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## **20th International Congress of Nutrition\*** Granada, Spain, September 15–20, 2013

Guest Editors

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### **Abstracts**

\*Contains the Abstracts of the  
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Guest Editors

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# Editorial

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Dear Participants,

The 20th International Congress of Nutrition (ICN) is organized under the auspices of the International Union of Nutritional Sciences (IUNS) by the Spanish Society of Nutrition (SEÑ). To organize the IUNS 20th ICN at these times of economic and financial crisis has been a big challenge. Notwithstanding, at the same time it offered us the unique opportunity to bridge the multidisciplinary areas of nutritional sciences, particularly basic and applied research activities all around the world. Furthermore, this Congress provided a broad platform to discuss experiences gathered at multinational and global levels in the fields of nutrition research, human nutritional requirements, role of nutrition in the promotion and prevention of chronic non-communicable diseases and nutrition education, as well as in the composition of foods and the role of bioactive food components on health and well-being at different food cultures. Likewise, food safety and consumer protection and food production and environment sustainability are major aspects related to food science and nutrition worldwide that are approached. Therefore, we planned a comprehensive congress under the theme "Joining Cultures through Nutrition" to convey nutrition and healthy lifestyles for everyone in a sustainable environment.

Being conscious of the broad range of professionals working in the different fields of nutritional sciences, the 20th ICN features a 'Track' design of audience segmentation by grouping the related sub-themes and ensuring the inclusion of sessions from scientific knowledge to applications. The main tracks are:

- 1: Advances in Nutrition Research
- 2: Nutrition Through Life Course
- 3: Public Health Nutrition and Environment
- 4: Nutrition and Management of Diseases
- 5: Nutrients and Nutritional Assessment
- 6: Functional Foods and Bioactive Compounds
- 7: Food culture practices and Nutritional Education
- 8: Agriculture, Food Science and Safety

The scientific program comprises 6 plenary lectures, 32 special lectures, 4 debates, 90 parallel symposia, 38 sponsored symposia and 16 Satellite Symposia.

The response to the proposed scientific program was very encouraging. In addition to the invited lectures, we received about 3570 submissions, 96% of which have been accepted. 347 correspond to invited speeches for Paralleled Symposia (30% did not deliver any abstracts), 193 have been selected to be presented as Oral communications and 3223 as e-posters. All submitted abstracts were peer-reviewed by at least two independent reviewers blinded to authors and institutions from the International and Local Scientific Committees. The number of entries in the list of abstract is higher than 17000. An effort has made to assure the involvement of speakers and participant from all continents and countries, including nutrition and food specialists in research, academia and industry as well as policy makers with a gender balance and applicability for all societies.

In the present Supplement of *Annals of Nutrition and Metabolism* only the abstracts for Parallel Symposia, Oral Communications and Posters are published. In addition, the abstracts corresponding to the International NUTRIMENTHE Conference, which has been held as a Satellite event of the 20th ICN, are also published. The Plenary Lectures and Special Lectures will be published later on in full in a Supplement of *Advances in Nutrition* available on-line to all 20th ICN participants.

The 20th ICN wish to recognize and thank the importance of the participation of young investigators and nutrition professionals from developing countries. Travel grants, registration fee and accommodation for selected young investigators and other awardees were made possible by contribution from international agencies and foundations and private sectors. A special fee rate for students and participants from low- and middle income countries was offered to encourage their participation.

We would like to express our sincere appreciation to all participants and particularly to invited speakers and national and international experts and delegates whose contributions, participation and interest make this congress a successful forum for sharing and exchanging knowledge in nutritional sciences for the benefit of the whole world.

Prof. Angel Gil  
Congress President and Chairman of the Organizing Committee

Prof. J. Alfredo Martinez  
President of the Scientific Committee

## **DISCLAIMER**

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All abstracts have been printed as received and formatted for uniformity and the Organizing and Scientific committees cannot be claimed responsible of the contents and future applications. All views expressed during the scientific sessions at this Congress are those of the individual authors and do not necessarily reflect the views of any of the Committees or any other individual member of these Committees or the views of any of the official organizing bodies.

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