

3rd Annual Congress on
**Food Science Nutrition
& Women's Health**

December 06, 2022 | Webinar

Scientific Tracks & Abstracts



Sessions

Nutrition and Diabetes | Food Science | Mental health & Mental disorder | Food-Borne Illness | Diet and Obesity

Session Introduction

Title: Health benefit of buckwheat

Nigar Naqvi | Consultant Dietician Era's Lucknow Medical College and Hospital, India

Title: Sugar-induced metaflammation: a comparative analysis between dietary fructose and galactose and protective effects evoked by prebiotic fructo-oligosaccharides in rats

Debora Collotta | University of Turin, Italy

Title: Contamination of cereal and corn based snacks with aflatoxins

Gulsen Saleh | Faculty of Medicine, Cairo University, Egypt

Title: Is Vitamin D deficiency genetic? Is it epigenetic?

Gulsen Meral | President of the Nutrigenetic-Epigenetic Society, Turkey

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Received date: 16-09-2022 | Accepted date: 23-09-2022 | Published date: 17-01-2023

Health benefits of Buckwheat (*Fagopyrum esculentum*)

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Era University Lucknow, India

Buckwheat (*Fagopyrum esculentum*) is also known as common buckwheat or kuttu ka atta, which belongs to polygonaceae family. Buckwheat is introduced into the diet as an alternative crop of renewed interest due to its nutritive & health promoting value. Buckwheat is a rich source of protein, crude fat, fiber, mineral & flavonoid. Mineral content in buckwheat is comparatively higher than common cereal crops. It is rich in complex carbohydrate, a broad-leaved herbaceous annual, has variety of beneficial properties and its gluten free nature plays an important role in prevention of celiac diseases. It is rich in antioxidants and phytochemicals like uercetin, rutin, epicatechindimethylgallate, fiber so it is beneficial to hypertensive people. About 100gm of buckwheat provide 343 calories, 3.4 gm lipid, 71.5 gm of carbohydrate & 10 gm of fiber. Buckwheat flour has highest protein (19.0 gm) content among all cereals. The amino acids in buckwheat protein are well balanced & rich in lysine, methionine, histidine & tryptophan which are lacking in wheat & barley. Other health benefits of buckwheat include antihypertensive, antihyperlipidemic, anti-diabetic, anticancer and anti-inflammatory properties. In the present study, the water absorption capacity of buckwheat flour was found lower than that of refined wheat flour, whereas oil absorption capacity of buckwheat flour was found higher than that of refined wheat flour. From proximate analysis, the content of moisture, ash, carbohydrates, fats, proteins, crude-fiber, iron, magnesium were recorded in terms of percentage as 11.5, 1.85, 70.8, 5.31, 10.43, 5.23, 1.85 and 1.62 respectively. The energy content of buckwheat flour was calculated to be around 373 kJ. Different products of buckwheat products had prepared like bread, biscuits, idly, laddu. Statistical analysis showed that bread prepared with 70 % buckwheat flour, biscuits prepared with 25 % buckwheat flour and idly prepared with 50 % buckwheat flour has maximum scores in overall acceptability. The data of the current study indicates that 25 percent buckwheat flour (BWBS2) incorporated biscuit had better sensory properties (colour, appearance, aroma, texture, taste etc. as compared to 100% wheat flour biscuits. These optimized buckwheat biscuits were kept at room temperature (29-30 °C) for 3 months and analyzed for their shelf life at 0, 15, 30, 45, 60, 75 and 90 days and sensory characteristics by using the Nine-point hedonic scale and microbiological analysis by using Pour Plate Technique. The result showed that optimized buckwheat biscuit can be consumed up to 75 days of storage. However, the microbial load of buckwheat biscuits was within the acceptance range for 3 months of storage i.e., they can be stored up to 3 months and are also safe for consumption. About 100 gram of buckwheat products (roti, bread, biscuits, idly) daily given to newly diagnosed stage 1 and 2 adult hypertensive patients for three months along with the standard of care treatment. The control group was advised to follow lifestyle modification and antihypertensive medication (Amlidipine) only whereas case group was taken buckwheat along with amlodipine medicine. Biochemical (lipid profile), anthropometric (weight) and clinical (blood pressure, pulse rate) parameters were recorded at baseline and after 2 weeks, 6 weeks and 12 weeks for both the groups. At the end of 12 weeks; biochemical, anthropometric and clinical parameters improved in the cases as compared to controls. *Fagopyrum esculentum* (Buckwheat) consumption is beneficial for hypertensive patients and has a favorable impact on lipids.

Publications

1. Cytokine Storm and Mucus Hypersecretion in COVID-19: Review of Mechanisms in Journal of Inflammation Research, Volume 14, 2021.
2. Antihypertensive and Hypolipidemic properties of *Fagopyrum esculentum* (buckwheat) in patients of early stage Hypertension in International journal of food and nutritional sciences, Volume 11, issue 5, pg 69-76, 2022.
3. Attitudinal determinants of fasting in type 2 diabetes mellitus patients during Ramadan, JAPI: Journal of the Association of Physicians of India 2011 Oct; 59:630-4.

3rd Annual Congress on
Food Science Nutrition & Women's Health

December 06, 2022 | Webinar

Biography

Nigar Naqvi is currently working as a “Consultant Dietician” in Era’s Lucknow Medical College & Hospital and has published various research papers in different nation and international journal which includes Book chapter in Spinger and some chapters are under communication.

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3rd Annual Congress on
Food Science Nutrition & Women's Health

December 06, 2022 | Webinar

Received date: 29-07-2022 | Accepted date: 30-07-2022 | Published date: 17-01-2023

Sugar-induced metaflammation: a comparative analysis between dietary fructose and galactose and protective effects evoked by prebiotic fructo-oligosaccharides in rats

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Fructose and galactose are among the most consumed carbohydrates. We recently demonstrated that high fructose intake induces the accumulation of advanced glycation end products (AGEs), which in turn contributes to the development of metaflammation and lipogenesis in liver and skeletal muscle. The impact of galactose on AGEs accumulation, related metaflammation and de novo lipogenesis has not yet been investigated. We thus aimed to investigate the intrinsic ability of the two sugars to exacerbate the deleterious effects of a chronic-fat diet and to identify differences in the activation of inflammatory and lipogenic pathways in target organs of metabolic derangements. We further tested the potential efficacy of complex carbohydrates, namely the fermentable dietary fiber Fructooligosaccharides (FOS), to counteract these effects.

Male Sprague-Dawley rats (6/group) were fed 8 weeks as follows: 1) Control 5% fat diet (CNT), 2) 20% fat diet (FAT), 3) FAT+10%FOS, 4) FAT+25% galactose (GAL), 5) GAL+10%FOS, 6) FAT+25% fructose (FRU) 7) FRU+10%FOS.

Chronic exposure to 20% fat in the presence or absence of simple carbohydrates did not significantly affect body weight gain, blood glucose and lipids or markers of systemic inflammation (TNF-alpha, CRP), whereas an increase in transaminases concentrations was detected in FRU and GAL groups compared to CNT. FOS administration counteracted the increase in markers of liver injury. At local level (liver and skeletal muscle) we documented a sugar-induced significant increase in markers of inflammation and lipid impairment and protection evoked by FOS.

Although feeding rats with a diet enriched in both fat and sugars did not result in significant changes at systemic level, we demonstrated that the exposure to sugar evokes changes in the expression of markers of inflammation and lipogenesis, thus confirming their role as triggers of diet-induced metabolic derangements. The concurrent administration of the prebiotic FOS dampened the sugar-induced local metaflammation and lipid accumulation.

Recent Publications

1. Wouters K, Cento AS, Gaens KH, Teunissen M, Scheijen LJLM, Barutta F, Chiazza F, Collotta D, Aragno M, Gruden G, Collino M, Schalkwijk CG, Mastrocola R. Deletion of RAGE fails to prevent hepatosteatosis in obese mice due to impairment of other AGEs receptors and detoxifying systems. *Sci Rep.* 2021
2. Mohammad S, Al Zoubi S, Collotta D, Krieg N, Wissuwa B, Ferreira Alves G, Purvis GSD, Norata GD, Baragetti A, Catapano AL, Solito E, Zechendorf E, Schürholz T, Correa-Vargas W, Brandenburg K, Coldewey SM, Collino M, Yaqoob MM, Martin L, Thiemermann C. A Synthetic Peptide Designed to Neutralize Lipopolysaccharides Attenuates Metaflammation and Diet-Induced Metabolic Derangements in Mice. *Front Immunol.* 2021
3. Gustavo Ferreira Alves, Eleonora Aimaretti, Giacomo Einaudi, Raffaella Mastrocola, Junior Garcia de Oliveira, Debora Collotta, Elisa Porchietto, Manuela Aragno, Carlo Cifani, Regina Sordi, Christoph Thiemermann, Daniel Fernandes and Massimo Collino.

3rd Annual Congress on
Food Science Nutrition & Women's Health

December 06, 2022 | Webinar

Pharmacological Inhibition of FAK-Pyk2 Pathway Protects Against Organ Damage and Prolongs the Survival of Septic Mice Front. Immunol., 01 February 2022

Biography

Debora Collotta has expertise in preclinical identification of new pharmacological strategies aimed to modulate impaired inflammatory pathways involved in the pathophysiology of metabolic disorders and related- cardiovascular diseases.

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3rd Annual Congress on
Food Science Nutrition & Women's Health

December 06, 2022 | Webinar

Received date: 29-09-2022 | Accepted date: 12-10-2022 | Published date: 17-01-2023

Contamination of cereal and corn based snacks with aflatoxins

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Cereals and corn are exposed to fungal attack in the field or during storage and this attack may result in mycotoxin contamination of the corps. The main toxic effects are carcinogenicity, genotoxicity, teratogenicity, nephrotoxicity, hepatotoxicity, reproductive disorders and immunosuppression. The most commonly found of mycotoxins, namely aflatoxins, which carry potential risks for humans. Aflatoxins are a group of structurally related toxin metabolites produced by many strains of *Aspergillus flavus*, *Aspergillus parasiticus* and *Aspergillus nomius*. Aflatoxin exposure has been linked to impaired growth, kwashiorkor and liver cancer. The aim of the study is to identify the molds and aflatoxins contaminating cereal and corn based snacks. One hundred cereal-derived snacks and 50 corn-based snacks samples, were randomly purchased from different supermarkets of Great Cairo, Egypt. Samples were purchased with intact package and analyzed before the expiration date. The most frequent fungal genera found in the samples were *Aspergillus*, *Penicillium*, *Alternaria*, *Fusarium* and *Cladosporium* with frequencies of 41, 16, 10, 8 and 3%, respectively (Figure 1). Additionally, the numbers of contaminated cereal based baby foods samples with AFB1, B2, G1 and G2 were 14, 2, 6 and 4%. Also, 34, 14, 18 and 8% of corn-based snack samples respectively (Figure 2). Ten essential oils of (cinnamon, cumin, clove, fennel, garlic, lemon grass, marjoram, peppermint, rosemary and thyme) plants using in combating aflatoxigenic mold *A. flavus* growth and its aflatoxins production. Cinnamon and garlic essential oils caused complete inhibition to all types of aflatoxins at concentrations of 60 and 80µl respectively. Monitoring fungal contaminations as well as mycotoxins should be carried out periodically and the procedures to prevent mould contamination should be developed. Due to health and economic consideration, natural plant essential oils may provide an alternative method to protect food from fungal contamination.

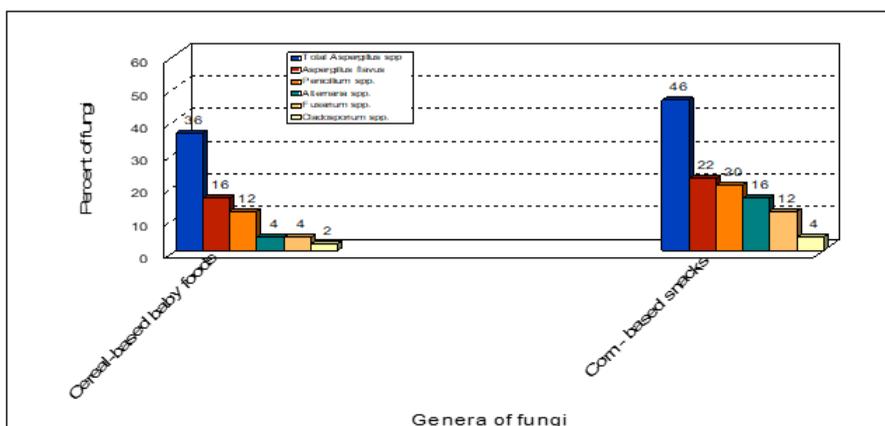


Figure 1: Genera of Fungi

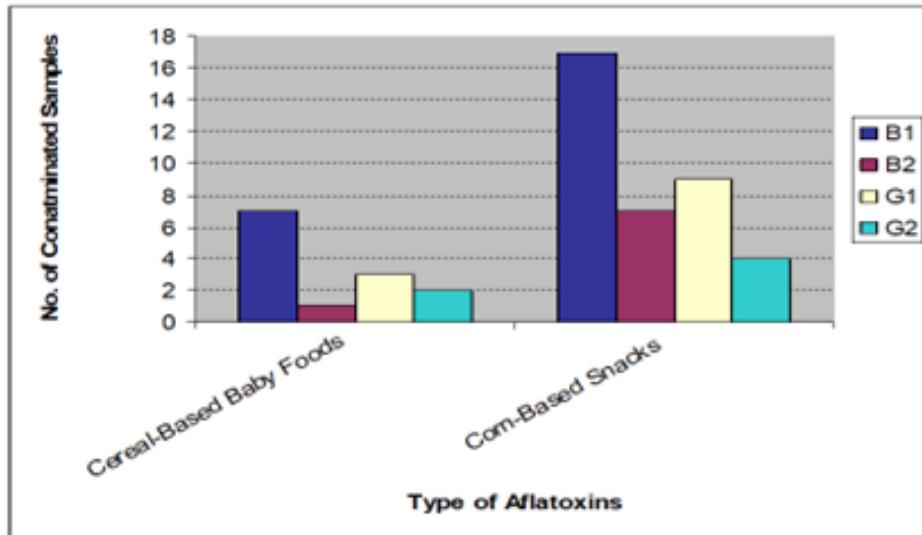


Figure 2: Type of Aflatoxins

Recent Publications

1. Factors associated with early growth in Egyptian infants: implications for addressing the dual burden of malnutrition, *Maternal Child Nutr.* 2016 Jan; 12(1): 139–151.
2. Program considerations for integration of nutrition and family planning: Beliefs around maternal diet and breastfeeding within the context of the nutrition transition in Egypt. May 2017 <http://onlinelibrary.wiley.com/doi/10.1111/mcn.12469/full>
3. Nutritional status of patients with acute lymphocytic leukemia, in children's cancer hospital of Egypt (CCHE-57357), has been accepted for POSTER BOARD VIEWING at the 51st Congress of the International Society of Pediatric Oncology (SIOP 2019), Lyon, France on October 23-26, 2019.

Biography

Gulsen Saleh Ahmed Saleh is the Head of clinical nutrition Department /57357 CCHE Professor of public Health /NNI. She did her Diploma of Environmental Sciences, Institute of Environmental Studies & Research, Ein- Shams University, Egypt.

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Received date: 26-11-2022 | Accepted date: 29-11-2022 | Published date: 17-01-2023

Is Vitamin D deficiency genetic? Is it epigenetic?

Gulsen Meral

President of the Nutrigenetic-Epigenetic Society, Turkey

Since vitamin D is known to be associated with cancers, autoimmune diseases, diabetes, cardiovascular disease, allergies, depression, as well as bone mineral density, vitamin D deficiency emerges as a serious health problem. Considering the mechanisms involved in the immune modulation of vitamin D, the role of co-activators containing Histone Acetyltransferases (HATs), which express acetylation of histones on ligand binding to the 1, 25-D VDR/RXR complex, is important. When looking at the causes of such important vitamin D deficiency, aggregate evidence from various studies has shown that the variability of vitamin D status is due to a number of environmental and genetic factors. Non-genetic determinants of vitamin D status include gender, age, skin pigmentation, exposure to sunlight, sunscreen use, season, latitude, altitude, air pollution, dietary habits, supplemental vitamin D intake, obesity and physical exercise. However, the investigation of the genetic background of vitamin D metabolism has highlighted the importance of several genes such as CG, DHCR1, CYP2R1, CYP24A1 and VDR. When the effect of nutrition on vitamin D metabolism is examined, CYP2R1 and CYP27A1(25-27A1) which play a role in vitamin D metabolism in high-fat diet and glutathione deficiency. hydroxylase) Gene-specific hypermethylation of CYP27B1 1- α -hydroxylase VDR Hypomethylation of CYP24A1 has been observed. When we look at the microbiota and vitamin D mechanism in such intertwined mechanisms, vitamin D and VDR interactions protect the intestinal microbiota by regulating the expression of Antimicrobial Peptides (AMPs) and preserving the barrier functions of the intestinal mucosa. Considering whether the microbiota has an effect on the blood level of vitamin D, studies have shown that it can regulate both commensal and pathogenic intestinal microbiota, VDR expression and localization. Probiotic treatment can increase VDR expression and activity in the host, thereby inhibiting intestinal inflammation. Observed an increase in VDR expression in human epithelial colonic cells treated with probiotics *Lactobacillus rhamnosus* strain gg and *Lactobacillus plantarum reuteri ncimb 30242* can increase serum 25(oh)d by expanding intraluminal lactic acid production or by increasing 7-dehydrocholesterol (7-dhc) synthesis. In a study we conducted, we showed that the use of vitamin D and probiotics increased the level of vitamin D more than the use of a single vitamin D or a single probiotic. Both nutrigenetic and epigenetic mechanisms are involved in vitamin D mechanisms. I believe that both aspects should be considered in the treatment of vitamin D.

Recent Publications

1. Tunaligil V, Meral G, Dabak MR, Canbulat M, Demir SS. COVID-19 and the flu: data simulations and computational modelling to guide public health strategies. *Fam Pract.* 2021 Aug 27;38(Suppl 1):i16-i22.
2. Meral, G. (2018). Philosophy of Nutrition: Past-Future Nutrition. In A. Evrensel, & B. Ö. Ünsalver (Eds.), *Gut Microbiota - Brain Axis*. IntechOpen.
3. Is Vitamin D Deficiency Associated with Disbiosis in Bowel Flora? Gulsen Meral, Aysegül Uslu, Aysegül Guven, Gamze Can, Ali Unsal Yozgatli, Faruk Akcay, Pinar Yaprak

Biography

Gulsen Meral has completed Faculty of Medical and pediatrician associate professor. He is a PhD candidate in molecular biology and medical genetic in Biruni University Turkey. He is the founder of Epigenetic Coaching in UK. He has over 32 that have been cited over 100 times and has publication H-index, 6. He has been serving as an editorial board member of reputed Journals.

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Sessions

Sustainable Diet | Medicinal Foods and Nutraceuticals | Food Chemistry

Session Introduction

Title: Identification of the prepared foods promising for dietary folate intake in Beijing, China

Md Shariful Islam | Biotechnology Research Institute, CAAS, China

Title: Role of dietary edible mushrooms in the modulation of gut microbiota

Alicia Cobos | Nutricuantica organisation, Argentina

Title: The Chilean Diet: Is it sustainable?

Teresita Gormaz | Catholic University, Chile

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December 06, 2022 | Webinar

Received date: 18-08-2022 | Accepted date: 19-08-2022 | Published date: 17-01-2023

Identification of the prepared foods promising for dietary folate intake in Beijing, China

Md Shariful Islam

Biotechnology Research Institute, CAAS, China

Folates are an important vitamin to maintain women's and men's health, but folates are not stable. Light, heat, ultraviolet radiation, oxidation and different pH can cause the degradation or transformation of folate. In this study, the identification of the prepared foods promising for dietary folate intake in Beijing, China was studied. The main developments are as follows:

We analysed the folate content of 64 common foods and beverages in Beijing. Including carbohydrates/staples (11), vegetables (22), fruits (13), meat, eggs and milk (9) and beverages (9), the total folate content was 0.28 ~ 129 µg/100 g fresh weight, the average was 21.18 µg/100 g. The content of folate in egg yolk and waxy corn was the highest (> 120 µg/100g) and the content in vegetables was in the middle. Such as chili, spinach, bean sprouts, stem lettuce, coriander and cauliflower (44-72 µg /100 g), Coca-Cola had the lowest folate content (0.28 µg / 100 g). 5-methyltetrahydrofolate is the main folate derivative in various foods, accounting on average for 72% of total folate. These data will help estimate daily folate intake and provide dietary recommendations for improving folate status in humans.

These results provide a reference for the preservation of folate in food preparation at home and in factories and provide guidance for human daily dietary nutrition.



Figure 1: Dietary folates from daily life

Recent Publications

1. Islam M. S, Liu. J, Jiang. L, Zhang. C, Liang. Q (2021) Folate content in fresh corn: Effects of harvest time, storage and cooking methods, *Journal of Food Composition and Analysis*, 1-6
2. Islam M. S, Mehmood S, Zhang C, Liang Q., (2020). Identification of the prepared foods promising for dietary folate intake in Beijing, China, *Food Science & Nutrition*, 1–11.
3. Liang. Q; Islam M.S; Wang. S; Wang. L; Chen. H; Cheng. X; Zhang. C (2022) Investigation of folate composition and influence of processing on folate stability in pulse accessions developed in China, *Journal of Food Composition and Analysis*

Biography

Md Shariful Islam is from Bangladesh. He is now working as a researcher at the Biotechnology Research Institute, Chinese Academy of Agricultural Sciences, Beijing, China. he was awarded a Chinese Government Scholarship in 2018 as a research assistant and Ph.D. fellow under the Biotechnology Research Institute, China.

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3rd Annual Congress on **Food Science Nutrition & Women's Health**

December 06, 2022 | Webinar

Received date: 25-09-2022 | Accepted date: 26-09-2022 | Published date: 17-01-2023

Role of dietary edible mushrooms in the modulation of gut microbiota

Alicia Cobos

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Edible mushrooms as valuable health foods have beneficial and health-enhancing effects and these beneficial activities are related to the modulation of the gut microbiota. In this meeting, we discuss the regulation of the gut microbiota by edible fungi. *Ganoderma lucidum* increases the Bacteroides/Firmicutes ratio and promotes the growth of bacteria that produce short-chain fatty acids (SCFA) and anti-inflammatories. *Herichium erinaceus* maintains the integrity of the intestinal barrier and increases the diversity and richness of the intestinal microbiota. *Psilocybe cubensis* acts as a prebiotic, increasing SCFA-producing bacteria and regulating the Bacteroides/Firmicutes ratio. We also discuss the effects of different edible mushrooms on the gut microbiota in different diseases and introduce a perspective of application of mushrooms as adjuvant therapies to modulate the gut microbiota in clinical treatments. The statement on the modulation of the composition of the intestinal microbiota by edible fungi will provide a new perspective for future research that is already opening up in the field.

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2. M.H.J. Akanbi, E. Post, S.M. van Putten, L. de Vries, J. Smisterova, A.H. Meter-Arkema, ..., K. Scholtmeijer The antitumor activity of hydrophobin SC3, a fungal protein *Applied Microbiology and Biotechnology*, 97 (2023), pp. 4385-4392
3. P.M. Ali, K. Sapna, K.R. Mol, S.G. Bhat, M. Chandrasekaran, K. Elyas Trypsin inhibitor from edible mushroom *Pleurotus florida* active against proteases of microbial origin *Applied Biochemistry and Biotechnology*, 173 (2014), pp. 167-178

Biography

Alicia Cobos graduated in nutrition and dietetics from the Barceló medical school (Argentina), continued her specializations in microbiology, in the area of parasitology and entomology (at Killimanjaro Christian Medical University College, Africa), chronobiology at the Ludwig Maximilian University of Munich (Germany), a certification on edible and medicinal mushroom and is currently participating in a research in Bulgaria, on traditional products, especially on the use and benefits of "boza", a fermented cereal drink, for its lactic acid amyolytic bacteria (ALAB).

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3rd Annual Congress on Food Science Nutrition & Women's Health

December 06, 2022 | Webinar

Received date: 25-08-2022 | Accepted date: 29-08-2022 | Published date: 17-01-2023

The Chilean Diet: Is it sustainable?

Teresita Gormaz, Gerardo Weisstaub
Catholic University, Chile

Food systems are one of the main contributors to climate change. Sustainable diets are one strategy to mitigate climate change.

Assessments and estimations at a national level are lacking, especially in the Global South, probably due to a lack of national surveys of food consumption and a limited interest in sustainable diets information. The objective of this study is to estimate and describe the carbon and water footprint of the Chilean population's diet in an overall estimation desegregated by region, age, sex, socioeconomic level and their main characterizations. This study is based on a secondary data analysis from the National Survey of Food Consumption made in 2010. The carbon and water footprint of the food subgroups/person/day were estimated. The results are compared by sex, age group, socioeconomic level and macro zone. A carbon footprint of 4.67 kg CO₂eq and a water footprint of 4177 L, both per person/day, were obtained. Animal-sourced foods, such as dairy and red meat, were responsible for 60.5% of the total carbon footprint and 52.6% of the water footprint. The highest values for both footprints were found in the following groups: men, adolescents, young adults, people with a higher socioeconomic level and residents in the southern area of the country. The carbon footprint and water footprint values in Chile generated by food consumption would be above the world averages. Transforming the Chilean food system into a more sustainable one with changes in eating patterns is urgently required to attain this transformation.



Figure 3. The “diet gap” between current Chilean dietary patterns and the Planetary health diet defined by EAT-Lancet Commission [4]. The Health boundary is a target defined as the safe operating space for food systems, human health, and environmental sustainability. Food groups outside this health boundary are unsustainable. Graphic credit to <http://www.eatforum.org> (accessed on 4 July 2022).

3rd Annual Congress on **Food Science Nutrition & Women's Health**

December 06, 2022 | Webinar

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Biography

Teresita Gormaz successfully completed the Master of Nutrition and Food by defending her thesis called: "Environmental impact of Chilean food." Her guiding professors were Professor Gerardo Weisstaub, from the INTA Public Nutrition Unit and Professor Sandra Cortés, from the Pontifical Catholic University.

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