



Role of Tempe Cereal as a Source of Vitamin B₁₂ and Its Implementation for Vegetarian Diet

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Time: 12-1pm

Host: A/Prof Huang Dejian **Venue:** Seminar Room S14-06-19

Abstract

Tempe is a traditional and nutritious food of Indonesia which contains vitamin B₁₂ and has become increasingly popular in recent time. It is important to conduct research on the potential of tempe as a source of vitamin B₁₂ and its implementation to a vegetarian diet.

The talk will cover the investigation of the effect of tempe consumption as a source of vitamin B₁₂ on level of serum vitamin B₁₂ and serum homocysteine in healthy lacto-ovo-vegetarian.

About the speaker



Dr. Susianto Tseng holds a doctorate in Nutrition, Faculty of Public Health, University of Indonesia (Summa Cum Laude). In addition to being the author of several books including Healthy Vegetarian Diet, The Miracle of Vegan, Vegan Nutrition for Pregnancy, Vegan Nutrition for Children, The Miracle of Tempe and Vegan is Easy, Dr. Tseng has held and currently holds the following positions:

- Founder of World Vegan Organization (WVO) 2018
- President of International Vegetarian Union (IVU) 2015-2018
- President of Asia Pacific Vegetarian Union (APVU) 2013-2015
- Founder of South East Asia Vegetarian Union (SEAVU) 2007
- Head of Indonesia Vegetarian Society (IVS) 1998-2015
- Secretary General of Indonesia Vegetarian Society (IVS) 2015-Now
- President of Vegan Society of Indonesia (VSI) 2006-Now
- President of International Tempe Foundation (ITF) 2011-Now
- Consultant for Perkin Elmer Singapore, Indonesia Rep Office
- Nutrition Consultant for Royal Progress Hospital Jakarta-Indonesia