



Scientific Program

20th International Congress on

Nutrition & Health

March 28-29, 2019 | Stockholm, Sweden



Conference Series LLC Ltd

47 Churchfield Road, London, W36AY, UK Tel: +44 20 393 63178

Toll Free No: UK : 0-808-101-7605, USA : 1-800-985-2178

Day-1 March 28, 2019

09:30-10:00 Registrations

Meeting Hall @ Sverige

10:00-10:20

Opening Ceremony

Keynote Forum

Introduction

10:20-11:00 **Title: What you eat is what you bleed**
Anne-Mieke Omtzigt, Vrouw & Klinieken, Netherlands

Group Photo @ 11:00-11:05

Networking and Refreshment Break 11:05-11:20 @ Conference Café

11:20-12:00 **Title: Food combinations and incompatibilities – An often ignored aspect of food preparation and healthy nutrition**
Sharadendu Bali, MMIMSR, India

Special Session

12:00-12:45 **Title: Eating mindfully at workplace: An insight**
Subhasree Ray, Reliance Industries Limited, India

Sessions: Nutrition & Health | Food and Nutrition | Pediatric Nutrition | Nutrition in Cancer Treatment | Plant nutrition and Nutraceutical | Clinical Nutrition | Sports Nutrition | Women and Maternal Nutrition-Dietary Plans | Probiotics and Prebiotics | Functional Food | Holistic & Integrative Nutrition

Session Chair : Anne-Mieke Omtzigt, Vrouw & Klinieken, Netherlands

Session Co-Chair : Vani Srinivas, Astra Healthcare Private Limited, India

12:45-13:15 **Title: Does acute supplementation with nitrate-rich beetroot juice benefit older adults' more than younger adults?**
Luke A Stanaway, Massey University, New Zealand

Lunch 13:15-14:00 @ Scandinavia

14:00-14:30 **Title: Antioxidant effects of Indian spices on cancer prevention and recurrence**
Vani Srinivas, Astra Healthcare Private Limited, India

14:30-15:00 **Title: Knowledge towards energy drinks consumption and related factors among young male athletes in the United Arab Emirates**
Aisha Almulla, Tawam Hospital-Johns Hopkins Medicine, UAE

15:00-15:30 **Title: Comparable acute effects of high intensity interval exercise and continuous exercise on fat oxidation and exercise enjoyment in overweight perimenopausal women**
Ifigenia Giannopoulou, University of Brighton, UK

15:30-16:00 **Title: The Nutriverse: A better world through nutrition**
Ana Gerlin Hernandez Bonilla, The Nutriverse, Sweden

Networking & Refreshments Break 16:00-16:20 @ Conference Café

16:20-16:50 **Title: The benefits of early versus delayed oral food intake in patients with operations in gynecology and obstetrics**
Biljana Markovska, Hospital Plodnost – Bitola, Macedonia

Video Presentation

16:50-17:20 **Title: The synergistic effect of vitamin D in pediatric asthma**
Maria M Papamichael, La Trobe University, Australia

17:25-17:40 Poster Presentation

NH-01 **Title: Industry-academia-government collaboration project in Kochi, Japan: Application of the refined-deep-seawater for human health care**
Hiroaki Takeuchi, International University of Health and Welfare Graduate School, Japan

NH-02 **Title: The effect of telehealth versus usual care for home care patients with long term conditions: A (mixed methods) systematic review and meta-analysis**
Sophie McFarland, Coventry University, UK

NH-03 **Title: Development and evaluation of scenario-based nutrition literacy online program for college students**
Li-Ling Liao, I-Shou University, Taiwan

Day 2- Networking & Lunch 13:15-14:00 @ Scandinavia

Award Ceremony