



# 4<sup>th</sup> International Conference **NUTRITION and HEALTH**

5-6 December 2024 | Riga, Latvia

## PROGRAMME



RĪGA STRADIŅŠ  
UNIVERSITY



Latvia University  
of Life Sciences  
and Technologies



UNIVERSITY OF  
**LATVIA**



## FOREWORD

The three largest Latvian universities — Riga Stradiņš University (RSU), University of Latvia (LU) and Latvia University of Life Sciences and Technologies (LBTU) – have been jointly implementing the inter-university Master's study program "Nutrition Science" since 2006 and now present the 4<sup>th</sup> international scientific conference "Nutrition and Health (ICNH2024), held in Riga on December 5-6, 2024 (previous conferences were organized in 2012, 2016 and 2020 (online formal only due to COVID-19 lockdown)).

The aim of the ICNH2024 is to provide an opportunity for Latvian researchers to report on their achievements and results; for foreign researchers - to inform the audience about study results at the international level and introduce colleagues to current research problems; and for Master's students, as well as those interested in nutrition science and health problems - to improve theoretical and methodological knowledge in nutrition science, food science, health science and research in these areas.

The conference will feature 78 reports, including 19 key lectures, 32 oral reports and 26 poster reports, prepared by Master's students in collaboration with faculty members of partner universities (RSU, LU and LBTU), program graduates (PhD students and PhD candidates in nutrition-related fields), researchers representing Latvian and foreign scientific institutions, as well as industry professionals. The topics of the papers are related to the main issues of nutrition science: nutrition policy, public health and epidemiology, nutrition science, diet, nutrition, and chronic disease prevention, nutrition throughout life, maternal nutrition, nutrition and metabolic syndrome, sports nutrition and metabolism, health-relevant food, food quality and safety and sustainable and functional food.

In accordance with the research topics, the reports will be presented and discussed in seven conference sessions. The audience will gain a comprehensive view of nutritional science, observe its interdisciplinary nature and complexity, as well as its role in the prevention and treatment of diseases.

May you be inspired to new research directions transforming into scientific publications which contribute to additional knowledge in nutrition studies!

### **Lolita Vija Neimane**

ICNH2024 Chair

Director of the inter-university study programme "Nutrition Science"

Riga Stradiņš University

Conference  
website



Organizing institution



Co-organizers



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Latvijas Diētas ārstu asociācija

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# PROGRAMME

## Thursday, December 5, 2024

8:00–9:00	Registration (incl. connecting to ZOOM) Welcome coffee & tea. Industry exhibition <b>Lobby</b>
Opening Ceremony Of The International Conference “Nutrition And Health 2024” <b>Boriss Teterevs lecture hall</b>	
9:00–9:30	<b>Chairs:</b> Assoc. Prof. <b>Andris Skride</b> , Vice-Rector for Health Studies, <i>Rīga Stradiņš University (RSU)</i> <b>Kristaps Jaudzems</b> , Dean of Faculty of Medicine and Life Sciences, <i>University of Latvia (LU)</i> <b>Ilze Beitane</b> , Vice-Rector for Studies, <i>Latvia University of Life Sciences and Technologies (LBTU)</i> <b>Artjoms Ursulskis</b> , Parliamentary Secretary, <i>Ministry of Health, The Republic of Latvia</i> <b>Karina Zalite</b> , Head of Country Office in Latvia, <i>World Health Organization (WHO)</i> <b>Conference Chair:</b> <b>Lolita Vija Neimane</b> , Director of Master's study program Nutrition Science, <i>Riga Stradins University</i>
Opening Session of the Conference (online) <b>Boriss Teterevs lecture hall</b>	
9:30–9:50	<b>Clare Farrand</b> <i>World Health Organization Regional Office for Europe</i> <b>BETTER FOOD AND NUTRITION IN THE WHO EUROPEAN REGION</b>
Session 1. <b>NUTRITION POLICY, PUBLIC HEALTH and EPIDEMIOLOGY</b> <b>Boriss Teterevs lecture hall</b>	
9:50–12:30	<b>Chairs:</b> <b>Karina Zalite</b> , World Health Organization (WHO), Latvia <b>Iveta Pudule</b> , Disease Prevention and Control Center, Latvia
9:50–10:10 <b>Key lecture 1</b>	<b>Iveta Pudule</b> <i>(Latvia) Disease Prevention and Control Center (SPKC)</i> <b>TRENDS OF ADOLESCENT NUTRITION, PHYSICAL ACTIVITY BEHAVIORS AND OVERWEIGHT IN LATVIA</b>
10:10–10:30 <b>Key lecture 2</b>	<b>Prof. Janina Petkeviciene</b> , V. Kriaucioniene, A. Raskiliene <i>(Lithuania) Faculty of Public Health, Lithuanian University of Health Sciences</i> <b>CHANGES IN NUTRITION HABITS AND BODY WEIGHT OF THE LITHUANIAN ADULT POPULATION DURING AND AFTER THE COVID-19 PANDEMIC</b>
10:30–10:50 <b>Key lecture 3</b>	<b>Prof. Elena Bartkiene</b> , V. Steibliene, V. Adomaitiene, L. Jarutiene, D. Klupsaite <i>(Lithuania) Department of Food Safety and Quality, Institute of Animal Rearing Technologies, Lithuanian University of Health Sciences</i> <b>EMOTIONAL RESPONSE TO FOOD TASTE AS A NOVEL MODERATOR IN THE DIAGNOSIS OF DEPRESSIVE DISORDERS</b>
10:50–11:05 <b>Key lecture 4</b> (online)	<b>PhD Diana Bogueva</b> <i>(Australia) President of The Global Harmonization Initiative</i> <b>DIETARY GUIDELINES AND SUSTAINABILITY – THE NEED FOR GLOBAL HARMONIZATION</b>
11:05–11:15	<b>Discussions and break</b>
11:15–11:30 <b>Key lecture 5</b>	<b>Prof. Vilma Kriaucioniene</b> , J. Petkeviciene, M. Grincaite <i>(Lithuania) Faculty of Public Health, Lithuanian University of Health Sciences</i> <b>CHANGES IN STUDENTS' LIFESTYLES, WEIGHT REGULATION PRACTICES, AND WILLINGNESS TO APPLY LIFESTYLE MEDICINE KNOWLEDGE IN THEIR FUTURE PRACTICE</b>
11:30–11:45 <b>Key lecture 6</b>	<b>MSc Mara Kampara</b> <i>(Latvia) Faculty of Health and Sports Sciences, Riga Stradins University</i> <b>AN INSIGHT INTO THE FIRST STUDIES OF DIETARY HABITS CONDUCTED IN LATVIA AND THEIR IMPORTANCE TODAY</b>
11:45–11:55 <b>O1</b>	<b>Kristine Smita</b> <i>(Latvia) University of Latvia</i> <b>PARENTAL ATTITUDES AND APPROACH TO FEEDING PRESCHOOL AGED CHILDREN</b>
11:55–12:05 <b>O2</b> (online)	<b>Sandra Vaskele</b> , R. Volskiene <i>(Lithuania) Kauno kolegija Higher Education Institution</i> <b>RELATIONSHIP BETWEEN HEALTHY EATING, DIFFERENT EATING TIME AND ANTHROPOMETRIC DATA IN HEALTHY SUBJECTS</b>
12:05–12:15	<b>Discussions</b>
	<b>Lunch</b> <b>Cafeteria</b>
12:15–13:30	<b>Poster session</b> <b>Hall, 2<sup>nd</sup> floor</b> <b>Industry exhibition</b> <b>Lobby</b>

Parallel session <b>Boriss Teterevs lecture hall</b>	
Session 2. <b>NUTRITION and PREVENTION OF CHRONIC DISEASES</b>	
13:30–15:10	Chairs: <b>Ilze Konrade</b> , Riga Stradins University, Latvia <b>Andis Bremanis</b> , Association of Diet Doctors of Latvia, Latvia
13:30–13:50 <b>Key lecture 7</b>	Prof. Dr. <b>Ilze Konrade</b> (Latvia) <i>Riga Stradins University</i> <b>TARGETING MITOCHONDRIAL METABOLISM OF PUFAS: A NEW STRATEGY FOR ENHANCING PUFA LEVELS FOR THERAPEUTIC PURPOSES</b>
13:50–14:10 <b>Key lecture 8</b>	Prof. Dr. <b>Gustavs Latkovskis</b> (Latvia) <i>University of Latvia</i> <b>WHAT CAN HIDE BEHIND VERY HIGH CHOLESTEROL LEVELS AND HOW TO DEAL WITH IT?</b>
14:10–14:20 <b>O3</b>	<b>Laima Kampa</b> , K. Malberg, A. Johar, P. Lagergren (Sweden) <i>Department of Molecular Medicine and Surgery, Surgical Care Science, Karolinska Institutet</i> <b>PREVALENCE OF DUMPING SYMPTOMS AFTER OESOPHAGEAL CANCER SURGERY: A NATIONWIDE COHORT STUDY IN SWEDEN</b>
14:20–14:30 <b>O4</b>	<b>Svetlana Aleksejeva</b> , I. Ciprovica, L. Meija, M. Zolovs (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>LIPID PROFILE CHANGES IN PERIMENOPAUSAL WOMEN DEPENDING ON BUTTERMILK CONSUMPTION IN DIET: A PAIRED SAMPLES ANALYSIS</b>
14:30–14:40 <b>O5</b>	<b>Mariusz Jaworski</b> , M. Matejko (Poland) <i>Department of Education and Research in Health Sciences, Medical University of Warsaw</i> <b>HOW NUTRITIONAL MISCONCEPTIONS SHAPE EMOTIONAL EATING IN WOMEN WHO DO NOT FOLLOW DIETS?</b>
14:40–14:50 <b>O6</b>	<b>Agnese Stunda-Zujeva</b> (Latvia) <i>Ltd. SpirulinaNord</i> <b>THE POTENTIAL OF FRESH ALGAE SPIRULINA AS SUPPORTING THERAPY IN VARIOUS DISEASES</b>
14:50–15:00 <b>O7</b>	<b>Liga Savicka</b> , B. Kubile, G. Berzina (Latvia) <i>Riga Stradins University</i> <b>RISK FACTORS OF NEUROGENIC OROPHARYNGEAL DYSPHAGIA AND MALNUTRITION</b>
15:00–15:10	Discussion
15:10–15:40	Afternoon coffee & tea. Industry exhibition <b>Lobby</b>
	Poster session (mandatory attendance for poster presenters) <b>Hall, 2<sup>nd</sup> floor</b>

<b>Parallel session</b> <b>Room #145</b>	
<b>Session 3. FOOD QUALITY and SAFETY</b>	
13:30–15:10	Chairs: <b>Vadims Bartkevics</b> , Institute of Food safety, Animal Health and Environment “BIOR”, Latvia <b>Zanda Kruma</b> , Latvia University of Life Sciences and Technologies, Latvia
13:30–13:50 <b>Key lecture 9</b>	Prof. <b>Vadims Bartkevics</b> , R. Pavlenko, I. Reinholds, E. Bartkiene, Z. Berzina (Latvia) <i>Institute of Food safety, Animal Health and Environment “BIOR”; University of Latvia</i> <b>NUTRITIONAL AND SAFETY ASSESSMENT OF PLANT-BASED BEVERAGES</b>
13:50–14:00 <b>O8</b>	<b>Klinta Karklina</b> , L. Ozola (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>SPRUCE SPROUT AND THEIR POTENTIAL HEALTH BENEFITS AND TOXICITY CONCERNS: REVIEW</b>
14:00–14:10 <b>O9</b>	<b>Anita Avena</b> , A. Keke, L. Ozola (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>EVALUATION OF BIOLOGICALLY ACTIVE COMPOUNDS IN BLACK ELDERBERRY FRUITS GROWN IN LATVIA</b>
14:10–14:20 <b>O10</b>	I. Lazda, E. Linde, <b>Janis Rusko</b> , I. Sikсна (Latvia) <i>Institute of Food safety, Animal Health and Environment “BIOR”</i> <b>PILOT STUDY ON LATVIAN DIETARY DATA COLLECTION FOR RISK ASSESSMENT: IMPLEMENTING THE TOTAL DIET STUDY APPROACH</b>
14:20–14:30 <b>O11</b>	<b>Stefanija Sabunevica</b> , K. Majore, J. Zagorska, I. Ciprovica (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>FREE AMINO ACID PROFILE IN ORGANIC AND CONVENTIONAL FERMENTED MILK: THE ROLE OF STARTER CULTURES</b>
14:30–14:40 <b>O12</b> (online)	<b>Dovile Klupsaite</b> , E. Bartkiene, V. Starkute, E. Mockus, V. Bartkevics, R. Ruibys, G. Batkeviciute (Lithuania) <i>Lithuanian University of Health Sciences</i> <b>QUALITY OF ANIMAL AND PLANT PROTEINS FERMENTED WITH <i>PEDIOCOCCUS</i> SPP. STRAINS</b>
14:40–14:50 <b>O13</b> (online)	<b>Erika Mozurienne</b> , I. Jakobsone, V. Starkute, V. Bartkevics, V. Lele, E. Bartkiene (Lithuania) <i>Institute of Animal Rearing Technologies, Lithuanian University of Health Sciences</i> <b>CHANGES IN BIOACTIVE COMPOUNDS IN BARLEY BY-PRODUCTS DURING FERMENTATION PROCESS</b>
14:50–15:00 <b>O14</b> (online)	<b>Nabilah Abdul Hadi</b> , N.S.N.A. Nizar, C. Andriani, N.I.S.M. Zaid, A.Z.R.A. Seruji, N.W. Rasdi (Malaysia) <i>Faculty of Fisheries and Food Science, Universiti Malaysia Terengganu</i> <b>HIGH INTERNAL PHASE PICKERING EMULSIONS USING DIFFERENT TYPES OF MODIFIED <i>DIOSCOREA HISPIDA</i> STARCH AS THE SOLE STABILIZER</b>
15:00–15:10	Discussion
15:10–15:40	Afternoon coffee & tea. Industry exhibition <b>Lobby</b>
	Poster session (mandatory attendance for poster presenters) <b>Hall, 2<sup>nd</sup> floor</b>
<b>Session 4. NUTRITION THROUGHOUT LIFE</b> <b>Boriss Teterevs lecture hall</b>	
15:40–17:10	Chairs: <b>Lolita Vija Neimane</b> , Riga Stradins University, Latvia <b>Inga Elksne</b> , Riga Stradins University, Latvia
15:40–16:00 <b>Key lecture 10</b>	Assist. prof. <b>Inga Elksne</b> (Latvia) <i>Faculty of Health and Sports Sciences, Riga Stradins University</i> <b>AGING – ACCEPT OR ACT?</b>
16:00–16:20 <b>Key lecture 11</b>	MSc <b>Carina Kronberg-Kippila</b> (Finland) <i>Division of Nutrition, Department of Food and Environmental Sciences, University of Helsinki</i> <b>MALNUTRITION IN AGEING – A VIEW FROM FINLAND</b>
16:20–16:40 <b>Key lecture 12</b>	Prof. Dr. <b>Mara Vitolins</b> (USA) <i>Wake Forest University School of Medicine</i> <b>RESEARCH IN POST-MENOPAUSAL WOMEN'S HEALTH – THE U.S. WOMEN'S HEALTH INITIATIVE</b>
16:40–17:00 <b>Key lecture 13</b>	MSc <b>Marusa Jonas</b> (USA) <i>University of Nebraska–Lincoln</i> <b>ADVANCING SPORTS NUTRITION EDUCATION FOR COACHES AND ATHLETES IN NEBRASKA: INSIGHTS FROM THE HUSKER PERFORMANCE PROGRAM</b>
17:00–17:10	Discussion
17:15	<b>WELCOME RECEPTION</b> <b>Lobby</b>

## Friday, December 6, 2024

8:00–9:00	Morning coffee & tea. Industry exhibition <b>Lobby</b>
	Poster session <b>Hall, 2<sup>nd</sup> floor</b>

Session 5. <b>NUTRITION and METABOLIC SYNDROME</b> <b>Boriss Teterevs lecture hall</b>	
9:00–10:50	Chairs: <b>Jelizaveta Sokolovska</b> , University of Latvia, Latvia <b>Guna Bilande</b> , University of Latvia, Latvia
9:00–9:20 <b>Key lecture 14</b> (online)	Prof. Dr. <b>Ina Bergheim</b> (Austria) <i>Molecular Nutritional Sciences, Department of Nutritional Sciences, University of Vienna</i> <b>NUTRITION AS MODULATOR OF THE GUT-LIVER AXIS IN THE DEVELOPMENT OF MASLD</b>
9:20–9:40 <b>Key lecture 14</b> (online)	PhD <b>Aila J. Ahola</b> (Finland) <i>CAMM - Research Program for Clinical and Molecular Metabolism, Clinicum, HUS Abdominal Center University of Helsinki, Faculty of Medicine, University of Helsinki</i> <b>DIET AND METABOLIC SYNDROME IN TYPE 1 DIABETES - FINDINGS FROM THE FINNISH DIABETIC NEPHROPATHY STUDY</b>
9:40–9:50 <b>O15</b>	<b>Sabine Skrebinska</b> , Z. Smite, L. Plakane, G. Bilande, S. Ivanova, M. Arisova, A. Fedulovs, K. Ozols, L. Selavo, R. Larcher, P. Rosengren, P. Giraudi, L. Azzimonti, J. Sokolovska (Latvia) <i>Faculty of Medicine and Life Sciences, University of Latvia; Riga East University hospital; Faculty of Medicine, Riga Stradins University</i> <b>THE PRAESIIDIUM PROJECT: EXPLORING COLLABORATION BETWEEN CLINICAL PRACTICE AND ARTIFICIAL INTELLIGENCE FOR PREDIABETES RISK PREDICTION</b>
9:50–10:00 <b>O16</b>	<b>Aleksejs Fedulovs</b> , L. Pahirko, J. Sokolovska (Latvia) <i>University of Latvia</i> <b>CLUSTERING OF TYPE 1 DIABETES PATIENTS BASED ON CGM PROFILES: INCREASED INSULIN RESISTANCE AND RISK OF MAFLD EVALUATED BY SURROGATE MARKERS IN PATIENTS WITH POOR GLYCEMIC CONTROL</b>
10:00–10:10 <b>O17</b>	<b>Sofija Ivanova</b> , A. Fedulovs, I. Siksna, J. Sokolovska (Latvia) <i>University of Latvia</i> <b>ASSOCIATION OF DIETARY FACTORS WITH FAECAL AND SERUM INFLAMMATORY AND ENDOTOXEMIA MARKERS IN PATIENTS WITH TYPE 1 DIABETES IN LATVIA</b>
10:10–10:20 <b>O18</b>	<b>Jana Baranova</b> , A. Fedulovs, J. Sokolovska, V. Grigorjevs (Latvia) <i>Faculty of Medicine and Life Sciences, University of Latvia</i> <b>ASSOCIATION BETWEEN DIETARY FACTORS AND MICRO- AND MACROVASCULAR COMPLICATIONS IN TYPE 1 DIABETES IN LATVIA</b>
10:20–10:30 <b>O19</b>	<b>Liga Balode</b> , G. Bilande, J. Sokolovska (Latvia) <i>Riga Stradins University</i> <b>THE EFFECT OF DAIRY CONSUMPTION ON INSULIN SENSITIVITY IN PATIENTS WITH TYPE 1 DIABETES MELLITUS</b>
10:30–10:40 <b>O20</b>	<b>Guna Bilande</b> , M. Mukans, I. Troickis, O. Kozlovskis, E. Liepins, J. Zarinovs, V. Pirags (Latvia) <i>University of Latvia</i> <b>DES-ACYL GHRELIN (DAG) AS A PROGNOSTIC FACTOR FOR WEIGHT LOSS AFTER BARIATRIC SURGERY</b>
10:40–10:50	<b>Discussions</b>



Session 6. <b>NUTRITION and WOMEN'S HEALTH</b> ( <i>Empowering women's health through nutrition</i> ) <b>Boriss Teterevs lecture hall</b>	
10:50–12:30	Chairs: <b>Gunta Lazdane</b> , Riga Stradins university, Latvia <b>Laila Meija</b> , Riga Stradins university, Latvia
10:50–11:05 <b>Key lecture 16</b> (online)	PhD <b>Julianne Williams</b> <i>Technical Officer (NCDs), World Health Organization</i> <b>NUTRITION AND WOMEN'S HEALTH</b>
11:05–11:15 <b>O21</b>	<b>Laila Meija</b> (Latvia) <i>Riga Stradins University</i> <b>PREGNANCY NUTRITION AND LIFESTYLE TRENDS IN LATVIA</b>
11:15–11:25 <b>O22</b>	<b>Ksenija Nikolajeva</b> , O. Aizbalte, A. Piskurjova, R. Rezgale, V. Cauce, D. Zacs, L. Meija (Latvia) <i>Riga Stradins University</i> <b>NUTRITION FOR TWO: INVESTIGATING THE POWER OF FATTY ACIDS</b>
11:25–11:35 <b>O23</b>	<b>Anna Piskurjova</b> , R. Rezgale, K. Nikolajeva, V. Cauce, L. Meija (Latvia) <i>Riga Stradins University</i> <b>VITAMIN D STATUS AND INFLUENCING FACTORS IN PREGNANT WOMEN IN LATVIA</b>
11:35–11:45 <b>O24</b>	<b>Roberta Rezgale</b> , K. Nikulcova, A. Piskurjova, V. Cauce, L. Meija (Latvia) <i>Riga Stradins University</i> <b>GESTATIONAL DIABETES IN RELATION WITH PREPREGNANCY BODY MASS INDEX IN PREGNANT WOMEN</b>
11:45–11:55 <b>O25</b>	<b>Vija Veisa</b> (Latvia) <i>Riga Stradins University</i> <b>IODINE AND SELENIUM SUFFICIENCY DURING PREGNANCY IN LATVIA</b>
11:55–12:05 <b>O26</b>	<b>Inese Sikсна</b> , I. Lazda (Latvia) <i>Institute of Food safety, Animal Health and Environment "BIOR"</i> <b>PREVALENCE OF VITAMIN D AND IRON DEFICIENCY IN PREGNANT WOMEN IN LATVIA</b>
12:05–12:15 <b>O27</b>	<b>Guna Havensone</b> (Latvia) <i>Riga Stradins University</i> <b>NUTRITION IN PERIMENOPAUSE: OPTIMIZING HEALTH AND MANAGING SYMPTOMS THROUGH DIETARY INTERVENTIONS</b>
12:15–12:25 <b>O28</b> (online)	<b>Liva Aumeistere</b> , I. Ciprovica (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>EVALUATION OF IODINE INTAKE AND ITS DIETARY SOURCES AMONG LACTATING WOMEN IN LATVIA</b>
12:25–12:30	<b>Discussions</b>
	<b>Lunch</b> <b>Cafeteria</b>
12:30–13:30	<b>Poster session</b> <b>Hall, 2<sup>nd</sup> floor</b>
	<b>Industry exhibition</b> <b>Lobby</b>



Session 7. <b>SUSTAINABLE and FUNCTIONAL FOOD</b> <b>Boriss Teterevs lecture hall</b>	
13:30–15:20	Chairs: <b>Inga Ciprova</b> , Latvia University of Life Sciences and Technologies, Latvia <b>Iuliana Vintila</b> , "Dunarea de Jos" University of Galati, Romania
13:30–13:50 <b>Key lecture 17</b>	Assoc. prof. <b>Olafur Ogmundarson</b> (Iceland) <i>Faculty of Food Science and Nutrition, University of Iceland</i> <b>SUSTAINABLE HEALTHY DIETS AND FOOD SYSTEMS</b>
13:50–14:10 <b>Key lecture 18</b>	Assoc. prof. <b>Iuliana Vintila</b> (Romania) <i>Faculty of Food Science and Engineering, "Dunarea de Jos" University of Galati</i> <b>MENU NUTRITIONAL LABELLING</b>
14:10–14:30 <b>Key lecture 19</b> (online)	MSc <b>Daniela Grach</b> (Austria) <i>FH Joanneum University of Applied Sciences</i> <b>SUSTAINABLE NUTRITION - IMPLEMENTATION IN A PROFESSIONAL SETTING</b>
14:30–14:40 <b>O29</b>	<b>Danija Lazdina</b> , D. Seglina, I. Ciprova (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>POTENTIAL OF DIFFERENT HORTICULTURAL FRUIT SPECIES' SEEDS AND PITS IN PROTEIN EXTRACTION</b>
14:40–14:50 <b>O30</b>	<b>Laura Balode</b> , K. Erglis, J. Romanovskis, L. Patetko, E. Jakobsons (Latvia) <i>University of Latvia, Ltd. Sī biotech</i> <b>DEVELOPMENT OF SUSTAINABLE OMEGA-3 AND CAROTENOID-RICH SUPPLEMENTS FROM FLAXSEED, SEA BUCKTHORN AND MICROALGAE EXTRACTS</b>
14:50–15:00 <b>O31</b>	<b>Vytaute Starkute</b> , V. Bartkevics, J. Rusko, V. Lele, M. Ruzauskas, J. Bernatoniene, V. Jaksas, E. Bartkiene (Lithuania) <i>Department of Food Safety and Quality; Institute of Animal Rearing Technologies; Lithuanian University of Health Sciences</i> <b>BIOMODIFIED LUPINE WHOLEMEAL PROTEIN ISOLATES AS A SOURCE FOR HIGH-QUALITY PROTEIN AND APPLICATIONS FOR NUTRACEUTICALS PREPARATION</b>
15:00–15:10 <b>O32</b>	<b>Ilze Laukaleja-Broka</b> (Latvia) <i>Latvia University of Life Sciences and Technologies; EIT Food HUB Latvia</i> <b>HEALTHIER LIVES THROUGH FOOD WITH EIT FOOD</b>
15:10–15:20	<b>Discussions</b>
15:30	<b>CLOSING OF THE INTERNATIONAL CONFERENCE "NUTRITION AND HEALTH 2024"</b>

# POSTER SESSIONS

## Thursday, December 5, 2024

15:10–15:40 Poster session Hall, 2<sup>nd</sup> floor

### Screen No 1: NUTRITION SCIENCE I

15:15–15:18 <b>P1</b>	E. Šmite, <b>Madara Miesniece</b> (Latvia) <i>Rīga Stradiņš university</i> EFFECTS OF PROBIOTICS AND PREBIOTICS ON SLEEP QUALITY: A SYSTEMATIC REVIEW
15:18–15:21 <b>P2</b>	J. Malinovska, <b>Asnate Kirse-Ozolins</b> , A. Salnaja (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> THE CONNECTION BETWEEN SLEEP DISTURBANCES, STRESS, ANXIETY, DEPRESSION, AND EATING DISORDERS AMONG NURSES WORKING DAY AND 24-HOUR SHIFTS
15:21–15:24 <b>P3</b>	<b>Olga Ļubina</b> , L. Gailīte, M. Auzenbaha (Latvia) <i>Children's Clinical University Hospital; Rīga Stradiņš University</i> FATTY ACID STATUS IN LATVIAN PEDIATRIC PKU PATIENTS
15:24–15:27 <b>P4</b>	<b>Monika Grincaite</b> , V. Speckauskiene, A. Petrauskiene, J. Trisauke (Lithuania) <i>Faculty of Public Health, Lithuanian University of Health Sciences</i> EATING HABITS AMONG OVERWEIGHT, OBESE, AND NORMAL WEIGHT FIRST-GRADE LITHUANIAN CHILDREN
15:27–15:30 <b>P5</b>	S. Daugelaite, <b>Vita Speckauskiene</b> , A. Petrauskiene, A. Salomskiene (Lithuania) <i>Faculty of Public Health, Lithuanian University of Health Sciences</i> CHANGES IN NUTRITION HABITS OF LITHUANIAN FIRST-GRADE CHILDREN

### Screen No 2: NUTRITION SCIENCE II

15:15–15:18 <b>P6</b>	S. Sosunkevici, <b>Daiva Sakiene</b> , L. Ambroziene, R. Volskiene, A. Aleksandraviciene (Lithuania) <i>Kauno kolegija Higher Education Institution</i> "BURGERISATION" IS THE INITIAL STEP TOWARDS GLOBAL CHANGES IN THE HEALTH AND BEHAVIOR OF MODERN MAN
15:18–15:21 <b>P7</b>	<b>Marina Jerabkova</b> , E. Selinger, D. Hrnčirova, M. Svetnicka, J. Potockova, J. Gojda (Czech Republic) <i>Department of Internal Medicine, Kralovské Vinohrady University Hospital; Charles University; National Health Institute, Prague</i> BASELINE COMPARISON OF NUTRIENT INTAKE IN VEGAN, VEGETARIAN, AND OMNIVOROUS CHILDREN: RESULTS FROM KOMPAS COHORT STUDY OF CZECH VEGAN, VEGETARIAN AND OMNIVORE FAMILIES
15:21–15:24 <b>P8</b>	<b>Daniela Hrnčirova</b> , M. Jerabkova, E. Selinger, M. Svetnicka, J. Potockova, J. Gojda (Czech Republic) <i>Third Faculty of Medicine Charles University</i> VITAMIN B12 STATUS AND DIETARY INTAKE IN VEGAN, VEGETARIAN, AND OMNIVOROUS CHILDREN: RESULTS FROM KOMPAS COHORT STUDY OF CZECH VEGAN, VEGETARIAN AND OMNIVORE FAMILIES
15:24–15:27 <b>P9</b>	<b>Elizabete Murniece</b> , L. Meija (Latvia) <i>Rīga Stradiņš university</i> HOME ENTERAL NUTRITION: EPIDEMIOLOGICAL MONITORING AND ANALYSIS IN LATVIA

### Screen No 3: NUTRITION and PREVENTION OF CHRONIC DISEASES

15:15–15:18 <b>P10</b>	<b>Eliza Kuzmina</b> , I. Konrade, I. Kalere, A. Fridvalde (Latvia) <i>Rīga East Clinical University Hospital</i> THE IMPACT OF SELENIUM SUPPLEMENTATION ON SERUM SELENIUM LEVELS AND IMMUNE MODULATION IN PATIENTS WITH EUTHYROID HASHIMOTO'S THYROIDITIS: PRELIMINARY RESULTS FROM A SIX-MONTH TRIAL
15:18–15:21 <b>P11</b>	<b>Diana Arāja</b> , M. Murovska, A. Krumina, U. Berkis (Latvia) <i>Rīga Stradiņš University</i> NUTRITION INTERVENTIONS FOR THE TREATMENT OF MYALGIC ENCEPHALOMYELITIS/CHRONIC FATIGUE SYNDROME: A SCOPING REVIEW
15:21–15:24 <b>P12</b>	<b>Justine Kaupe</b> , H. Niedra, R. Saksis, I. Madrika, V. Rovite, I. Konrāde (Latvia) <i>Rīga East Clinical University Hospital</i> COMPARATIVE ANALYSIS OF GASTRIC MICROBIOTA IN AUTOIMMUNE ATROPHIC GASTRITIS: IMPLICATIONS FOR AUTOIMMUNE DISORDERS AND GASTRIC NEUROENDOCRINE TUMOR DEVELOPMENT
15:24–15:27 <b>P13</b>	<b>Behnam Boobani</b> , J. Grants, T. Glaskova-Kuzmina, M. Dzintare (Latvia) <i>Rīga Stradiņš university</i> EFFECT OF CURCUMIN SUPPLEMENTATION AND RESISTANCE TRAINING ON LIPID PROFILES AND MARKERS OF LIVER INFLAMMATION IN OBESE MEN AND WOMEN

#### Screen No 4: **FOOD QUALITY and SAFETY**

15:15–15:18 <b>P14</b>	<b>Ernesta Tolpeznikaite</b> , V. Bartkevics, A. Skrastina, R. Pavlenko, M. Ruzauskas, V. Starkute, D. Klupsaite, R. Ruibys, E. Bartkiene (Lithuania) <i>Institute of Animal Rearing Technologies, Lithuanian University of Health Sciences</i> <b>ANTIMICROBIAL CHARACTERISTICS AND THE DEVELOPMENT OF BIOACTIVE PROTEIN-DERIVED COMPOUNDS IN FERMENTED SPIRULINA</b>
15:18–15:21 <b>P15</b>	<b>Maija Gertsone</b> , A. Kirse-Ozolina (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>COMPARISON OF THE NUTRITIONAL VALUE OF MUESLI PRODUCTS AVAILABLE IN LATVIA</b>
15:21–15:24 <b>P16</b>	<b>Sandra Muizniece-Brasava</b> , R. Ruska, S. Sazonova, S. Verbytskyi, A. Minorova, A. Kirse-Ozolina (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>EFFECT OF BIODEGRADABLE PACKAGING ON THE QUALITY OF DAIRY PRODUCTS</b>
15:24–15:27 <b>P17</b>	<b>Maija Gertsone</b> , O. Valcina (Latvia) <i>Riga Stradins University</i> <b>EFFECT OF BERRY WASHING ON BACTERIAL CONTAMINATION</b>
15:27–15:30 <b>P18</b>	<b>Liene Jansone</b> , Z. Kruma, I. Tupreine (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>CHARACTERIZATION OF APPLE AND BERRY VINEGARS OF BALTIC REGION</b>
15:30–15:33 <b>P19</b>	I. Cinkmanis, S. Vucane, <b>Fredijs Dimins</b> (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>PROFILE OF PHENOLIC COMPOUNDS IN DIFFERENT BRANDY SAMPLES</b>

#### Screen No 5: **SUSTAINABLE and FUNCTIONAL FOOD**

15:15–15:18 <b>P20</b>	<b>Mara Duma</b> , I. Alsina, L. Dubova (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>THE BENEFITS OF TOMATOES</b>
15:18–15:21 <b>P21</b>	<b>Georgijs Baskirovs</b> , P. Gornas, D. Seglina (Latvia) <i>Institute of Horticulture</i> <b>TOCOPHEROL AND TOCOTRIENOL HOMOLOGUES RECOVERY FROM HYPERICUM PERFORATUM L. AND ITS EXTRACTION RESIDUES BY AQUEOUS ETHANOL SOLUTIONS</b>
15:21–15:24 <b>P22</b>	<b>Lāsma Plocina</b> , I. Beitane (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>A STUDY ON HIGH PROTEIN BEVERAGES FOR PATIENTS WITH PSYCHIATRIC DISORDERS</b>
15:24–15:27 <b>P23</b>	<b>Ilze Beitane</b> , M. Sabovics, S. Iriste, G. Krumina-Zemture, J. Jenzis, H. Ziedins, A.H. Auzina, E. Zelmene (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>STUDY ON FOOD WASTE REDUCTION PRACTICES OF LATVIAN HOUSEHOLDS</b>
15:27–15:30 <b>P24</b>	<b>Daniela Dreslere</b> , I. Gramatina (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>POTENTIAL APPLICATION OF COD SKINS FOR COLLAGEN EXTRACTION</b>
15:30–15:33 <b>P25</b>	<b>Elizabete Universa</b> , Z. Kruma, T. Kince, I. Dabina-Bicka, A. Banis (Latvia) <i>Food Institute, Latvia University of Life Sciences and Technologies</i> <b>ASSESSMENT OF BREWERY SPENT GRAINS COMPOSITION DEPENDING ON BREWERY SIZE AND TECHNOLOGY APPLIED</b>
15:33–15:36 <b>P26</b>	<b>Galina Smirnova</b> , S. Vasiljeva, A. Fedotova, I. Stahovska, S. Gavrilov, H. Partsvania, D. Babarykin (Latvia) <i>Faculty of Medicine and Life Sciences, University of Latvia; Institute of Innovative Biomedical Technology Ltd.</i> <b>PLANT COMPATIBILITY AND DEVELOPMENT OF INNOVATIVE FUNCTIONAL FOOD</b>



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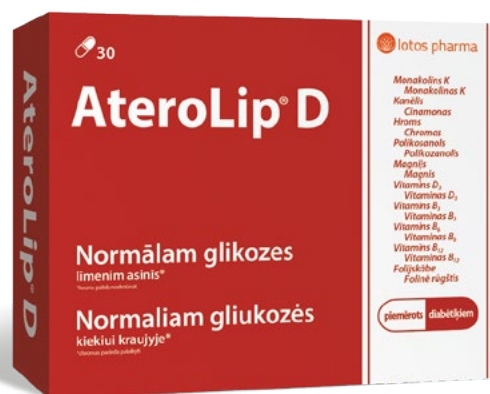
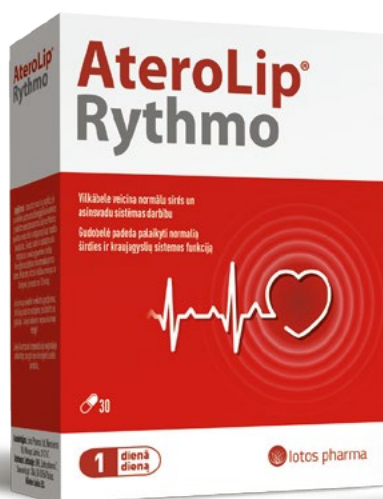
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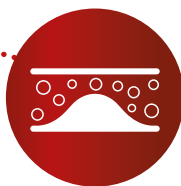


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