

Welcome letter from the Organizing and Scientific Committee

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Dear colleagues and participants,

Welcome to this special supplement dedicated to compiling the abstracts of the communications and lectures of the FINUT 2020 Conference. The supplement accounts for 339 abstracts for oral and poster communications from 18 countries. It also comprises the abstracts of more than 80 selected guest speakers participating in the scientific symposia and special lectures.

The main objective of the FINUT Conference, which will be held every two years, is to create a space for exchange and discussion of ideas regarding the main challenges of Food and Nutrition in Iberoamerica, to provide solutions aimed at improving the health of the populations of the region, where all the stakeholders, both public and private, are present and can share their thoughts. In addition, the Conference seeks to open a place for contrasted science shared by the Iberoamerican region, a necessary space to open opportunities and to display the research work done in Food and Nutrition, especially that from Latin American countries.

The scientific program of the Conference includes 32 parallel symposia, 4 meetings with the experts and 10 special lectures. In this first edition the Conference focused on 4 topics:

- Challenges of nutrition and public health in Iberoamerica.
- Nutrition in the prevention and treatment of chronic diseases.
- Safe, healthy, and sustainable foods.
- Challenges for an effective and efficient public-private partnership in food and nutrition.

The Conference is organized by the Iberoamerican Nutrition Foundation (FINUT), a nonprofit organization founded in 2011 by the International Union of Nutritional Sciences (IUNS), the Latin American Society of Nutrition (SLAN), and the Spanish Nutrition Society (SEÑ) to promote knowledge, research, development and innovation of Nutrition and Food in Iberoamerica. The FINUT programs are aimed at training professionals and researchers interested in these areas and building partnerships with governments, universities, research centers and other organizations.

Although we are living moments full of uncertainty, the FINUT 2020 virtual Conference organizers would like to thank all our speakers, attendees, and collaborators for their effort to share the scientific advances in the fields of nutrition and food sciences. The organization acknowledges and congratulates all the FINUT 2020 participants and members of the committees for their ability to adapt to new communication needs and hope that in the next edition of the Conference we can give you all the very personal thanks for moving forward

and for continuing the valuable work of providing the world with true and scientifically verified research, so essential in these times.

¡We are looking forward to seeing you at the FINUT 2022 Conference!

Very truly yours,

Prof. Luis Moreno

President of the Organizing Committee

Prof. Benjamín Caballero

President of the Scientific Committee

Prof. Angel Gil

President of the Ibero-American Nutrition Foundation (FINUT)

Dr. María José Soto-Méndez

Executive Secretariat of the Conference

Organizer



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Celebrating 30 years of probiotic science



and thigh circumferences were found greater to a greater degree of BD ($p < 0.05$).

Conclusion: Body dissatisfaction is greater in Mexican girls than in boys, and is related to BC. However, there do not appear to be any differences between the sexes nor associations with BC in attitudes towards healthy eating (HE).

Keywords: body dissatisfaction, healthy diet, body composition, adolescents, Mexico.

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ELEMENTS TO FORMULATE A HEALTHY EDUCATIONAL PROPOSAL IN FOOD AND PHYSICAL ACTIVITY, FROM THE PERSPECTIVE OF SCHOOL CHILDREN IN MEDELLIN (1)

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Nutrition in the prevention and treatment of chronic diseases

Background: The global problem of childhood obesity is growing and occupies the first lines in health agendas. In Colombia, the National Survey of Nutrition Situation (ENSIN, 2015), shows an increase in excess weight in schoolchildren.

In Medellín, a survey on sports and recreational habits and preferences (by INDER, 2017) describes that although children and adolescents maintain an adequate weight, an increasing tendency to becoming overweight and a propensity to sedentary behavior is identified; 8% of schoolchildren aged 6 to 10 declare that they practice sports, recreational or physical activity, while only 3% between the ages of 11 and 14 do so.

Objective: To identify the favoring factors and the barriers to assume a healthy lifestyle in relation to food and physical activity.

Methods: The research is carried out in an EI -Educational Institution- with a sample of 363 schoolchildren between 8 and 12 years old (52.1% men and 47.9% women), with whom four focus groups are formed, two with schoolchildren with overweight and two without.

Results: Based on the codification in Atlas ti, three categories, and primary codes are identified, centered on (1) Meanings and practices; from their analysis family and personal knowledge and actions about food, health, obesity, healthy lifestyles, physical activity, habits, beliefs, and factors that favor weight excess are derived; (2) the internal and external context to the IE; actions or situations that take place in the restaurant or school cafeteria, as well as outside school, and in their households; impacting the lifestyles of schoolchildren and (3) the looming solution strategies, that can be advanced to properly influence a healthy lifestyle in schoolchildren.

Conclusions: the preventive approach to childhood obesity to prevent in turn, ECNT from an ecosocial perspective, involves not only the microsystem of the schoolchild but also the macro, the exosystem, to generate relevant proposals.

Keywords: Childhood obesity, school children, prevention, health education, lifestyles.

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Inder Medellín (2017). Institutional survey on sports and recreational habits and preferences of physical activity. Sports and Recreation Observatory Report

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This work is part of the Colon Cancer Prevention (ECNT) project. Educational perspective against obesity, in food, nutrition, and physical activity, in schoolchildren in Antioquia and Quindío, within the Scientific Academic Alliance for the strengthening of IES, focused on nanobioengineering for the prevention, diagnosis, and treatment of Colon-cancerNanobiocancer. Scientific Colombia 2017