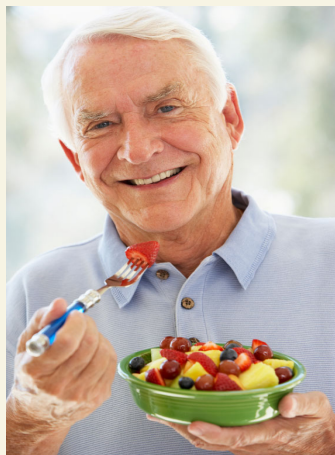


NU-AGE



NU-AGE



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



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.

NU-AGE



Ageing in Europe

Life expectancy in Europe has risen significantly

By 2030 elderly predicted to be 40% of the population

**Increased ill-health
and disabilities**

**Improving health,
reducing medical and
social costs**

**Diet plays a role in ageing by influencing the development of
inflammation, a natural part of ageing**



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.

NU-AGE



Multidisciplinary consortium, pan-European approach

**FP7 project
NU-AGE
coordinated
by
University
of Bologna**

**May 2011-
April 2016**

**Multidisciplinary
consortium, 29
partners from 17 EU
countries**

- **Research institutes
across Europe**
- **Food industry,
including SME and
national and
European
associations**



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.

NU-AGE



Overall objectives

**To improve health and quality of life
in the EU ageing population**

**To get insight into how a whole diet approach may
impact on and counteract age-related decline**



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.

NU-AGE



Specific objectives

New FOOD PYRAMID for 65+ EU citizens “NU-AGE diet”

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

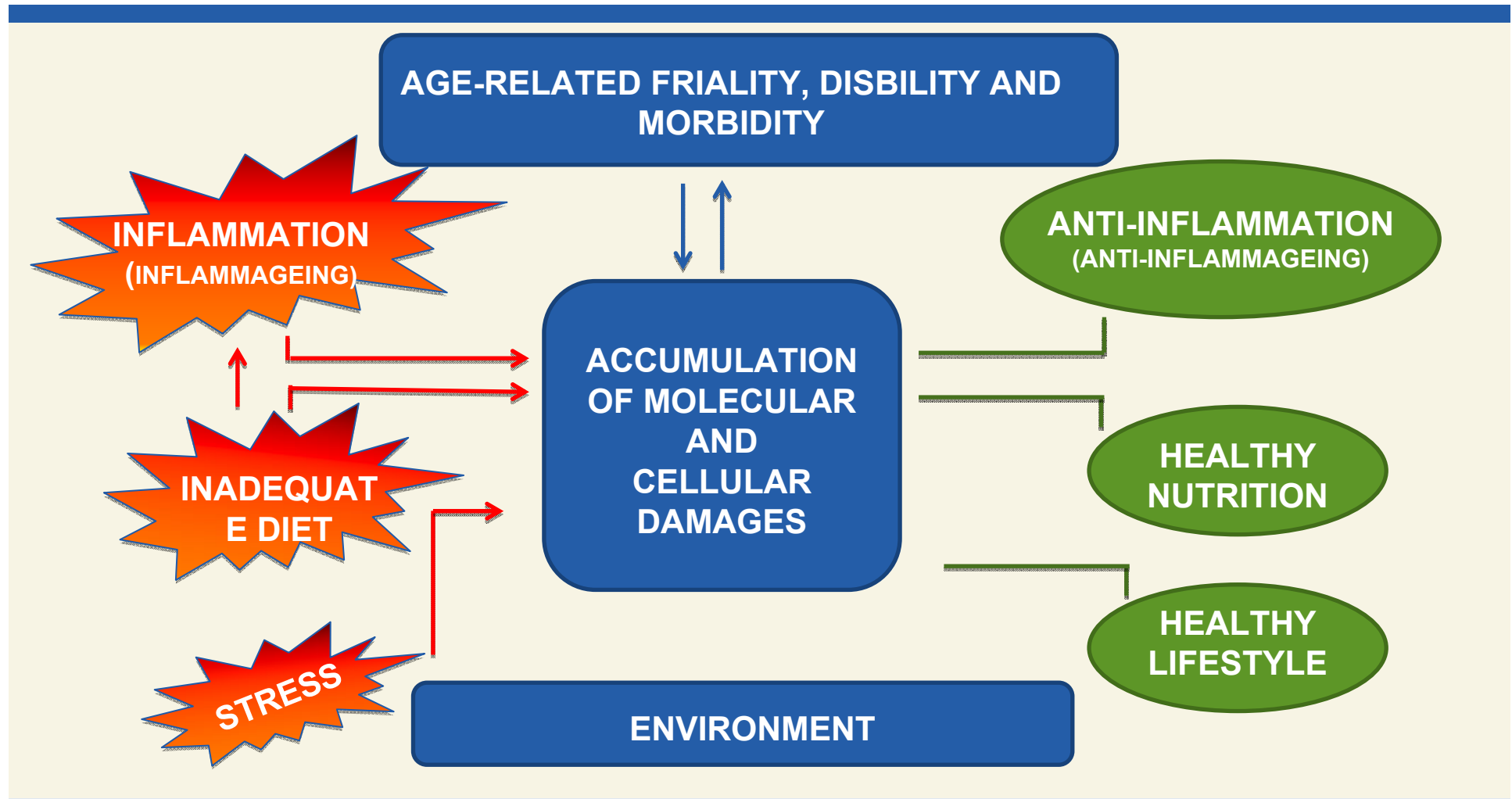
To design industrially driven fortified foods specifically targeted to postpone ageing decline



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.

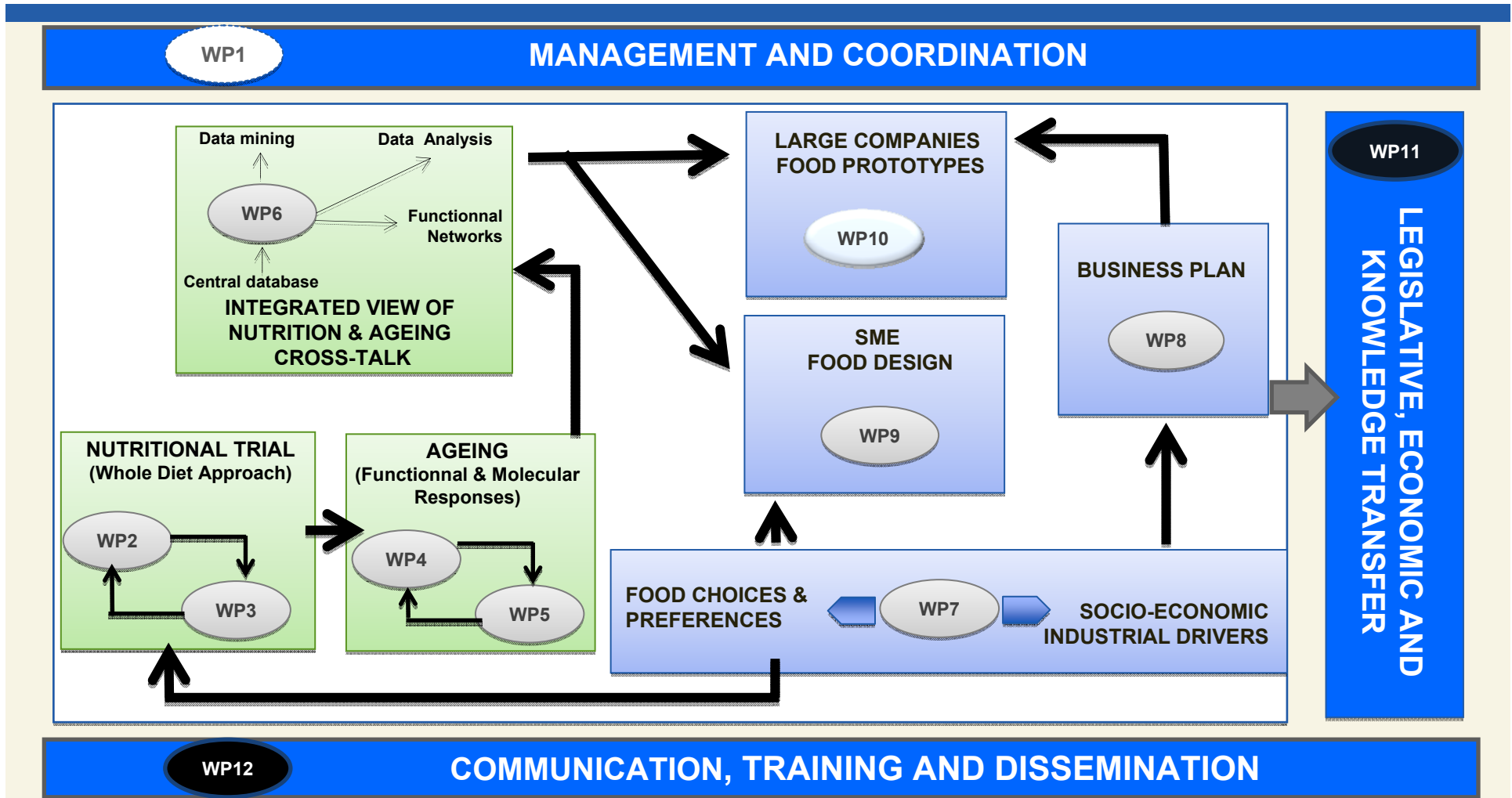


Inflammageing: Chronic, low-grade inflammatory state of older age, contributing to age-related disease





Structure of the Project



NU-AGE



Highlights of the research to be undertaken

A 1-year dietary intervention on 1250 elderly subjects across 5 countries.

- Based on the NU-AGE food pyramid for 65+
- Designed to meet the nutritional needs of the elderly
- Participants will receive advice, fortified foods and further support
- The effects of the diet will be determined via the collection of biochemical markers pre- and post- intervention.

Socio-economic determinants for food choice will be investigated

Best ways to communicate dietary recommendations to 65+ will be explored



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.

NU-AGE



EU Platform members involved in the NU-AGE project

- **EUFIC**
 - Dissemination
 - Consumer research (understanding of and attitudes towards foods with health/nutrition claims)
- **FoodDrinkEurope**
 - Legislative, economical and knowledge transfer aspects



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.

NU-AGE



FoodDrinkEurope's participation

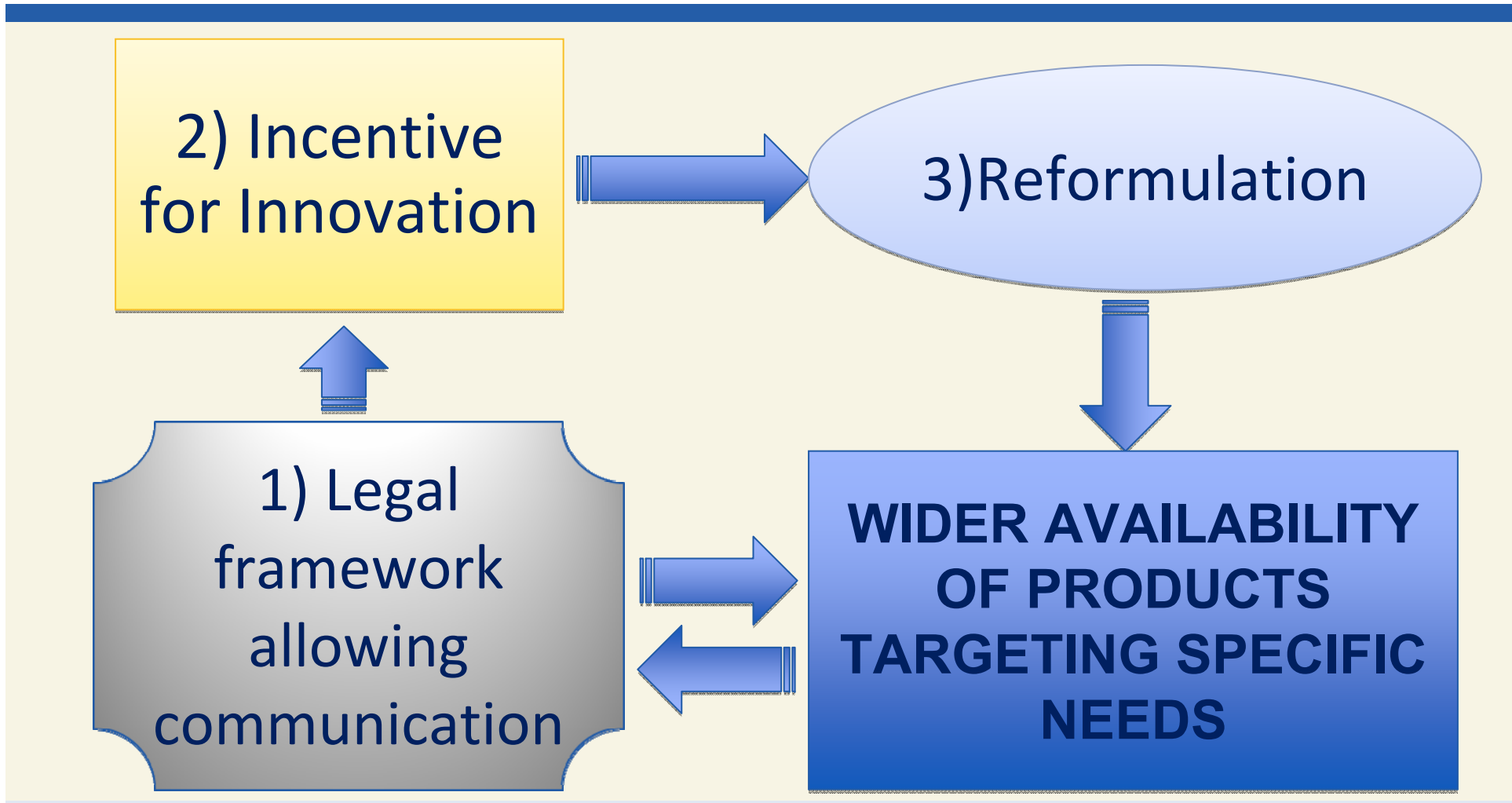
- Analysis of the EU Legislation on food related issues and draft of recommendations to EU Policy Makers

Report on EU legislation related to diet and health, with special reference to Health Claims issues

Special recommendations to Policy Makers on the impact of new evidences of research on health claims regulation



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.



NU-AGE



For Questions & Contacts

Project Coordinator

Prof. Claudio Franceschi
University of Bologna
Dept. of Experimental
Pathology
Via S. Giacomo, 12
40126 Bologna, Italy
Tel: +39 051 2094743
Fax: +39 051 2094747
claudio.franceschi@unibo.it

Scientific Manager

Aurelia Santoro, PhD
University of Bologna
Dept. of Experimental
Pathology
Via San Giacomo, 12
40126 Bologna, Italy
Tel. +39 051 2094758
aurelia.santoro@unibo.it

Media Inquiries

Nathalie Metzger
Nutrition & Health Communications
Manager
European Food Information Council
(EUFIC)
Tassel House, Rue Paul-Emile
Janson 6
1000 Brussels, Belgium
Tel: +32 2 506 89 89
nathalie.metzger@eufic.org

www.nu-age.eu



This project is supported by the European Commission under the Food, Agriculture and Fisheries, and Biotechnology Theme of the 7th Framework Programme for Research and Technological Development.