



Stance⁴
HEALTH

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 smaller variety of foods, increasingly processed, including high amounts of simple sugars, fats and additives, in turn decreasing the fiber, vitamin and mineral content.

Nutrition (all those 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.



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.



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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