

THE 3RD INTERNATIONAL CONFERENCE ON FOOD, NUTRITION, HEALTH AND LIFESTYLE 2019

“Emerging Trends in Nutrition and Food Science”

**07TH – 08TH NOVEMBER 2019
BANGKOK, THAILAND**

BOOK OF ABSTRACTS

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Book of Abstracts
3rd International Conference on Food, Nutrition,
Health and Lifestyle '19
(NutriCon 2019)

07th and 08th November 2019

Bangkok, Thailand

Committee of the NutriCon - 2019

The International Institute of Knowledge Management (TIKM)

Tel: +94(0)11 7992022

info@tiikm.com

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Book of Abstracts of 3rd International Conference on Food, Nutrition, Health and Lifestyle '19 (NutriCon 2019)

Edited by Dr. Vimal Karani S. and Prof. K.K.D.S. Ranaweera

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| C3 | 15. | Improvement of PCOS Symptoms in Women with a Low Carb-Good Fat Diet

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- P2 22. Studies on Sensory Attributes, Physicochemical Parameters and Microstructure of *Stevia rebaudiana* Based Selected Indian Desserts
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- P3 23. Chemical Composition and Oxidative Stability of Perilla Seed Oil Blends
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- P4 24. Quality Evaluation of Herbal Dahi (Indian Yoghurt) Employing Fuzzy Logic
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31. Promotion of Traditional foods
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32. Severe Acute Malnutrition in infants under 6 months – exploring social determinants from caregivers' perspective using the At- Mami Study in Malawi
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TECHNICAL PROGRAM

DAY 01 - THURSDAY, 07TH NOVEMBER, 2019

INAUGURATION SESSION	Thursday, 07 th November 2019 08.30 to 10.40 Cattleya 1	
	08.30 – 09.30	Conference Registrations
	09.30 – 09.40	Welcome Address by the Conference Convener Mr. Isanka P. Gamage (<i>Co-Founder & Managing Director - The International Institute of Knowledge Management (TIKM), Sri Lanka</i>)
	09.40 – 09.50	Speech by the Conference Co - Chair Prof. K.K.D.S. Ranaweera (<i>Senior Professor and Chair, Department of Food Science and Technology, University of Sri Jayewardenepura, Sri Lanka</i>)
	09.50 – 10.00	Speech by the Conference Co - Chair Dr. Vimal Karani S. (<i>Associate Professor in Nutrigenetics, Hugh Sinclair Unit of Human Nutrition, Institute for Cardiovascular and Metabolic Research, University of Reading, Reading, UK</i>)
	10.00 – 10.10	Speech by the Hosting Partner - Kasetsart University, Thailand Associate Prof. Dr. Wannee Jirapakkul (<i>Head, Department of Food Science and Technology, Kasetsart University, Thailand</i>)
	10.10 – 10.20	Launch of the Conference Trailer - NutriCon 2020
	10.20 – 10.40	Conference Photograph
	10.40 – 11.00	Morning Refreshments

KEYNOTE FORUM	Thursday, 07 th November 2019 11.00 to 12.40 Cattleya 1	
	11.00 – 11.50	"Diet, Happiness and Longevity: Scientific Evidence and Centenarians' Experiences" Prof. Dr. Hardinsyah (<i>President of the Indonesian Food and Nutrition Society, Professor in Nutrition of FEMA, IPB University, Indonesia</i>)

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	11.50 – 12.40	"Nutrigenetics and Beyond - Informing the Future" Dr. Vimal Karani S. (<i>Associate Professor in Nutrigenetics, Hugh Sinclair Unit of Human Nutrition, Institute for Cardiovascular and Metabolic Research, University of Reading, Reading, UK</i>)
	12.40 – 13.40	Networking Lunch

PLENARY SPEECH	Thursday, 07th November 2019 13.40 to 14.00 Cattleya 1	
	13.40 – 14.00	"Preventive Effects of Decaffeinated Green Tea Extract on Metabolic Syndrome in High Fat Fed Mice" Dr. Sudathip SAE-TAN (<i>Kasetsart University, Thailand</i>)

TECHNICAL SESSION 01	HEALTH AND SAFETY I		
	Thursday, 07th November 2019 14.00 to 15.00 Cattleya 1		
	Chaired by Prof. Dr. Nurpudji A. Taslim (<i>Hasanuddin University, Indonesia</i>)		
	14.00 – 14.20	A1	Is there Role of VDR Genetic Polymorphism to Increasing Vitamin D Level among Children with Tuberculosis Contact? Finny Fitry Yani ¹ , Nur Indrawati Liputo ¹ , Eryati Darwin ¹ , Bambang Suprayitno ² (<i>¹University of Andalas, Indonesia, ²Universitas Indonesia-Cipto Mangunkusumo Hospital, Indonesia</i>)
	14.20 – 14.40	A2	Effect of Flavonoids on the Production of Peroxynitrite and Interaction with ATP Binding Site of IKKB in an Innovative Cell Model Charoensin Supochana (<i>National Pingtung University of Science and Technology, Taiwan</i>)
	14.40 – 15.00	A3	Efficacy of Ultra Violet Radiation Technique for Non-Thermal Sterilization of Spices Amunugoda P.N.R.J., Weerasinghe W.A.B.S., De Silva A.B.G.C.J., Pitipanaacahchi R. Pitipanaarachchi (<i>Industrial Technology Institute, Sri Lanka</i>)

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	15.00 – 15.20	A4	<p>Phytochemical and Nutritional Evaluation of Two Indian Wild Fruits Chironji (<i>Buchanania lanzan</i> Spreng.) and Tendu (<i>Diosophyrous melanoxylon</i> Roxb.): An Approach towards Medicinal Food</p> <p>Sahu Sumedha N^{1,2}, Sahu J.K.¹, Pradhan B.¹, Naik S.N.¹, Baitharu I.², Kariali E.² (¹Indian Institute of Technology Delhi, India, ²University, Odisha, India)</p>
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TECHNICAL SESSION 02	HEALTH AND SAFETY II		
	Thursday, 07 th November 2019 15.20 to 16.40 Cattleya 1		
	Chaired by Dr. Nurfarhana Diana Mohd Nor (<i>Universiti Pendidikan Sultan Idris, Malaysia</i>)		
	15.20 – 15.40	A5	<p>Association of Health, Nutrition Characteristics and Lifestyle to Risk of Cardiovascular Disease among Selected BPO Call Center Agents in Makati</p> <p>Ma. Lindsay Jayme-Alvarez (<i>Centro Escolar University, Philippines</i>)</p>
	15.40 – 16.00	A6	<p>Effect of Chocolate Soybean Drink on Nutritional Status and Gamma Interferon Level in Patients with Lung Tuberculosis</p> <p>Nurpudji A Taslim, Mellyana Kusuma Atmanegara, Haerani Rasyid, Sigit Angriawan, Rezky Amelia (<i>Hasanuddin University, Indonesia</i>)</p>
	16.00 – 16.20	A7	<p>Effect of Storage Time and Temperature on Muscle Morphology and FT-IR Spectral Dynamics of Stored Rohu (<i>Labeo rohita</i>) Fish</p> <p>Pramod K. Prabhakar¹, Prem P. Srivastav², Sant S. Pathak² (¹National Institute of Food Technology Entrepreneurship and Management, India, ²Indian Institute of Technology, India)</p>
	16.20 – 16.40	A8	<p>Phytosterols in Pulses and Their Health Benefits</p> <p>Khizar Hayat, Umar Farooq, Afshan Shafi, Babar Ali, Muhammad Shahbaz (<i>MNS- University of Agriculture, Pakistan</i>)</p>

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POSTER SESSION	Thursday, 07 th November 2019 16.40 to 17.00 Cattleya 1	
	P1	The Effects of a University-Provided Nutritious Breakfast on Students' Physical/Mental Health and Study-Awareness Sogon C., Yamamoto M. (<i>Matsuyama Shinonome Junior College, Japan</i>)
	P2	Studies on Sensory Attributes, Physicochemical Parameters and Microstructure of Stevia Rebaudiana Based Selected Indian Desserts Shrutika Umralkar ¹ , Lohith Mysuru Shivanna ¹ , Namratha Pai Kotebagilu ¹ , Indrani Dasappa ² , Asna Urooj ¹ (¹ <i>University of Mysore, India</i> , ² <i>CSIR–Central Food Technological Research Institute, India</i>)
	P3	Chemical Composition and Oxidative Stability of Perilla Seed Oil Blends Akriti Dhyani, Dr. Rajni Chopra, Dr. Meenakshi Garg (<i>University of Delhi, India</i>)
	P4	Quality Evaluation of Herbal Dahi (Indian Yoghurt) Employing Fuzzy Logic Nitin Kumar ¹ , Sahu J. K. ² , Naik S. N. ² (¹ <i>National Institute of Food Technology Entrepreneurship and Management, India</i> , ² <i>Indian Institute of Technology Delhi, India</i>)
16.40 – 17.00	Evening Refreshments	

PUBLICATION WORKSHOP	Thursday, 07 th November 2019 17.00 to 18.30 Cattleya 1	
	17.00 – 18.30	"Workshop on Scholarly Publications" Dr. Eresha Mendis (<i>Senior Lecturer of Department of Food Science and Technology, University of Peradeniya, Sri Lanka</i>)

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DAY 02 - FRIDAY, 08TH NOVEMBER, 2019

TECHNICAL SESSION 03	NEW ATTRIBUTES OF FOODS		
	Friday, 08 th November 2019 08.30 to 09.50 Cattleya 1		
	Chaired by Dr. Finny Fitry Yani (<i>University of Andalas, Indonesia</i>)		
	08.30 – 08.50	B1	Exploring Indian Spices as Promising Antimicrobial Agents Garg K. ¹ , Giri A. ² (¹ <i>Amity University, India</i> , ² <i>Shaheed Rajguru College of Applied Sciences for Women, India</i>)
	08.50 – 09.10	B2	Effect of Concentration of Foaming Agent, Foam Stabilizer and Drying Temperature on the Physicochemical Properties of Foam Mat Dried Tomato Powder Hossain Mohammad Afzal, Zzaman Wahidu, Mitra Shawn, Belal Md (<i>Shahjalal University of Science and Technology, Bangladesh</i>)
	09.10 – 09.30	B3	Quercetin and Kaempferol in Mango Sugar: A Potency for Developing Functional Sugar Rich in Polyphenols Fahrul Nurkolis ¹ , Dewa Baskara Gama ² , Nindy Sabrina ¹ , Hardinsyah ^{3,4} , Giyatmi ¹ (¹ <i>Sahid University, Indonesia</i> , ² <i>Universitas Gadjah Mada, Indonesia</i> , ³ <i>Federation of Asian Nutrition Societies (FANS), Indonesia</i> , ⁴ <i>IPB University, Indonesia</i>)
	09.30 – 09.50	B4	Assessing the Effect of Taste Genotype and Phenotype on Repeated Taste Exposure of a <i>Brassica</i> Vegetable Mohd Nor N.D. ^{1,2} , Houston-Price C. ² , Harvey K. ² , Methven L. ² (¹ <i>Universiti Pendidikan Sultan Idris, Malaysia</i> , ² <i>University of Reading, UK</i>)
	09.50 – 10.10	Morning Refreshments	

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KEYNOTE SPEECH	Friday, 08th November 2019 10.10 to 11.00 Cattleya 1	
	10.10 – 11.00	<p>"Possibilities of Nutrition Interventions in Securing Health; The Need of the Hour"</p> <p>Prof. K.K.D.S. Ranaweera (<i>Senior Professor of Food Science and Technology, Chair, Department of Food Science and Technology, University of Sri Jayewardenepura, Sri Lanka</i>)</p>

PLENARY SPEECH	Friday, 08th November 2019 11.00 to 11.20 Cattleya 1	
	11.00 – 11.20	<p>"Immune Modulating Activities of Cold Press Rice Bran Oil"</p> <p>Assistant Prof. Wasaporn Chanput (<i>Kasetsart University Bangkok, Thailand</i>)</p>

TECHNICAL SESSION 04	NUTRITIONAL HORIZONS I		
	Friday, 08th November 2019 11.20 to 12.40 Cattleya 1		
	Chaired by Dr. P.N.R.J. Amunugoda (<i>Industrial Technology Institute, Sri Lanka</i>)		
	11.20 – 11.40	C1	<p>Improving Iron Defeciciency Anemia in Nutritionally High Risk Pregnant Women through Millet Based Iron Rich Recipe Under Swasth Vatsalya Yojana (SVY) - A Vadodara District Panchayat Initiative-Gujarat, India</p> <p>Ms. Shah Mousami D.¹, Dr. Gandhi Hemangini¹, Dr. Chari Mahendru K.² (^{1,2}<i>The Maharaja Sayajirao University of Baroda, India, ²Department of Health and Family Welfare, Jila Panchayat of Vadodara District, Gujarat, India</i>)</p>
	11.40 – 12.00	C2	<p>Impact of Medium Chain Triglycerides on Mitochondrial Morphology and Cognitive Functions in Alzheimer's Rats</p> <p>Faradila Faradila, Nur Indrawaty Liputo (<i>Andalas University, Indonesia</i>)</p>
	12.00 – 12.20	C3	<p>Improvement of PCOS Symptoms in Women with a Low Carb-Good Fat Diet</p> <p>Mahesh Jayaraman¹, Sharda Agarwal¹, Dr. Manthan Mehta² (¹<i>Moonjur Healthcare Pvt. Ltd, India, ²Topiwala National Medical College & BYL Nair Ch Hospital, India</i>)</p>

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	12.20 – 12.40	C4	Sub-Acute Antidiabetic Study of Ethanolic Extract of <i>Abutilon mauritianum</i> Leaf on Alloxan Induced Rats Ezembu E.N. ¹ , Onwuka G.I. ² , Okolo C.A. ¹ , Ikegwu T.M. ¹ (¹ Nnamdi Azikiwe University, Nigeria, ² Micheal Okpara University of Agriculture, Nigeria)
	12.40 – 13.40	Networking Lunch	

WORKSHOP	Friday, 08 th November 2019 13.40 to 15.10 Cattleya 1		
	13.40 – 15.10	"Nutrigenetics & Personalised Nutrition" Dr. Vimal Karani S. (Associate Professor in Nutrigenetics, Hugh Sinclair Unit of Human Nutrition, Institute for Cardiovascular and Metabolic Research, University of Reading, Reading, UK)	

TECHNICAL SESSION 05	NUTRITIONAL HORIZONS II		
	Friday, 08 th November 2019 15.10 to 16.30 Cattleya 1		
	Chaired by Prof. Ma. Lindsay Jayme-Alvarez (Centro Escolar University, Philippines)		
	15.10 – 15.30	C5	Management of Iron Deficiency Anemia through Microbial Fermentation Afshan Shafi ¹ , Zara Shahid ² , Kashif Akram ³ , Umar Farooq ¹ (¹ MNS-University of Agriculture, Pakistan, ² University of Sargodha, Pakistan, ³ Cholistan University of Veterinary and Animal Sciences, Pakistan)
	15.30 – 15.50	C6	Nutrition Knowledge of Undergraduates in University of Peradeniya Pushpakumara W.R.A.M.D.R.N., Paranagama M.P. (University of Peradeniya, Sri Lanka)
	15.50 – 16.10	C7	Early Initiation of Breastfeeding Practice after Delivery among Admitted Mothers at Comprehensive Reproductive Health Care Center at DAM M.D. Rubiya (Dhaka Ahsania Mission, Bangladesh)

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	16.10 – 16.30	C8	Obesity in Low Income Population Nelly Mayulu (<i>Sam Ratulangi University, Indonesia</i>)
	16.30 – 16.50	Evening Refreshments	

SPECIAL WORKSHOP	Friday, 08th November 2019 16.50 to 18.20 Cattleya 1		
	16.50 – 18.20	"Role of Functional Foods and Nutraceuticals in the Prevention of NCDs (Food came before Medicines)" Prof. K.K.D.S. Ranaweera (<i>Senior Professor and Chair, Department of Food Science and Technology, University of Sri Jayewardenepura, Sri Lanka</i>)	

CHAIR WORKSHOP	Friday, 08th November 2019 18.20 to 18.35 Cattleya 1		
	18.20 – 18.35	Conference Chair Workshop	

CONFERENCE CLOSURE	Friday, 08th November 2019 18.35 to 19.00 Cattleya 1		
	18.35 – 18.55	Conference Concluding and Awarding Ceremony	
	18.55 – 19.00	Vote of Thanks Mr. Isanka P. Gamage (<i>Co-Founder & Managing Director - The International Institute of Knowledge Management (TIKM), Sri Lanka</i>)	

3rd International Conference on Food, Nutrition, Health and Lifestyle (NutriCon 2019)

"Emerging Trends in Nutrition and Food Science"

07th – 08th November 2019 | Bangkok, Thailand

Conference Co - Chair

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Prof. K.K.D.S. Ranaweera

(University of Sri Jayewardenepura, Sri Lanka)

Conference Co - Chair

.....
Dr. Vimal Karani S.

(University of Reading, UK)

Keynote Speaker

.....
Prof. Dr. Hardinsyah

(IPB University, Indonesia)

Conference Convener

.....
Mr. Isanka P. Gamage

(The International Institute of Knowledge Management, Sri Lanka)

Conference Secretary

.....
Ms. Natasha Kodituwakku

(The International Institute of Knowledge Management, Sri Lanka)

Evaluation Panel

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- Dr. Eresha Mendis, University of Peradeniya, Sri Lanka
 - Prof. Dr. Hardinsyah, IPB University, Indonesia
 - Dr. Vimal Karani S, University of Reading, United Kingdom
 - Prof. K.K.D.S. Ranaweera, University of Sri Jayewardenepura, Sri Lanka
 - Dr. Sudathip Sae-Tan, Kasetsart University, Thailand
 - Assistant Prof. Wasaporn Chanput, Kasetsart University, Thailand