Smart Technologies for personAlised Nutrition and Consumer Engagement

We are currently facing the **Third Nutritional Transition** with profound changes to simplify our diet, including the consumption of a smaller variety of foods, increasingly processed, including high amounts of simple sugars, fats and additives, in turn decreasing the fiber, vitamin and mineral content. All this has led to an **increase in non-communicable diseases** such as **obesity, diabetes, metabolic syndrome** or **cancer**, among others.

The traditional approach of 'ONE-SIZE-FITS-ALL' is not valid.

The solution: PERSONALISED NUTRITION

The key achievements of the **Stance4Health** project that offer promising opportunities to improve public health and open new avenues for empowering individuals to make informed decisions for their overall well-being:

Tailored food products and supplements to optimise gut microbiota

i-Diet Stance4Health mobile app and the Smart Personalised Nutrition System (SPNS).

Comprehensive Food Composition Database

Novel Gut Microbiota-Based Food Ranking Algorithm

Remember, **nutrition** (all involuntary processes that include digestion, absorption, metabolization and excretion of ingested nutrients) is not the same as feeding (the voluntary act of selecting food, cooking and eating it). **Diet** plays a fundamental role in the balanced supply of nutrients, to optimize our nutritional status. Therefore, **it is essential to select correctly the foods**, choose wisely the cooking method and mind the amounts we eat. And all this is possible in a delightful and pleasurable way. Get ready to discover the perfect diet for you **by using our SPNS**.

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