

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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EFFECT OF NUTRITIONAL HEALTH DURING PREGNANCY WITH OBSTETRIC RESULTS IN MATERN-FETAL AXIS

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Nutrition in the prevention and treatment of chronic diseases

Introduction: Nutritional needs of macro and micronutrients are increased during pregnancy. Nutritional assessment during this stage is commonly evaluated by anthropometric indicators such as pregestational weight and body mass index (BMI), and gestational weight gain (GWG), which are the reflection of previous nutritional status and during Pregnancy. Fetal development is associated with maternal nutritional factors, both very low GPGs, and very high GPGs, are associated with an increased risk of childhood morbidity, and increased predisposition to chronic diseases in adult life.

Objectives: To link obstetric outcomes in the mother-child binomial, with the nutritional indicators identified during pregnancy.

Methods: Cross-sectional, observational study in pregnant women aged 18 to 35 in public hospitals in Culiacán, Sinaloa. obstetrician-gynecologists, anthropometric and maternal dietary data were analyzed, the maternal diet was evaluated qualitatively and quantitatively through questionnaires, and neonates were clinically examined to detect fetal malnutrition. To assess the impact of nutritional health with obstetric results, one-way ANOVA and logistic regression were performed in Stata intercooled v.13.1, $p < 0.05$ values were taken as statistically significant.

Results: 68 pregnant women were included, of whom only 31 (45.5%) had a healthy gestation, 5 (7.4%) developed preeclampsia, 5 (7.4%) developed gestational diabetes and 27 (39.7%) started their pregnancy with excess body weight (EBW). 68% of patients had a higher GWG than recommended for their BMI; high consumption of hypercaloric foods and low consumption of fiber and water were identified in all patients. 50% of births were via caesarean section. 57% of neonates were found below the 50th percentile according to the weight for size, and 20% of the newborn was exposed to fetal malnutrition during third trimester of gestation.

Conclusions: Dietary habits are key for the development of a healthy gestation, so it is necessary to implement strategies that improve nutritional health during this stage to optimize the results in the fetal maternal axis.

Conflict of Interest: The authors declare that there is no conflict of interest regarding the publication of this article

Keywords: Pregnancy / Newborn / Gestational disorders

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FOOD ACCESSIBILITY REFERRED BY BRAZILIAN INDIVIDUALS WITH HYPERTENSION AND TYPE-2 DIABETES MELLITUS

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Nutrition in the prevention and treatment of chronic diseases

Introduction: Food choices of the individuals are guided by different factors, such availability and cost.

Objectives: Our objective was to evaluate food accessibility referred by Brazilian individuals with hypertension and type-2 diabetes mellitus.

Methods: A cross-sectional analysis of the baseline data of two randomized multicenter clinical trials ongoing in Brazil. Individuals of both sexes, over 21 years old, with previous diagnosis of hypertension and type-2 diabetes mellitus were included. Socioeconomic, biochemical and food accessibility data were collected from standardized and validated questionnaires. Data were expressed in absolute numbers and percentages, means and standard deviations.

Results: 414 patients were evaluated, aged 53.7 ± 11.9 years and 40.6% men; 54.8% were white, 53.4% completed the high school/had incomplete undergraduate, and 61.1% were married. Mean BMI was 30.8 ± 4.5 kg/m², and mean cardiometabolic features were: fasting glucose: 128.3 ± 56.3 mg/dL; glycated hemoglobin: $6.9 \pm 1.8\%$; systolic blood pressure: 138 ± 19.8 mmHg, and diastolic blood pressure: 87.2 ± 12.7 mmHg. In total, 65.5% of the participants buy food themselves and 60.4% prepared their own meals/foods. Regarding main meals, 86%, 78.5% and 95.2% of the individuals referred that their breakfast, lunch and dinner are made at home, respectively. 78.2% of the patients referred that fresh fruits and vegetables are available near home, and 63.5% agree that they have higher quality. However, 64.5% buy fresh fruits and vegetables once a week and 29.2% related they are expensive. In addition, 80.4% related that near their home there are significant number of snack bars, pizzeria and fast food stores available.

Conclusions: A variety of foods is accessible to the assessed population, and this should be taking into account for counseling individuals in primary cardiovascular prevention.

Conflict of interest: The authors declare no conflict of interest.

Keywords: Hypertension / Diabetes Mellitus, Type 2 / Social Environment / Diet, Food, and Nutrition.