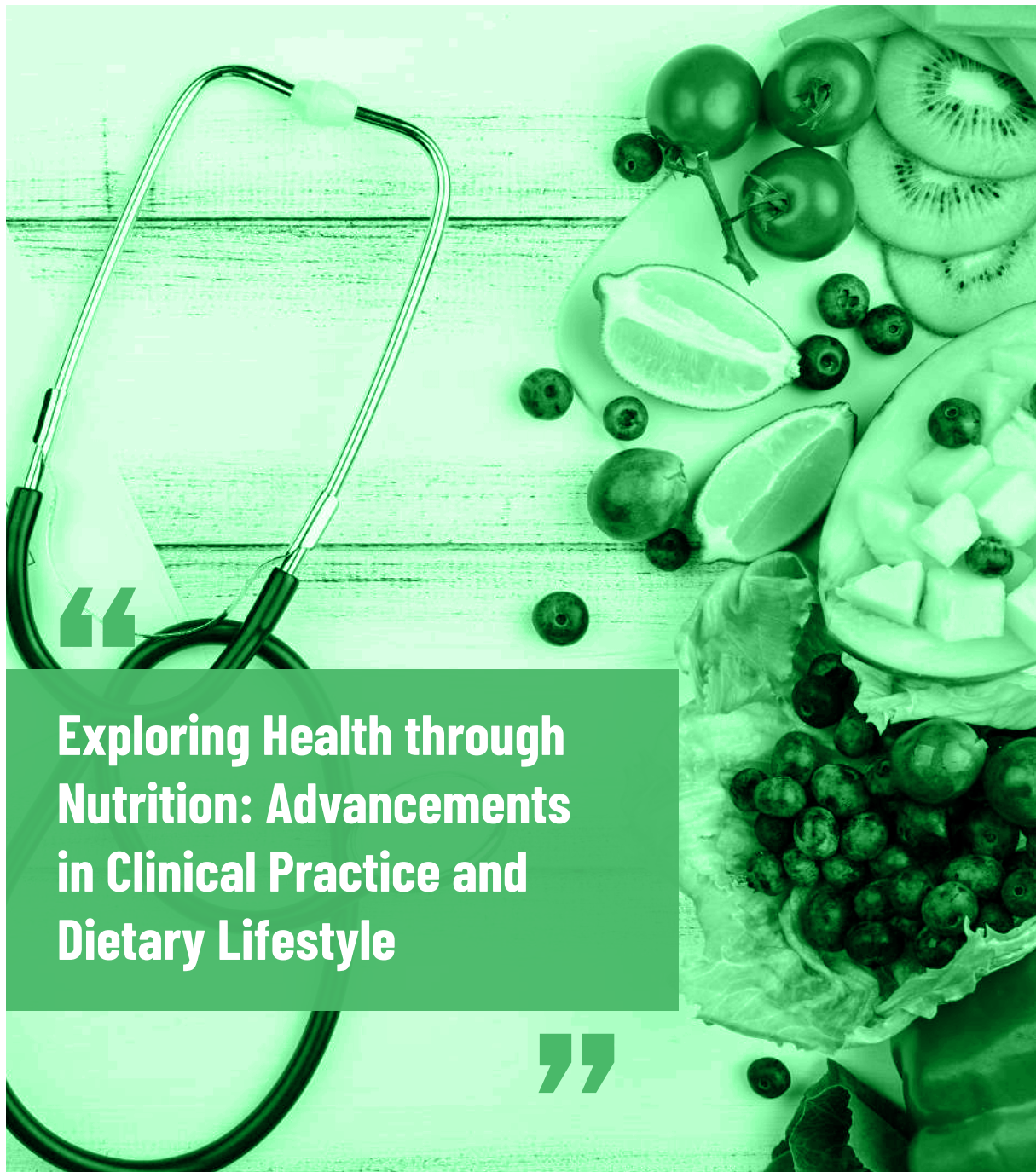


# 2<sup>ND</sup> INTERNATIONAL CONFERENCE ON **CLINICAL NUTRITION & DIETARY LIFESTYLE**

22<sup>ND</sup> & 23<sup>RD</sup> FEBRUARY 2024 | VIRTUAL CONFERENCE



“  
Exploring Health through  
Nutrition: Advancements  
in Clinical Practice and  
Dietary Lifestyle  
”



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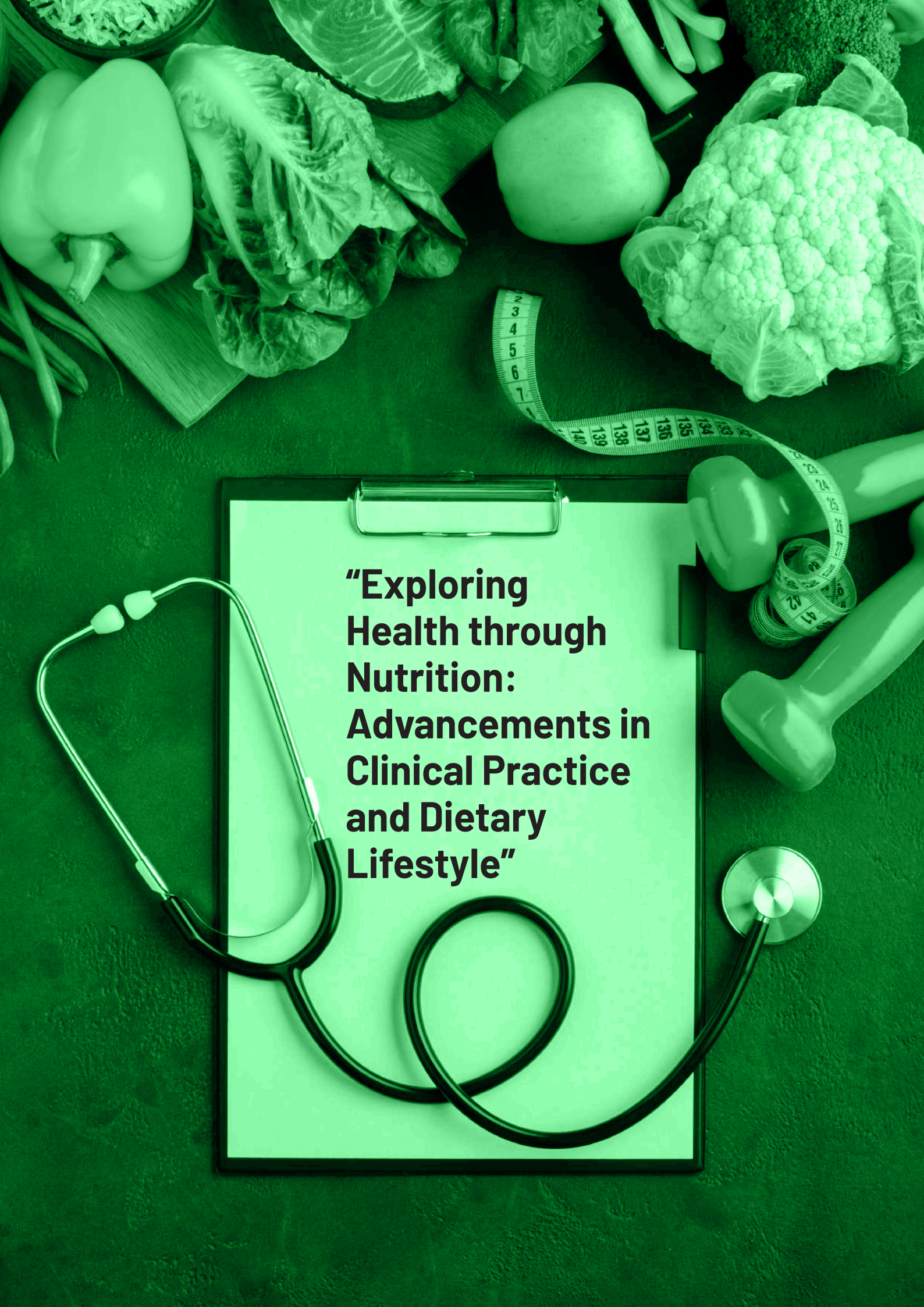
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**“Exploring  
Health through  
Nutrition:  
Advancements in  
Clinical Practice  
and Dietary  
Lifestyle”**

## PREFACE

This book reports the Proceedings of the “2<sup>nd</sup> International Conference on Clinical Nutrition & Dietary Lifestyle” held on 22<sup>nd</sup> & 23<sup>rd</sup> February 2024 organized by Universal Society of Food and Nutrition (USFN) & BioLEAGUES.

The publishing department has accepted more than 110 abstracts. After an initial review of the submitted abstracts, 70 papers were presented at the conference and were accepted for publication in the Conference Proceedings. The topics that are covered in the conference include Clinical Nutrition Research and Innovations, Dietary Behaviors and Education, Dietary Lifestyle and Wellness, Food Accessibility & Equity, Food Science & Chemistry and Nutrition and Public Health. We would like to thank all the participants for their contributions to the conference and the proceedings.

Reviewing papers of the 2<sup>nd</sup> ICNDL 2024 was a challenging process that relies on the good will of those people involved in the field. We invited more than 10 researchers from related fields to review papers for the presentation and the publication in the 2<sup>nd</sup> ICNDL 2024 Proceedings. We would like to thank all the reviewers for their time and effort in reviewing the documents.

Finally, We would like to thank all the proceeding team members who with much dedication have given their constant support and priceless time to bring out the proceedings in a grand and successful manner. I am sure this 2<sup>nd</sup> ICNDL 2024 will be a credit to a large group of people, and each one of us should be proud of its successful outcome.

## ABOUT 2<sup>ND</sup> ICNDL

The 2<sup>nd</sup> International Conference on Clinical Nutrition & Dietary Lifestyle (2<sup>nd</sup> ICNDL) on 22<sup>nd</sup> & 23<sup>th</sup> February 2024, Virtual with a unique theme of “Exploring Health through Nutrition: Advancements in Clinical Practice and Dietary Lifestyle” is an esteemed gathering of nutritionists, dietitians, healthcare professionals, researchers, academicians, and industry experts from around the world. We extend our warm welcome to all specialists and researchers interested in presenting their research and take part in this remarkable Conference on Clinical Nutrition & Dietary Lifestyle. The conference aims to discuss the latest scientific advancements, research findings, and best practices in the field of clinical nutrition and dietary lifestyles.

## ABOUT BioLEAGUES ABOUT USFN

BioLEAGUES is a non-profitable professional association meant for the promotion of research and development in the field of Medical & Life Science. BioLEAGUES is also involved in helping researchers in the grass root level rigorously network with life science professionals & medical professionals to aid the sustainable development of the field of medical science.

BioLEAGUES provides a world class platform for Doctors, Scientists, Physicians, Researchers, Academicians, Business figures and Healthcare professionals by organizing conferences and publishing research articles. BioLEAGUES conferences bring together the professional wizards and leaders who have explored all avenues to reinforce the field of Life Sciences and Medicine Technology.

We work with a motto of creating a better tomorrow by organizing conferences and creating a network which will lead to a better tomorrow with the help of advanced technology, thus helping achieve sustainable development.

Universal Society of Food and Nutrition (USFN) is one of the Non-profitable professional associations meant for research and development in the field of Food Science & Technology. USFN is a paramount body which has brought technical revolution and sustainable development in the field of Food Science & Technology.

USFN is a forum where innovations & research interest could be supported and developed prioritizing our mutual interest. Our forums & Associates constitute Professional leaders, Universities, Organizations & Associations connecting each other with a mission to work as wizards of science for defending the earth.

USFN forms partnerships with colleges, universities, professional associations, societies and organizations to operate our local chapter functions worldwide. USFN is one of the leading publishers of research articles in its high quality peer reviewed journals, proceedings and research magazines. USFN is a platform to promote the advancement and dissemination of the knowledge of Food Science & Technology. USFN fulfill the need of professionals even for their end to end research & development. USFN is a leading publisher of scientific research works in highly cited, high indexed and high standard International Journals such as SCOPUS,SCI/ESCI, Web of Science, UGC, Springer, Inderscience etc.

## FROM BioLEAGUES's DIRECTOR



### Mr. A. Siddh Kumar Chhajer

Managing Director  
BioLEAGUES, India

On behalf of BioLEAGUES, I am delighted to welcome all the delegates and participants around the globe to the "2<sup>nd</sup> International Conference on Clinical Nutrition and Dietary Lifestyle" which is going to be held on 22<sup>nd</sup> and 23<sup>rd</sup> February 2024.

This conference will revolve around the theme "Exploring Health through Nutrition: Advancements in Clinical Practice and Dietary Lifestyle".

It will be a great pleasure to join with Doctors, Research Scholars, Dietitian, Students, Academician, Nutritionist and physicians all around the globe. You are invited to be stimulated and enriched by the latest innovations in all the aspects of Food and Nutrition while delving into presentations surrounding transformative advances provided by a variety of disciplines.

I congratulate the Committee Members, Keynote Speakers, Session Chair, Moderators, coordinator BioLEAGUES and all the people involved for their efforts in organizing the 2<sup>nd</sup> ICNDL 2024 and successfully conducting the International Conference and wish all the delegates and participants a very pleasant conference.

## FROM USFN's FOUNDER



### Mr. Rudra Bhanu Satpathy

Founder & CEO  
USFN & BioLEAGUES, India

It is indeed a privilege to acknowledge and thank all the supporters and organizers of the "2<sup>nd</sup> International Conference on Clinical Nutrition and Dietary Lifestyle", who contributed greatly to organize the conference successfully.

I would like to acknowledge and thank the Chief Guest for his/her valuable contribution to the "2<sup>nd</sup> International Conference on Clinical Nutrition and Dietary Lifestyle".

My special thanks to all our Special Guests and Keynote Speaker who so graciously accepted our invitation to participate in the conference.

I would like to specially thank our Organizing Committee Members from various Organization whose continuous support have helped us in planning and execution the conference successfully.

I am highly indebted to the contribution given by all the Nutritionist, Dieticians, Professors, Deans, Scientists, Researchers, Research Scholars, Health experts, Delegates, Industrialists and students to the conference.w

## KEYNOTE SPEAKERS



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## The Potential of Dadiah, a Local Yogurt, to Address Insufficient Nutrient Intake among Pregnant women in West Sumatra

**Dr. dr. Zuhrah Taufiq**

Universitas Negeri Padang, Indonesia

**Prof. dr. Nur Indrawati Lipoeto**

Universitas Andalas, Indonesia

### Abstract:

The positive correlation between optimal supply of maternal nutrient supply during pregnancy and favorable birth outcomes is evident. Dadiah, swamp buffalo yogurt, known as a nutritious local food and potential probiotic source from West Sumatra, Indonesia. This research aims to assess the daily intake adequacy of pregnant women in West Sumatra and explore the potential of dadiah in meeting maternal caloric needs during pregnancy. The study involved evaluating the energy and macronutrient intakes of 208 pregnant women during pregnancy using repeated twenty-four-hour diet recall and comparing it with the Indonesian recommended daily allowance. Dadiah, sourced from Padang Panjang, provided 260kcal per cup. Mothers consumed one cup daily for six days a week during the last two trimester. The findings indicated that only 14.5%, 4.8%, 53.8%, and 38.9% of pregnant women had adequate energy, carbohydrate, protein, and fat intakes, respectively. Introducing dadiah significantly increased maternal daily intake ( $p < 0.001$ ), and no adverse medical events occurred during this study. This research suggests that dadiah could serve as a beneficial maternal supplement during pregnancy to enhance birth outcomes. The trial is registered at [clinicaltrials.gov](https://clinicaltrials.gov) under the identifier NCT05140928.

### Keywords:

Dadiah, Intake, Supplement, Pregnant Women