas of Pharmaconutrition

Istvan G Telessy | University of Pécs, Hungary

Abstract:

Pharmaconutrition is a treatment with nutrients of specific pharmacological action. Omega-3 fatty acids as well as amino acids were the favorite pharmaconutrients in the past but as recently we have learned a lot more about the mechanisms of action new fields of utilization have been opened. Here should be mentioned the roles of resolvins and protectins and the branched chain amino acids as well as citrulin an arginine pro-drug. Besides, nutrients are also discovered with significant therapeutic properties. Some of the new members of the pharmaconutrients, like fatty acids docosapentaenic acid and conjugated linolenic acid or the metabolic byproducts of probiotics (short chain fatty acids) are also reviewed. With some examples avoidable risks of these agents will be pointed out. Finally, I will briefly discuss the news about the popular coenzyme Q10 and creatine supplementation.

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Title: Evaluation of the efficacy of *Lactobacillus plantarum* HEAL9 and *Lactobacillus paracasei* 8700:2 on aspects of common cold infections in children attending day care. A randomised, double-blind, placebo controlled clinical study.

Irimi Lazou Ahren | Probi AB, Sweden

Abstract:

Background

The combination of *Lactobacillus plantarum* HEAL9 and *Lactobacillus paracasei* 8700:2 (commercially available as Probi Defendum®), has previously been reported to reduce the incidence, duration and severity of naturally acquired common colds in adults. The aim of the present study was to evaluate the impact of Probi Defendum® on aspects of common cold in healthy children 1-6 years of age attending day care.

Methods

A total of 131 children, out of the planned 320, were recruited into the study during one common cold season and randomised to consume once daily either 109 CFU (colony forming units) of the probiotic product or placebo.

Results

There were 106 children that completed the study out of the 131 randomized. Daily consumption of the probiotic product for a period of three months significantly reduced the severity of the symptom “nasal congestion/runny nose” with a mean severity score for the whole study period of 7.5 ± 9.7 in the probiotic group and 13.9 ± 15.2 in the placebo ($p < 0.05$). Moreover, significantly less concomitant medication was used in the probiotic group. When the data were projected to a larger population corresponding to the originally estimated sample size, the results were in favour of the probiotic group regarding the reduced absence from day care ($p < 0.05$), reduced mean total severity per day in the reported episodes ($p < 0.05$) and reduced severity of the symptom “crying more than usual” ($p < 0.05$).

Conclusion

Intake of Probi Defendum® once daily for a period of 3 months was beneficial to children and reduced the severity of common colds.

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Title: Use of microalgae in ruminant nutrition, impact on protozoa population in the rumen

Svetlana Malyugina | Agrovyzkum Rapotin Ltd, Czech Republic

Abstract:

Rumen is a complex ecosystem where feed consumed by animals is digested by the help of rumen protozoa. They play an important role in contributing nutrients to the host animal. This study aimed to investigate the effects of dietary inclusion of unicellular microalgae *Chlorella vulgaris* spp. on total count and generic composition of protozoa in cow's rumen. In this study, dietary treatments were tested during three 21-d experimental periods. Each of period content different amount of microalgae supplement. In the first experimental period in cows feed was added 30g (3,14g/kg of DM) of *Chlorella*, in second period-90g (9,6g/kg of DM) of *Chlorella* and in third period-170g (18,7 g/kg of DM). As a result of this study, ciliates of 10 genera were detected and identified. The number of this genera and total amount of ciliates were counted. The analysis of rumen protozoa population in tested cows shows visible effect of the presence of microalgae in cows dietary. In particular, the density of ciliates protozoa of the cows treated with 90 and 170 g of algal supplement was visibly higher compare to results from the control diet. Microalgae-based supplement diet had stimulative effect on ruminal protozoa population and caused increasing of many protozoa genera such as *Isotricha*, *Dasytricha*, *Charonina*, *Buetschlia*, *Ostracodinium*, *Ophryoscolex*.

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Title: Effects of a therapeutic education program on the outcome of type 2 diabetes patients to Parakou (Benin) in 2019

Codjo H. Léopold | Université de Parakou, Bénin

Abstract:

Background: Therapeutic Education of Patients (TEP) is the key to optimal management of diabetes. This study aims to evaluate the effects of a TEP program on the outcome of type 2 diabetics followed to Parakou in 2019.

Methods: It was a randomized quasi-experimental study. Consenting diabetic patients over the age of 18 years were recruited in the diabetology units of Parakou between March and July 2019. The TPE and blind follow-up were done in the cardiology department of the University Hospital of Parakou over three months. Educated patients were selected randomly and compared to an age and sex matched control group. The TPE consisted of four discussion sessions with patients on defined topics presented in local languages. The primary endpoints were changes in blood glucose, glycated hemoglobin (HbA1c) and the occurrence of a fatal or non-fatal cardiovascular event. Educated patients were selected randomly and compared to an age and sex matched control group. The TPE consisted of four discussion sessions with patients on defined topics presented in local languages. The primary endpoints were changes in blood glucose, glycated hemoglobin (HbA1c) and the occurrence of a fatal or non-fatal cardiovascular event. We selected 47 educated patients and 47 controls. At inclusion the two groups of patients were similar in terms of general, clinical and diabetes management characteristics. After follow-up, there were no cardiovascular events in the two groups. Blood glucose and HbA1c were significantly better in the educated patients. Other significant benefits of ETP were improved quality of life, psychological experience, patient knowledge of diabetes and adherence to therapy.

Conclusion: This TPE program has had a positive impact on the outcomes of diabetics in Parakou . Further studies are needed to confirm these data.

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FEATURED TALKS



Title: Effects of the traditional Japanese foods, such as Nuru-Neba (root kelp, agar etc), on metabolic syndrome assessed by regulation of leptin and adiponectin

Y. Watanabe | Yokohama University of Pharmacy, Yokohama

Abstract:

In the recent years, an increase in obesity rate of Japanese is regarded as a problem due to widespread use of animal fat in the western food. Moreover, the big problem of Japanese people is an increase of metabolic disorder due to obesity without being age including minority and full age, and it also becomes the cause of the occurrence of so-called metabolic syndrome, such as the hypertension, dyslipidaemia, diabetes etc. These diseases lead to an increase in medical expenses.

In order to solve this problem, the Nuru-Neba Japanese Diet (NJD) which is the origin of Japanese food has come to be noticed. Recently, we listed several indications of NJD in the book (K. Tsuzuki, Y. Watanabe, A. Ishige: Takarajima Publishing Co. Ltd). Based on this book, the commodities including 10 kinds of origin of Japanese SJD, such as root kelp (Laminariaceae), wakame (Undaria pinnatifida), agar (Generic name of raw materials: Gelidiaceae), white cloud ear (Tremella fuciformis), shiitake (Lentinula edodes), nameko (Pholiota nameko), okra (Abelmoschus esculentus), mekabu (root of Undaria pinnatifida), cut tororo (Dioscorea japonica), shimeji (Hypsizygus tessellatus) are marketed.

We clarified the significance of daily adherence to the NJD on the protection of obesity and prevention of metabolic syndrome by assessing the fat adiponectin/leptin and plasma leptin levels using the normal fed mice and the high fat diet mice. And also we revealed that discontinuous adherence to the NJD induced decreases in both adiponectin and leptin levels. These results suggest that daily adherence to the NJD can be essential for maintaining good health. Then the increase of medical expenses can be prevented.

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Title: The importance of nutrients and supplements in Parkinson's disease

Gaia Rocchitta | University of Sassari, Italy

Abstract:

In Parkinson's Disease (PD), the importance of diet as a regimen to maintain an adequate state of health is widely known. In the presence of chronic diseases, a diet program becomes a fundamental condition for the well-being of the individual. It has been demonstrated as specific dietary approaches can impact on the risk of PD or modulate its path¹, by means of the alteration of inflammatory responses that have been indicated to underly neurodegenerative diseases, as PD. Of all the dietary patterns, the Mediterranean diet has been recognized as one of the most effective in that it provides quality nutrients, such as antioxidants resulting from the consumption of olive oil, fruit, vegetables as well as a moderate consumption of carbohydrates (pasta and bread), cereals, legumes and a controlled use of animal fats. Recently, the role of supplements has been indicated to satisfy nutritional deficits by means of an adequate intake of specific components. Among them several natural compounds have been demonstrated to be able are able to alleviate PD symptoms by inhibiting some physiopathological mechanisms, as oxidative stress and neuroinflammation. Probiotics, dietary fats, nutraceuticals, as polyphenols or curcumin, are commonly used in order to support the dietary regime in the intake of substances to handle of age-related diseases, as PD². It has been highlighted that the progression of the disease is associated with a worsening of nutritional status often due to psychosocial but also physical factors, including dysphagia. So, it became extremely important to balance the quality of nutrients before the therapy with L-dopa but also after, for instance by redistributing proteins in order to improve L-dopa absorption. It became essential to recommend exact quantities of food to avoid body weight gain or loss, and especially in the case of dysphagia, consider as well as texture-modified diets.

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Title: Therapeutic ketosis and the broad field of applications for theketogenic diet: Ketone ester applications & clinical updates

Raffaele Pilla | St. John of God Hospital, Italy

Abstract:

It has been recently shown that nutritional ketosis is effective against seizure disorders and various acute/chronic neurological disorders. Physiologically, glucose is the primary metabolic fuel for cells. However, many neurodegenerative disorders have been associated with impaired glucose transport/metabolism and with mitochondrial dysfunction, such as Alzheimer's/Parkinson's disease, general seizure disorders, and traumatic brain injury. Ketone bodies and tricarboxylic acid cycle intermediates represent alternative fuels for the brain and can bypass the ratelimiting steps associated with impaired neuronal glucose metabolism. Therefore, therapeutic ketosis can be considered as a metabolic therapy by providing alternative energy substrates. It has been estimated that the brain derives over 60% of its total energy from ketones when glucose availability is limited. In fact, after prolonged periods of fasting or ketogenic diet (KD), the body utilizes energy obtained from free fatty acids (FFAs) released from adipose tissue. Because the brain is unable to derive significant energy from FFAs, hepatic ketogenesis converts FFAs into ketone bodies-hydroxybutyrate (BHB) and acetoacetate (AcAc)-while a percentage of AcAc spontaneously decarboxylates to acetone. Large quantities of ketone bodies accumulate in the blood through this mechanism. This represents a state of normal physiological ketosis and can be therapeutic. Ketone bodies are transported across the blood-brain barrier by monocarboxylic acid transporters to fuel brain function. Starvation or nutritional ketosis is an essential survival mechanism that ensures metabolic flexibility during prolonged fasting or lack of carbohydrate ingestion. Therapeutic ketosis leads to metabolic adaptations that may improve brain metabolism, restore mitochondrial ATP production, decrease reactive oxygen species production, reduce inflammation, and increase neurotrophic factors' function. It has been shown that KD mimics the effects of fasting and the lack of glucose/insulin signaling, promoting a metabolic shift towards fatty acid utilization. In this work, the author reports a number of successful case reports treated through metabolic ketosis.

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FEATURED TALKS



Title: The Effect of Social Jetlag on Sugar Consumption Among Adolescents: Family Life, Activity, Sun, Health, and Eating (FLASHE) Study

Özlem ÇETİNER | Atilim University, Turkey

Abstract:

Social jetlag (SJL) i.e., the shift in sleep duration (in hours) from weekdays to weekends is associated with an adverse endocrine and behavioral risk profile among adolescents. Therefore, we aimed to evaluate the relationship between SJL and sugar consumption from foods and beverages. Data from 1107 adolescents of Family Life, Activity, Sun, Health, and Eating (FLASHE) study were used. Dietary intake from sugar sweetened beverages (SSB), candy, cookies/cakes, frozen desserts and sugary cereals was calculated according to Dietary Screener Questionnaire during the past seven days. SJL was measured as the difference in hours in midpoint of sleep between weekdays and weekends. One-way ANOVA was used to determine the difference between dietary consumption and BMI percentile according to three SJL groups that had i) no SJL (less than 1 hour difference), ii) mild SJL (1-2 hours of difference), iii) high SJL (>2 hours of difference). Multilinear regression analyses were also made to determine the relationship between SJL and BMI percentile after adjusting for age, sex, race, household income, physical activity level, all beneficial and detrimental food intake and total sleep duration as potential co-founders. Daily consumption frequency of SSB, total sugar intake and sugar intake from SSB were different between three groups. High SJL group have higher amounts of SSB consumption than no SJL group and mild SJL group ($p=0.013$ and $p<0.001$ respectively). Similarly, BMI percentile was higher in high SJL group (Mdn: 70.80) than no SJL group (Mdn: 57.76) ($p<0.001$) and mild SJL group (Mdn: 65.07) ($p=0.075$). The association between BMI and SJL was statistically significant ($p=0.023$) after adjusting for potential cofounders. Even our results were not clinically significant, it should be emphasized that the understudied effects of irregular sleep patterns on teen's sugar intake and BMI, which could potentially be a risk factor for chronic diseases and excess body weight.

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Title: Variability of nutritional quality and fatty acids profile of eggs of indigenous hen ecotypes of Benin reared under conventional and organic free range rearing systems

Ulbad P. Tougan | University of Parakou, Benin

Abstract:

Objectives: Indigenous chicken populations of Benin included North, South, Holli, Fulani and Sahoue ecotypes. The current study aims to determine the nutritional value and the fatty acids profile of their eggs in relation with the rearing system.

Methodology and results: Two groups of 30 hens of each ecotype were reared respectively under traditional organic free range rearing system on the one hand and under improved breeding systems on the other hand until 28 weeks old. Then, 100 day led egg from each ecotype of hen were collected by rearing system and used for the study. The white and the egg yolk were used for physico-chemical analysis, fat extraction and fatty acids profile evaluation. It appears that the highest protein and dry matter contents and the lowest fat content were found in eggs from organic system for all studied ecotypes ($P < 0.05$). The predominant fatty acids (FA) in eggs of the different ecotypes of hen were palmitic and stearic (18:0) acids as saturated fatty acid (SFA), oleic acid as monounsaturated fatty acids (MUFA), conjugated linoleic acid (CLA) and 20:3 n3 as polyunsaturated fatty acids (PUFA). The higher n-3 fatty acids content and the lower n-6 PUFA/n-3 PUFA ratio were found by the breeding system ($P < 0.01$). Eggs from local hens of Holli, Fulani and Sahoue ecotypes showed the best nutritional and dietetic values.

Conclusion and application of finding: Regarding the egg nutritional quality and fatty acids profile, different ecotypes of indigenous chickens and different production systems resulted in significant changes in fatty acids composition with the organic rearing system ensuring additional health benefit for consumers.

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Title: Reducing power of seeds from some Algerian fresh fruit and vegetable varieties using olive oil as extraction solvent

Salem Benamara | University of Boumerdes, Algeria

Abstract:

This work investigates the reducing power (RP) of seeds from twelve fresh fruit varieties (FFS) and six fresh vegetable varieties (FVS) from Algeria, using lipophilic extraction, the olive oil (OO) being the extraction solvent. Actually, this is an evaluation of the efficiency of OO-based seed plant infusions in terms of antioxidant activity. The RP of 56 plant products (of which 17 FV) was recently reported by Allane and Benamara (2019) using such lipophilic extraction. Lipophilic extracts were prepared according to Hamed (2006) and Saha et al. (2012), whereas the quantification of RP was performed according to Oyaizu (1986). Results showed that among the considered fruits, eight species gave a positive RP value against four species with a negative RP value. By comparing the means with ANOVA at 0.05 significance level, there are globally three groups of FFS: group with the highest RP that is $20 \text{ mg BHT eq. } \chi \text{ g}^{-1} \text{ ww} < \text{RP} < 30 \text{ mg BHT eq. } \chi \text{ g}^{-1} \text{ ww}$ (prickly pear, pomegranate and black date fruit), group with the lowest RP that is $\text{RP} < 10 \text{ mg BHT eq. } \chi \text{ g}^{-1} \text{ ww}$ (red grapes, yellow plums and Deglet-Nour date fruit) and intermediate group with RP value of about $10 \text{ mg BHT eq. } \chi \text{ g}^{-1} \text{ ww}$ (black cherry and apricot). Concerning the FVS, the broad beans show the highest RP value ($\sim 15 \text{ mg BHT eq. } \chi \text{ g}^{-1} \text{ ww}$) which is twice that of tomato ($p < 0.05$) and is seven times that of red peppers ($p < 0.05$), whereas the rest of FVS shows a negative RP. So, the efficiency of OO-based FF seeds (FFS) and FVS, in terms of antioxidant activity have shown promising results but this efficiency is not systematic since it depends considerably on the plant product species. In particular, the findings open up broad prospects for new food excipients.

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FEATURED TALKS



Title: The effect of time's exposure and thickness of material on efficacy of microwave energy in some different stages for some storage insects

Mohammed Z. Khalaf | Integrated Pest Control Research Center, Iraq

Abstract:

Dates artificially infested with eggs and larvae of *Ephestia cautella* and corn seed artificially afflicted with *Sitotroga cerealella* have been exposed to Microwave 1000 Watt at different exposure time (0, 20, 25, 30, 35, 40, 45 second). The results have indicated that the Microwave has high capacity on killing eggs and larvae of *E. cautella* and *S. cerealella*; besides this effect gets increased by increasing the exposure time. Ratio of killing eggs reached to 92% and 100% during time of exposure 40, 45 second consequently, in comparison with 23%, 38% at exposure time 20, 25 second. The results have not indicated the spiritual differences in ratios of killing when dates arranged with one layer or two layers when being exposed to ray. In respect to larvae processing, the percentage of killing reached to 93%, 97% during exposure time 40, 45 sec consequently in comparison with 20%, 35% at exposure time 20, 25 sec. In treatment of the larvae, results indicated that mortality was 93%, 97% at 40, 45 sec exposure time compared with 20%, 35% at 20, 25 sec exposure time. In respect to corn seeds, mortality of larvae of *S. cerealella* moths was 97% at 45 sec exposure time compared with 34%-36% at 20 sec exposure time. Results have not indicated to any effects on germination of corn seeds. Results have explained that the efficacy of microwave on controlling fig moth insect that afflicted stored dates played as an alternative method for Methyl Bromide in stored corn seeds.

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FEATURED TALKS



Title: Three years follow up (cohort) study via Population based intervention on adolescent and childhood obesity and overweight at schools setting

Hamid Yahya Hussein | Dubai Health Authority, UAE

Abstract:

Background: Obesity and overweight are recognized as major global public health phenomena. Its long term consequences are many of wide variety of chronic conditions including high blood pressure, type 2 diabetes, stroke, cardiovascular disease, and certain forms of cancer; which in turn are primary drivers of healthcare spending, disability, and deaths, childhood obesity is complex and multidimensional, which has been identified as a public health priority. It is also recognized that obesity decreases the quality of life and life expectancy considerably. **Objectives:** To assess population based childhood obesity intervention over three years at school population in Dubai, To examine the childhood obesity intervention outcome. **Methodology:** About 2600000 students age range (5-18) years grade (1-12) over about 180 private schools in Dubai over three consecutive academic years 2014-2015, 2015-2016 and 2016-2017, BMI measurement as per CDC criteria and chart, WHO (mean $\pm$ SD) centile Body weight at the beginning of each academic year (September), wide variety of interventions been designed and applied e.g. health promotion, school Nutritional education activities, Food labelling, happy schools initiatives, 10/10 initiative physical activity platform, parents awareness, students health file initiative, City Makers (blue team initiative), community participation (private-public partnership), Governmental stockholders intersect oral collaborations school canteen policy and guideline, BMI and other age and gender based BMI and centile measurement done at the end of academic year (June) for (3) successive academic years. **Results:** The current study revealed that about 8.7% of the total students population in private schools in Dubai were obese and about 1.4% of the total students were morbidly obese in total of 10.1% of the total students were obese of different severity. The study showed that the prevalence of obesity among student population at private schools in Dubai during the academic year 2015-2017 was 9.05% the study showed 0.9% reduction of obesity comparing academic year 2014-2015 to academic year 2015-2016, the study reflected that prevalence of obesity among student population at private schools in Dubai during the academic year 2016-2017 was 8.2% which was about 1.3% less comparing to the prevalence of obesity during academic year 2015-2016. The study revealed that the trend of obesity prevalence among students population at private schools in Dubai is declining over that last three academic years (2014-2015, 2015-2016, 2016-2017) showing that about 2.2% total reduction the three years period of applying effective intervention program.

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Title: Evaluation of type 2 diabetes prevention through diet modification in people with impaired glucose regulation

Mykola D. Khalangot | Shupyk National Medical Academy of Postgraduate Education, Ukraine

Abstract:

A few interventional studies to date have specifically assessed the association between dairy products and/or sugar consumption and the risk of type 2 diabetes mellitus (T2D) incidence. The aim of this study was to assess the effectiveness of diet modification in people with impaired glucose regulation (IGR) as defined by a glucose tolerance test (GTT).

A quasi-experimental study design was used for this study. A total of 318 randomly selected 18-year-old or older participants from the rural area of the Kyiv region of Ukraine who had not been registered as T2D patients before underwent GTT between June 2013 and June 2017. For those who had been diagnosed with IGR, World Health Organization (WHO)/International Diabetes Federation criteria were used. Of 318 participants screened for T2D, 123 (74% of them females) were diagnosed with IGR. They were aged 18 to 79 years old with a median ($Q_I - Q_{III}$) age of 62 (52–68) years. They were repeatedly tested during the study and completed a questionnaire on average 2.8 (1.1) years (standard deviation [SD]), after they had received their lifestyle-based T2D prevention recommendations. In addition to basic recommendations, they were advised to consume approximately 200 g of low-fat dairy products and less than 25 g of sugar daily. Cases of screen-detected diabetes mellitus (SDDM) were diagnosed and reported as an outcome variable if a fast capillary blood glucose level reached 6.1 mmol/L and above. To define the association between implementation of recommendations and the risk of SDDM, the Cox proportional-hazards regression analysis was used.

During the study observation period, 56 (45.5%) of 123 IGR-positive participants were recognized as SDDM cases. Those individuals with IGR ($n = 111$) who confirmed their adherence to preventive recommendations had a significantly lower risk of identifying SDDM, age- and gender-adjusted hazard ratio (HR) 0.26 (95% CI; 0.09–0.72). This effect appears to be related to the recommendation to reduce the daily intake of sugar to less than 25 g ($n = 99$), corresponding to age- and gender-adjusted HR 0.44 (95% CI; 0.2–0.99). We cannot prove that increasing consumption of dairy products, vegetables, and fruit or increased physical activity had similar effectiveness. After 2.8 years of follow-up, the individuals who are IGR-positive and who confirmed their adherence to lifestyle-based preventive recommendations had a significantly lower risk of identifying SDDM. This effect appears to be related to recommendations to reduce the daily intake of sugar to less than 25 g.

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FEATURED TALKS



Title: The feel better approach to allow employees and students 30-80 minutes for physical activity to control the clinical obesity at its source and avoiding it from spreading in a gigantic way and to control all the possible diseases it carries

Fayaj L. Pathan | MIT College of Food Technology, MITADT University, India

Abstract:

A person has traditionally been considered to be obese, if they are more than 20% over their ideal weight and Obesity is condition with a Body Mass Index of 30 and above. Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer. The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended.

Let me talk about my concept here:

1. The complete idea is depend upon two basic things first is the individual or a student is ready to keep himself or herself away from obesity and second they are ready to do physical activity on regular basis.
2. The employee organization and student's schools need to feel care about its employees and student's health and to keep them away from obesity and diseases due to it.
3. The individual or a student will just focus on what he/she is eating and how much he/she is busy in physical activity to keep himself or herself away from obesity.
4. The organization and schools may be with their own expenditure or by taking the charges of it from their employees and students will do the BMI testing for all their employees and students.
5. Based on the BMI test results let all the individual employees and students' get segregated in the categories: Normal, overweight and Obese.
6. Based on this the individual employee and student will be guided to do the physical activity for about 30, 35, 45 minutes daily for an individual employee of Normal, overweight and Obese category respectively.
7. Based on BMI segregation the individual student will be guided to do the physical activity for about 60, 70, and 80 minutes daily for an individual employee of Normal, overweight and obese category respectively.

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FEATURED TALKS



Title: The feel better approach to allow employees and students 30-80 minutes for physical activity to control the clinical obesity at its source and avoiding it from spreading in a gigantic way and to control all the possible diseases it carries

Fayaj L. Pathan | MIT College of Food Technology, MITADT University, India

8. The complete idea is depend upon two basic things first is the individual or a student is ready to keep himself or herself away from obesity and second they are ready to do physical activity on regular basis.
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Title: Lead levels in domestic water and breast milk of lactating mothers.

Raafat Abdeldayem | Mansoura University, Egypt

Abstract:

Background; Lead acts as anti-essential trace element in the human body. Breast milk is the ideal nutrient for the newborn, lead reach into breast milk through passive transfer.

The aim of the present work is to correlate between the lead levels in domestic water and breast milk of lactating mothers.

Materials and Methods; this study was performed on fifty-two drinking tap water samples collected from different districts and fifty-two breast milk samples from lactating mothers hosted in different hospitals. All these samples were subjected to lead analysis.

Results; Lead level in drinking groundwater showed higher levels than in drinking surface water. In addition, an elevation of lead levels in breast milk of mothers drinking groundwater was noticed when compared with that of mothers drinking surface water. The comparison between mean lead levels in drinking water and mothers' breast milk samples showed positive relationship. Lead concentrations in breast milk of the studied samples were elevated by exposure to smoking.

Conclusions; We conclude that prolonged contact with lead plumbing can increase the lead content in tap water with subsequent increase in lead burden in infant fed formula and infant blood.

Recommendations; Also, we recommend that chemical analyses must be carried out periodically for the surface and groundwater to ensure the water suitability for domestic purposes. Passive exposure to smoking during lactation should be avoided.

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FEATURED TALKS



Title: Incorporation of psyllium (*Plantago ovata* FORSSK) in food and its health benefits

Elisangela Aparecida Nazario Franco Federal Rural University of Rio de Janeiro, Brazil

Abstract: Psyllium has been used worldwide to improve the symptoms of constipation, irritable bowel syndrome and diarrhea. It has been recognized as a cholesterol-lowering agent to be used in the treatment of hypercholesterolemia. Given psyllium's ability to reduce low-density lipoprotein (LDL) cholesterol levels, the National Health Surveillance Agency (ANVISA) and the Food and Drug Administration (FDA) authorize manufacturers of food products to include health claims for psyllium on their labels, provided that these products contain the minimum amount (content) of the referred fiber required for health claims on their labels. Health claims add value to products, making them competitive, and are used by marketing departments to arouse consumers' attention and influence their buying decisions.

In addition to offering fibers to the consumer, products that contain psyllium also include health claims on their labels, which is an important marketing advantage, since most consumers seek food products with functional properties. Psyllium also contains antioxidant compounds (phenolics and flavonoids), and the frequent intake of this fiber contributes to the reduction of fasting and postprandial blood glucose concentrations, causes satiety, reduces hunger and the urge to eat. It also assists in weight loss.

Due to the benefits of this fiber, several studies have investigated the incorporation of psyllium into bakery and dairy products.

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FEATURED TALKS



Title: Inhibition of alpha-amylase and alpha- glucosidase activities by dough meal from unripe plantain (*Musa parasidiaca*), water yam (*Dioscorea alata*) and bitter leaves (*Vernonia amygdalina*)

J.B. Adeloje | Federal University of Technology Akure, Nigeria.

Abstract:

Globally and in all age groups, diabetes is a metabolic disease that is associated with oxidative stress caused by reactive free radicals in the human system. Unripe plantain flour, water yam flour and bitter leave powder were blended in different proportions. The blended flours were analyzed for chemical composition, antioxidant and pasting properties while α -amylase and α -glucosidase activities, glycemic index and sensory properties of the dough meal were determined. A remarkable free radical scavenging activity and ferric ion reducing power as the supplementation with water yam increased was observed. The inhibition of α -amylase and α -glucosidase activities by the unripe plantain- based dough meal was dependent on the percentage inclusion of water yam and this indicates the antihyperglycemic potential of the dough meal. The glycemic index and load of rat fed with the dough meal was significantly low at 40% water yam supplementation compared to 100% unripe plantain dough meal. Hence, the study provides a rationale that dough meal from unripe plantain; water yam and bitter leave have the potential to be used as function foods to alleviate postprandial hyperglycemia.

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