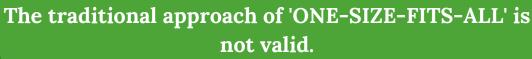


## WE ARE WHAT WE EAT

We are currently facing the Third Nutritional Transition with profound changes to simplify our diet, including the consumption of a variety of foods, increasingly smaller processed, including high amounts of simple sugars, fats and additives, in turn decreasing the fiber, vitamin and mineral content.

Nutrition (all those involuntary digestion, that include processes absorption, metabolization 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, optimize nutritional our Therefore, it is essential to select correctly the foods, choose wisely the cooking method and mind amounts we eat. And all this is possible in a delightful and pleasurable way.

> All this has led to an increase in non-communicable diseases such as obesity, diabetes, metabolic syndrome or cancer, others.





## 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 (AGREDA)

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