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

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phenotype, while the highest quartile increased 3.77 (95% CI 2.54 - 5.61) times the chance of the phenotype.

Conclusion: Our findings suggest that the metabolic phenotype is related to the perceived health status of Brazilian graduates, which may reflect in their dietary intake, an important individual behavior related to obesity.

Conflicts of interest: The authors declare that there is no conflict of interest.

Keywords: obesity / healthy lifestyle / dietary intake / NOVA classification / healthy obese phenotype

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SOCIODEMOGRAPHIC FACTORS ASSOCIATED WITH FOOD INSECURITY OF A GROUP OF LACTATING WOMEN, ANTIOQUIA COLOMBIA 2019

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Challenges of nutrition and public health in Ibero-America

Background: The scientific evidence is compelling in demonstrating the importance of breastfeeding on children's health, but for this process to be best achieved, the mother requires an adequate nutritional status, which is conditioned by the household's level of food security. In our context, research on the food and nutritional conditions of breastfeeding mothers is limited, which reflects the invisibility of this problem and the need to document it in order to strengthen public policies and nutritional care for this group.

Objective: To assess the sociodemographic factors associated with food insecurity in a group of lactating women.

Methods: Descriptive observational study of secondary sources, conducted from on the database of the Food and Nutrition Profile of the Department of Antioquia 2018-2019. The sociodemographic variables evaluated were area, socioeconomic level, age, educational level, occupation, household members, type of household, access to drinking water, health regime, household income and duration of breastfeeding. For the association between sociodemographic aspects and food security, the chi-square test of independence was applied.

Results: Food insecurity was found in 78.6% of the lactating mothers, of which 36% presented moderate and severe insecurity with similar proportions. A significant association was found between food security and these sociodemographic variables: household members ($p = 0.0011$), socioeconomic level ($p < 0.001$) with greater affectation at the lowest level. The mother's educational level ($p = 0.008$), household income ($p = 0.006$), the type of health affiliation ($p = 0.011$) and the type of family ($p = 0.004$) also presented significant association.

Conclusions: Sociodemographic factors significantly impact food security in lactating women's homes, which contributes to the limited access and availability of food in the home and prevents healthy eating adjusted to nutritional requirements during this stage. Lactating women's nutrition should be prioritized because of its role in the reproductive cycle and in the health of children under two years of age.

Conflicts of interest: The authors declare that they have no conflict of interest.

Keywords: lactating/ breastfeeding/ postpartum period/ women.

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ASSESSMENT OF THE EFFECT OF OAT AND POTATO FIBRE ON THE SURVIVAL OF *LACTOBACILLUS CASEI* IN A NUTRACEUTIC FERMENTED PRODUCT

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Challenges of nutrition and public health in Ibero-America

Introduction: Obesity is the biggest public enemy of health, is the basis for the development of diseases that occupy the world's top mortality causes like cardiovascular diseases, type 2 diabetes mellitus, and cancer.

Obesity is a multifactorial disease; its main cause is an imbalance between caloric intake and expenditure, promoted by the obesogenic environment with easy access to processed foods high in carbohydrates and lipids.

The use of symbiotic foods has been shown to be a significant aid in the treatment of obesity. The formulation and development of new foods with probiotics added with prebiotics easily accessible to the public on the market could be a viable alternative.

Objectives: The research aim was to evaluate the effect of two prebiotic fibers on the survival *Lactobacillus casei* subsp. *casei* and physicochemical changes in dairy drinks, during their shelf life, for the subsequent development of new nutraceutical foods.

Methods: It was determined for 4 weeks at 4° Celsius changes in acidity, pH and survival of lactic acid bacteria in CFU/mL of 2 different fermented dairy drinks added with prebiotic fibers of oats and potato.

Results: Fermented dairy drinks show changes over time in physicochemical properties and the survival of L. casei, however, the fibers evaluated do not decrease the survival to lose the probiotic activity of dairy drinks ($1x10^8$ CFU/mL).

Conclusions: The formulation and development of new fermented nutraceutical foods added with probiotics and prebiotics could be an excellent alternative in the control of incidence and prevalence of obesity, however, it must be