



**THE 4th IPB INTERNATIONAL CONFERENCE
ON NUTRITION AND FOOD
(ICNF 2026)**

*“Synergizing Science for Nutrition Resilience through Sustainable
Food and Active Living”*



About the conference

The Department of Community Nutrition, IPB University, has consistently engaged in international activities, including ICNF 2020, ICNF 2022, and ICNF 2024. In 2026, the 4th IPB International Conference on Nutrition and Food, co-organized with the Department of Nutrition, Universiti Putra Malaysia. The theme “*Synergizing Science for Nutrition Resilience through Sustainable Food and Active Living*” served as the foundation of the conference, providing a platform for knowledge exchange, research dissemination, and best practices across disciplines. The program emphasized sustainable food innovation, community-based interventions, technology-driven nutrition education, and multisectoral policy approaches to address the triple burden of malnutrition.

This conference was funded by the Indonesian Endowment Fund for Education (LPDP) on behalf of the Indonesian Ministry of Higher Education, Science and Technology, and managed under the EQUITY Program Contract Number 4297/B3/DT.03.08/2025 and Number 42011/IT3/HK.07.00-4/P/B/2025. It strengthened collaboration among higher education institutions in nutrition at both national and global levels, while supporting the Department’s vision of advancing a healthy, intelligent, and productive society in a sustainable manner.

Conference Date: 15-16 May 2026

Time: 08.00-16.30 GMT+7

Conference website: <https://conference.ipb.ac.id/icnf>

Message from committee

Welcome to the Proceedings of the 4th IPB International Conference on Nutrition and Food (ICNF 2026) which is published by the BIO Web of Conferences. The conference was successfully organized by the Department of Community Nutrition, Faculty of Medicine and Nutrition, IPB University, Bogor, Indonesia on 15-16 May 2026.

The concept of Synergizing Science, which underpins the theme of the conference, emphasizes the importance of interdisciplinary collaboration in building nutrition resilience. The conference aims to serve as a platform for exchanging knowledge, research findings, and best practices across relevant disciplines under the theme “Synergizing Science for Nutrition Resilience through Sustainable Food and Active Living”, brought together academics, researchers, practitioners, policymakers, and stakeholders from Indonesia and abroad. The conference speakers, oral presenters, poster presenters, and participants of this conference came from a variety of countries, such as Indonesia, Malaysia, Australia, South Africa, Brazil, United Kingdom, the Philippines, and Taiwan.

On behalf of the scientific committee of ICNF 2026, we would like to congratulate all participants who submitted their research papers to the conference, and 40 of them are featured in this issue. The articles covered four main areas: clinical nutrition, community nutrition, food innovation, and food and nutrition system. Each of those articles underwent two cycles of a thorough review by two reviewers, to ensure their academic merit and quality. The significant research presented at this conference represents the importance of nutrition and food in improving our quality of life.

We would like to thank the team of reviewers from the Department of Community Nutrition, IPB University, and the Department of Nutrition, Universiti Putra Malaysia for their hard work and commitment to providing valuable input for the authors. Moreover, we would also like to thank the organizing committee of ICNF 2026 and all their supporting partners for ensuring the success of the conference. This conference is funded by the Indonesian Endowment Fund for Education (LPDP) on behalf of the Indonesian Ministry of Higher Education, Science and Technology and managed under the EQUITY Program Contract Number 4297/B3/DT.03.08/2025 and Number 42011/IT3/HK.07.00-4/P/B/2025. Finally, I hope that these proceedings serve the need for high-quality research articles in the area of nutrition and food.

Thank you very much.

Best Regards,

The 4th International Conference of Nutrition and Food (ICNF 2026) Organizing Committee

List of committee

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Logistic & Consumption	Arif Rahman Hakim, S.Mn Aning Rinawati, A.Md Ine Amelia, S.Si Nadhira Putri Fadilla

Topics

No.	Topic	Subtopics
1.	Clinical Nutrition	Medical nutrition therapy Dietary intervention Molecular nutrition Nutrigenomics and nutrigenetics Sports nutrition and fitness
2.	Community Nutrition	Nutrition education and behavior change Nutrition epidemiology Malnutrition and non-communicable diseases prevention Nutrition throughout the life cycle Nutrition and family resources
3.	Food Innovation	Functional food Food for special medical purposes Food for special dietary uses Food for emergency relief Future foods Indigenous food and nutrition Nutrient profiling of food
4.	Food and Nutrition System	Food waste Food and nutrition security Food and nutrition policy Food, climate change, and environmental sustainability

CALL FOR PARTICIPANTS

4th ICNCF 2026

IPB INTERNATIONAL CONFERENCE ON NUTRITION AND FOOD

"Synergizing Science for Nutrition Resilience through Sustainable Food and Active Living"

SPEAKERS



Prof. Dr. Ir. Drajat Martianto, M.Si.

IPB University - Indonesia

"Food and Nutrition Resilience in Current Global Situation"



Prof. Dr. Zalilah Mohd Shariff

Universiti Putra Malaysia - Malaysia

"Development of evidence-based policy and practice in maternal nutrition – Towards achieving nutrition resilience"



Prof. Riëtte de Kock

University of Pretoria - South Africa

"How Sensory-led Food Innovation Builds Resilience for Nutrition Security"



Prof. Stephen Bird

University of Southern Queensland - Australia

"The Athletes Plate: An Applied Sports Nutrition Perspective"



Prof. Dr. Betzabeth Slater

Universidade de São Paulo - Brazil

"Sustainable school food systems as a pillar of nutritional resilience"



MAY 15 –16, 2026

Virtual Conference

<https://conference.ipb.ac.id/icnf/>

SCIENTIFIC TOPICS

- Clinical Nutrition
- Community Nutrition
- Food Innovation
- Food and Nutrition System

REGISTRATION CLOSE



May 10, 2026

Register at :

ipb.link/registrationicnf2026

Contact person :

+6281241047885 (Syaffa),

+6285892997235 (Adi)

REGISTRATION FEE ~~IDR 600.000~~

For Non presenter

IDR 500.000*

* Registration fee for Indonesian participant, for international participant = USD 50