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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consider the standardization method as part of the evaluation per population.

Conflict of Interest: The authors declare no conflicts of interest related to this work.

Keywords: Nutritional assessment / standardization / food

P056

SUSTAINABLE FOOD: DIVERSE DIET AND RESPONSIBLE CONSUMPTION PRACTICES, IN ALTERNATIVE CONSUMERS IN COLOMBIA: COMPARATIVE STUDY OF FIVE CITIES - ARMENIA, BOGOTÁ, MEDELLÍN, MANIZALES AND PEREIRA

D. Idárraga-Tunjo[1], S. del Castillo-Matamoros[2], M. Cadavid-Castro[3].

[1] Maestría de Salud Pública. Universidad Nacional de Colombia. Bogotá. Colombia. [2] Departamento de Nutrición Humana. Universidad Nacional de Colombia. Bogotá. Colombia. [3] Escuela de Nutrición y Dietética. Universidad de Antioquia. Medellín. Colombia.

Safe, healthful and sustainable food

Introduction. Food sustainability aims to ensure that food consumption does not affect the balance of the environment by increasing the Carbon footprint or the loss of biodiversity; nor does it aim to affect the economy of the actors immersed in the food system.

Objective. Analyze the sustainable eating practices of regular consumers by the alternative model of food distribution in the cities of Armenia, Bogotá, Medellín, Manizales and Pereira.

Methods: Through qualitative and quantitative information based on surveys of individuals and certain groups, the diversity in the consumers diet, their consumption practices and the consumption, the management of food, organic waste and the use of plastic, was analyse from a perspective of sustainability are disclosed.

Results. The diversity of the diet of the study participants was evaluated as low, medium or high, with Medellín being the city where the majority consumed a diverse diet, followed by Bogotá and Pereira. Consumers prefer a diverse diet, that does not compromise the consumption of food, and one that contains Vitamin A and D as nutrients of interest. It is found that responsible consumption practices are not common due to different factors such as: compromised or imprecise information that motivates the selection of foods with health properties; economic limitation for other people to access, preventing equitable development of responsible consumption practices motivated in these aspects; generation of food waste in food groups of interest (to a greater extent: fruits, vegetables and cereals); frequent use of single-use plastics; and inadequate waste management.

Conclusions. The eating pattern in relation to dietary diversity contributes to the consumption of food sources of Vitamia A and D. Despite the identification of a wide and free intention to have a sustainable diet and responsible consumption practices, these occur in a limited way.

Conflicts of interest. The Authors declares that there is no conflict of interest.

Keywords: Food security / Responsible consumption / Sustainable diet / Food waste / Waste management.

P057

NUTRIENT VALUE IN DANDELION FLOWER (*Taraxacum officinale*)

D. Ruiz-Juárez[1], V. E. Melo-Ruiz[1], M. Gutiérrez-Rojas[2], K. Sánchez-Herrera[1], O. Cuamatzi-Tapia[1].

[1]Departamento Atención a la Salud, [2]Departamento de Producción Agrícola y Animal. Universidad Autónoma Metropolitana-Xochimilco. Calzada del Hueso 1100. Col Villa Quietud, Delegación Coyoacán. C.P. 04960. Ciudad de México.

Safe, healthful and sustainable food

Introduction: The study of the flower of the plant Dandelion is framed in the clinical aspect and mainly in attention to different symptoms in man, also in certain regions of Mexico is used as alternative food, In this regard, there is no information to support the nutritional quality of plant structures as a source of food.

Objectives: The aim of the study was to investigate the macronutrient content of the Dandelion flower as a food supplement.

Methods: The work was carried out in two phases, the first, in summer 2017 in the Ecological Park of the town hall Xochimilco, CDMX, Mexico. The sampling of floral buttons was carried out under a targeted sampling. In the second phase, the botanical classification and the proximal chemical analysis were carried out on a dry basis based on the techniques of AOAC 1995 to quantify of the nutricional content.

Results: The botanical description of the plant indicates that this Asteraceae corresponds to the genus *Taraxacum* species *officinale*. The percentages obtained expressed values of humidity 83.33%, dry matter 16.67%, protein 0.02%, inorganic matter 16.67%, lipids 2.1%, fiber 3.22% and soluble carbohydrates 77.99%. On base of the content the mineral were quantified Iron 36 mg/100g; calcio 187 mg/100g; phosphorus 66 mg/100g; potassium 397 mg/100g; and sodium 76 mg/100g. The percentage of proteins was almost nil, however, it presents high percentage in minerals, in which iron is listed as a favorable option to fight its deficiency in protein and avoid anemia, serious problem with severe consequences on health.

Conclusions: It is considered a wild herb, which spreads easily can be used in both rural and urban communities.

Keywords: Food / Dandelion flower / Minerals / Nutrition