WHAT IS PERSONALISED NUTRITION?

Diet & Health

Healthy diets

Produce good health and reduce chronic diseases.

Unhealthy diets

Increase risk of mortality by 34% up to 53%.

Individual differences can influence how we respond to foods and nutrients.

Personalised nutrition provides dietary advice based on these differences.

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.

• Diet & Health

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

• Microbiome

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

• Sensory differences

Sensory and personal preferences.

• Ethnicity

Muslims avoid pork; Hindus avoid beef etc.

PERSONALISED NUTRITION

Will take into account:

• PHENOTYPIC

• GENOTYPIC

• MICROBIOME

• OTHER DIFFERENCES

• PHYSICAL ACTIVITY LEVEL

Stance4Health will provide personalised dietary advice based on an individual’s gut microbiota.

Stance4Health will adjust requirements based on a person’s physical activity levels.

Stance4Health will provide a wide selection of meal recommendations to accommodate for sensory and personal 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!

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53% 27% 25% up to 34%

PHENOTYPIC

UNHEALTHY DIETS

Heart disease

Stroke

Diabetes mellitus

Cancer

ONE-SIZE-FITS-ALL

Traditional approaches provide the same dietary advice to everyone.

PERSONALISED NUTRITION

Provide dietary advice based on these differences.

SOURCE