

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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ROSEHIP SHELL FLOUR: OBTAINING, COMPOSITION, ANTIOXIDANT CAPACITY AND USE IN COOKIES

C. Cañulaf Ortiz¹, V. Nepote², L. C. Ryan¹.

¹Escuela de Nutrición, Facultad de Ciencias Médicas, Universidad Nacional de Córdoba (UNC), Blvd. de la Reforma s/n – Ciudad Universitaria, 5000, Córdoba, Argentina; ²IMBIV, CONICET, Instituto de Ciencia y Tecnología de los Alimentos (ICTA), Facultad de Ciencias Exactas, Físicas y Naturales (UNC), Av. Vélez Sarsfield 1611, X5016GCA Córdoba, Argentina.

Safe, healthful and sustainable food

Introduction: The rosehip (*R. rubiginosa* L) is the rounded part of the rose flower. The fruit grows at the bottom of the petals. The shell of this fruit, in Argentina, is mainly used as an infusion replacing tea.

Purpose: The aim of the work was to obtain flour from rosehip shell, determine its chemical composition and antioxidant capacity, to be used in the preparation of cookies, and evaluating its acceptance by consumers.

Methods: The chemical composition and antioxidant capacity (DPPH) of rosehip shell flour, from the province of Neuquén, Argentina, were determined. Sweet cookies were prepared, analyzing the acceptance for appearance, color, taste, smell and texture, in a 9-points hedonic scale, by 103 untrained judges (consumers). Averages, standard deviations and frequencies were calculated.

Results: The chemical composition of the rosehip shell flour (100 g) was: moisture 6.28±0.06 g, lipids 6.1±0.60 g, protein 2.73±0.13 g, total ashes 6.91±0.37 g, carbohydrates 83.75±0.63 g, iron 4.07±0.55 mg, and calcium 543±23.43 mg. The radical scavenging activity (DPPH) of the rosehip flour extract expressed as IC50 was 117.09±5.84 µg/mL. The average acceptance by consumers of the cookies were: Appearance 7.14±1.23, Color 7.19±1.31, Texture 7.17±1.5, Smell 6.53±1.65 and Taste 7.15±1.57. The product was accepted by more than 91% of the participants, 81.55% would include the cookie in their nutrition and 65.05% knew the rosehip.

Conclusion: It is possible to obtain flour from the rosehip shell, source of carbohydrates, calcium and iron, of moderate antioxidant activity and good acceptance, to be included in different preparations, which will allow to optimize local resources, improving the regional market.

Keywords: Flour / Rosehip / Antioxidant capacity
The authors report having no conflict of interest.

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ZATZ LARVA (*Arsenura armida* C.) AS NATURAL FOOD

J. L. Frías-Cabrera, C. Vargas-Vazquez.

Health Care Department, Universidad Autónoma Metropolitana, Mexico City, Mexico.

Safe, healthful and sustainable food

Introduction: Zatz larva is known to be an early phase from the metamorphic growth process Zatz butterfly experiences. This larva is usually found living in the rubber trees of the eastern regions of Mexico, mainly in Chiapas State where it is consumed by some sectors of this population. Its name derives from the native Tzotzil language which translation means “worm”. As addition, summer is the most feasible season to find it.

Objectives: To investigate the nutritional value of the larval state of *Arsenura armida* C. in order to consider it as another source of food within the diet.

Methods: Zatz larvae were collected from cork trees in the municipality of Yajalón, Chiapas in the summer of 2017 through convenience sampling. Subsequently, taxonomy was identified, and proximal chemical analysis was carried out on a dry basis of the worm by the AOAC (1995) methods to quantify macronutrients.

Results: The results of the proximal analysis on a dry basis were: humidity 79.63%, dry matter 20.36%; protein 34.70%, inorganic matter 2.10%, lipids 5.16%, fiber 7.82% and soluble carbohydrates 50.22%.

Conclusions: This larva can be used as another source of food to improve the nutrition of the population due to its content of macronutrients, mainly protein, being complementary to the consumption of animal origin food. In addition, it can be considered as an exotic dish of great cultural value

Conflict of Interest: The authors have no conflicts to declare.

Keywords: nutritional value / edible insect

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NUTRITIONAL VALUE OF STICK WORM (*Aplagiognathus spinosus* N.)

J. L. Frías-Cabrera, C. Vargas-Vazquez.

Health Care Department, Universidad Autónoma Metropolitana, Mexico City, Mexico.

Safe, healthful and sustainable food

Introduction: Currently there are thousands of insect species that have been described, but only a few are used by man, these being an important source of nutrients especially due to their high protein content.