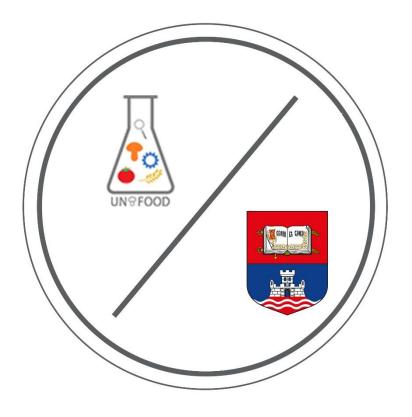
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University of Belgrade

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24th-25th September 2021 University of Belgrade

2nd International UNIfood Conference



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UNIFood2021 Conference 24th-25th September 2021 University of Belgrade





The word of welcome

Dear colleagues,

We would like to welcome you to the 2nd UNIFood International Conference –UNIFood2021. We hope that this gathering will engage not only academics, but also the stakeholders from all the relevant industries and business sectors, serving as a meeting point and a platform for proliferation of new ideas and development of new partnerships.

The first UNIFood conference, organized as national, was established 2018, year as one of the events in honor of the 210th Anniversary celebration of the University of Belgrade that ranked at Shanghai list on 35th place for the 2017 year in subject Food Science and Technology. The University of Belgrade has been recognized as a leading international scientific institution by LERU when it was selected to be a member of CE7, an informal network of seven Central and Eastern European universities collaborating with LERU on key research and education challenges. Furthermore, University of Belgrade joined European University Alliance Circle U. Following the European Commission's launch of the European Universities initiative, a group of research-intensive universities has entered into a Memorandum of Understanding with the intention of establishing a new university alliance: Aarhus University, Humboldt University of Berlin, King's College London, UC Louvain, University of Belgrade, University of Oslo and Université de Paris.

We are pleased that you have decided to take part in this mutual conversation, where many will present their recent work, through poster sessions, oral communications or simply by asking questions. One of the goals of this Conference is cooperation between academia and food industry. Food scientists, technologists, researchers, nutritionists, engineers and entrepreneurs will exchange their knowledge about the latest advances in all aspects of food production, processing, sustainability, safety and security, nutrition and health, hi-tech equipment, ethics and knowledge transfer supporting environment. At this meeting, over 200 participants from 23 countries will take part.

Belgrade, one of the oldest city in the Europe, always young, at the confluence of the Sava and Danube rivers, will be your host. At the confluence of new ideas and experiences we again wish you a warm welcome.

Sincerely,

Prof. Dr Mirjana Pešić

Prof. Dr Ivanka Popović

President of the Scientific Committee of UNIFood2021

Rector of the University of Belgrade



24th-25th September 2021 University of Belgrade





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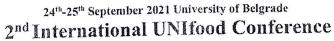




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WALNUTS CONSUMPTION MODULATES ENDOGENOUS METABOLIC CONVERSION TOWARDS LONG-CHAIN FATTY ACIDS AND AFFECTS INDIVIDUAL FATTY ACID CONTENT IN PLASMA AND LIVER OF FRUCTOSE-FED RATS

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Disturbed plasma and tissue fatty acid profiles have been linked with metabolic syndrome, a cluster of metabolic abnormalities associated with increased cardiovascular disease risk. Walnuts are rich in dietary fats, and growing evidence suggests various cardiometabolic benefits of their consumption. However, no previous study investigated the metabolic breakdown of fats contained in walnuts following their consumption. Therefore, this study aimed to evaluate the impact of 6-week walnut consumption on plasma and liver fatty acid metabolic conversion toward longer-chain products and individual fatty acid composition in rats with a cluster of metabolic disturbances. Three-week-old male Wistar rats were fed for 9 weeks a standard diet with or without 10% fructose in drinking water. Afterwards, a diet of half of the animals of each group was supplemented with walnuts (2.4 g/day) for additional 6 weeks. Total lipids were extracted from plasma and liver and fatty acids determined by gas chromatography. Our results revealed that walnut consumption decreased arachidonic/linoleic and palmitoleic/palmitic acid ratios in plasma and liver total lipids. It also significantly affected the docosahexaenoic/alpha-linolenic acid ratio, with up to a 4-fold decrease in the animals at metabolic risk. We also observed that walnuts consumption induced changes in profiles of individual fatty acids. It increased linoleic and eicosapentaenoic acid levels and decreased palmitoleic acid levels in rat plasma, while increasing liver linoleic and docosahexaenoic acid levels. Independently of the fructose-induced metabolic risk, walnuts induced up to a 3-fold increase in alpha-linolenic acid and decreased arachidonic acid in both tissues. They also reduced palmitic, oleic, and adrenic acid levels and increased docosapentaenoic acid content. Taken together, these results suggest the beneficial effects of walnuts on fatty acid profiles in rats and highlight the promising potential of walnuts in the prevention and treatment of metabolic syndrome.

Keywords: Walnuts, Fatty acid profiles, Plasma, Liver, Metabolic syndrome