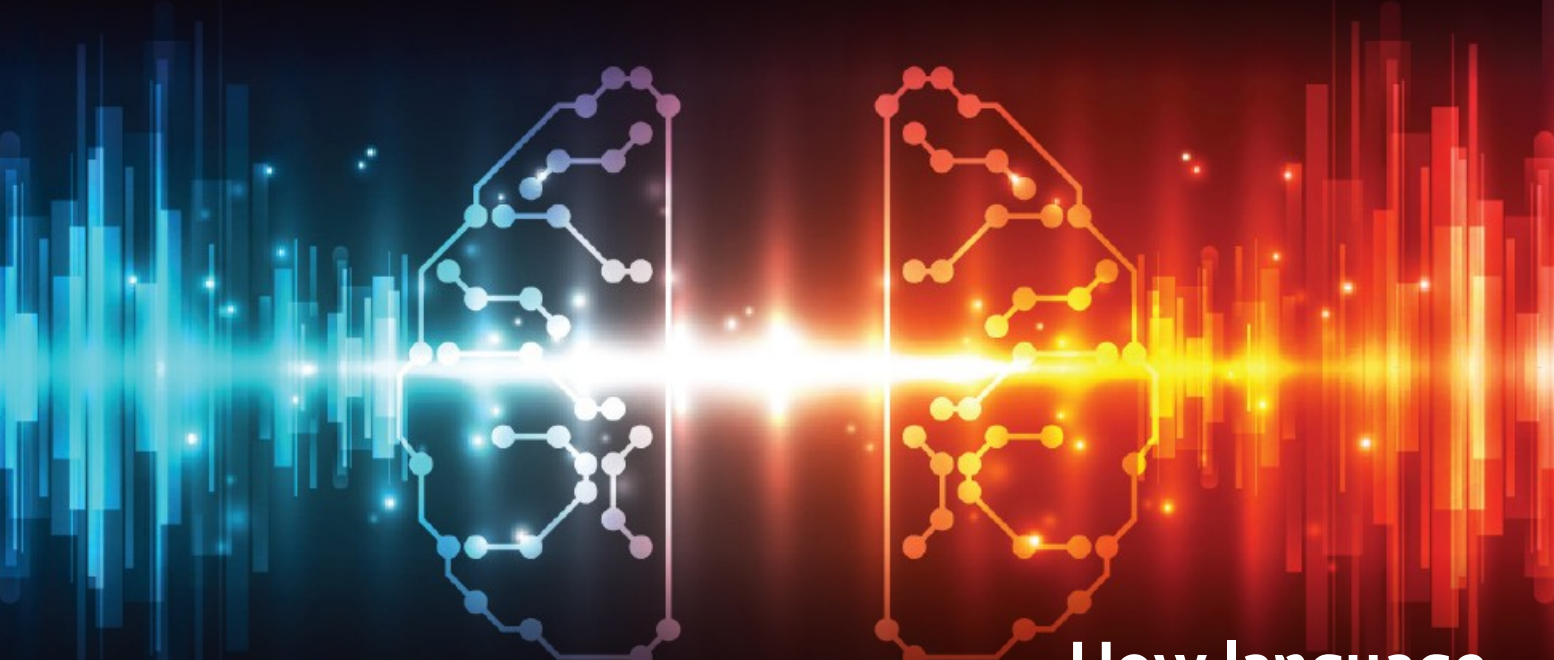




PRj The **PROJECT REPOSITORY**
journal

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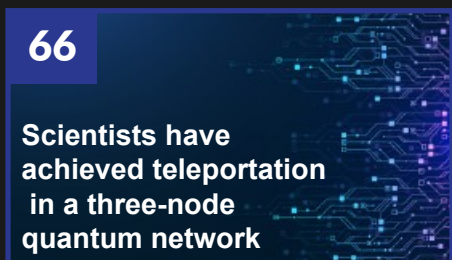


How language became so complex
page 48

A NEW ERA OF PROJECT  DISSEMINATION

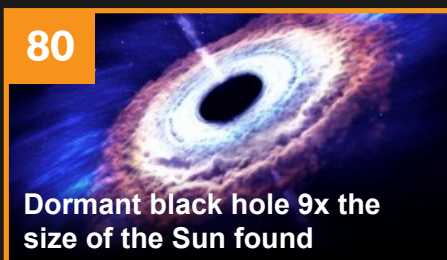
CONTENT FOCUS

66



Scientists have achieved teleportation in a three-node quantum network

80

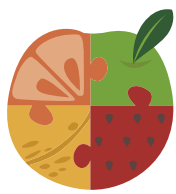


Dormant black hole 9x the size of the Sun found

94



Reducing the gender gap in STEM



WHAT IS PERSONALISED NUTRITION?

DIET & HEALTH



HEALTHY DIETS

Promote good health and provide



Energy



Protein



Vitamins



Minerals



Essential fatty acids



Fibre & phytochemicals



UNHEALTHY DIETS

Increase risk of mortality by



Heart disease

53%



Stroke

27%



Diabetes mellitus

25%



Cancer

up to 34%

Source: Institute for Health Metrics and Evaluation (2020). GBD Compare.
Based on the Global Burden of Disease Study 2019. Retrieved from <https://vizhub.healthdata.org/gbd-compare/>



'ONE-SIZE-FITS-ALL'

Traditional approaches provide the same dietary advice to everyone



PERSONALISED NUTRITION

Personalised nutrition provides dietary advice specific to the nutritional needs of each individual

HOW CAN PERSONALISED NUTRITION HELP?

People differ in many ways, and these differences can influence how we respond to foods and nutrients. Personalised nutrition provides dietary advice based on these differences.

PHENOTYPIC

ALLERGIES INTOLERANCES WEIGHT AGE HEIGHT HEALTH STATUS



People with **high blood pressure** are recommended to consume a **low salt diet**

STANCE4HEALTH will take into account **age, height, weight, health status, allergies & intolerances.***



GENOTYPIC

SEX ETHNICITY GENETIC VARIATIONS



Vitamin B2 can help reduce blood pressure for people with a **mutation in a specific gene** that increases their risk of high blood pressure

STANCE4HEALTH will take into account **sex differences.***

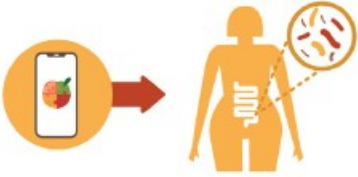


MICROBIOME



Certain **probiotics** can reduce symptoms of bloating and diarrhoea in people with **disturbed microbiomes**

STANCE4HEALTH will provide personalised dietary advice based on an individual's **gut microbiota.***



PHYSICAL ACTIVITY LEVEL



People who **regularly exercise** can benefit from eating more **carbohydrates**

STANCE4HEALTH will adjust requirements based on a person's **physical activity levels.***



OTHER DIFFERENCES

SENSORY DIFFERENCES RELIGION PERSONAL VALUES



Muslims avoid **pork**; Hindus avoid **beef** etc.



Vegans and **vegetarians**



Sensory and **personal** preferences

STANCE4HEALTH will provide a wide selection of meal recommendations to accommodate for **personal** and **sensory** preferences.*



*Results from the trials will be available during the next months. To stay updated, follow us on **social media** and register for our **newsletter!**

@Stance4Health www.stance4health.com