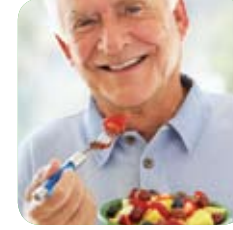
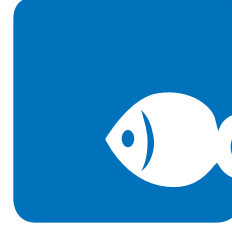


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Nutrition has the potential to act as central modulator of the so called inflammaging and its outcomes



develop food products designed especially for elderly



## NU-AGE

New dietary strategies addressing the specific needs of elderly population for a healthy ageing in Europe.

## NU-AGE



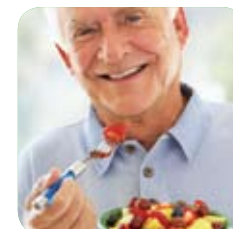
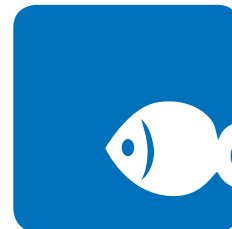
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## ABOUT THE PROJECT

**NU-AGE** is a project about nutrition in elderly and how the right diet prevent age-related diseases such as atherosclerosis (thickening of artery walls and a risk factor for heart disease), type 2 diabetes and neurodegeneration leading to cognitive decline.

The core part of the project is a 1-year dietary intervention in which 625 elderly people across Europe will be asked to eat according to a 65+ food guide that has been developed for the project. To measure the effects of the diet blood, urine and other samples will be collected from the participants before and after the intervention. The results will be compared with a control group, 625 elderly who have not modified their diet.

Based on the knowledge gained from the intervention study **NU-AGE** will develop food products designed especially for elderly consumers. Socio-economic determinants for food choice in elderly will as well be studied and the best ways to communicate dietary recommendations to elderly people will be explored.



## OUTCOMES

The overall aim of the **NU-AGE** project is to improve health and quality of life in the EU ageing population by counteracting inflammaging – a chronic, low-grade inflammatory state associated with older age which is one of the factors behind age-related disease – through a whole diet approach. Through this approach, the project has the objective to fill the current lack of knowledge on how the whole diet can impact on and counteract age-related decline.



to design a new food pyramid specific for 65+ EU citizens "NU-AGE diet"



to enhance a multidisciplinary approach in unravelling the role of diet for the EU's ageing population, elucidating molecular and cellular mechanisms of action of the diet on healthy longevity



to contribute to dietary standards, recommendations and food based guidelines for the EU elderly



to design industrially driven fortified foods specifically targeted to postpone ageing decline



## NU-AGE PARTNERS

**NU-AGE** is a multidisciplinary consortium consisting of 30 partners from 17 EU countries. Involved are research institutes across Europe, large food industries, traditional food companies, one biotech SME and associations of the European food and drink industry. Coordinator for the project is Prof. Claudio Franceschi at University of Bologna in Italy.

### Project Coordinator

**Prof. Claudio Franceschi**  
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