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Actualidad

Eurecat, a project to promote the Mediterranean diet in the family

The technological center of Catalonia, **Eurecat**, will participate in the **research** promoted by the European **SWITCHtoHEALTHY** consortium to evaluate the efficacy of new food products and tools to improve adherence to the **Mediterranean diet** in families with children and adolescents



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A recent study carried out and published by the Spanish Agency for Food Safety and Nutrition (**AESAN**) on the perceptions of eating, eating practices and healthy lifestyle habits among adolescents highlights that the youngest consider their families as the most influential factor to continue a healthy lifestyle, and they place the institute as another of those that take the most into account for it.

The European **SWITCHtoHEALTHY** consortium, Now begins a new investigation to determine the effectiveness of new foods and beverages and different tools to **get more families with children and adolescents to adhere to the Mediterranean diet** and the promotion of a healthy and sustainable lifestyle.

The study will be carried out with 360 families from Spain, Morocco and Turkey and the **Eurecat** technology center will be one of the researchers, with **Noemi Boqué** as the scientific coordinator of the project.

healthy snacks

Boqué, a researcher at the Nutrition and Health Unit of the Technology Center of Catalonia, explains the objectives of the **SWITCHtoHEALTHY** project: ";it aims to improve adherence to the Mediterranean diet of all family members, both children and adolescents and adults, through **the promotion of a change in dietary behavior generated from the family itself**". It is also about empowering citizens ";so that they make more informed decisions about the healthiest and most sustainable foods for their health and that of the planet,"; they indicate.

To achieve this, **Nàdia Ortega**, the director of Eurecat's Nutrition and Health Unit, points out how they are going to do it: ";A combination of **practical educational material and digital tools, as well as healthy and sustainable snacks**, will be developed and made available to families, verifying its digestibility and the impact on the intestinal microbiota. In addition, nutritional education activities for adolescents will be taught from school, based on learning through gamification strategies.



Specifically, Eurecat will participate in the project through its Nutrition and Health Unit, collaborating in the design of healthy snacks, educational material for families and **will also be in charge of the design and execution of the intervention study**.

The Italian company specialized in business innovation **Enco SRL** will act as the general coordinator of the project, which is carried out through **a consortium in which 18 partners participate**: universities, small and medium-sized companies, multinationals, government agents, and research and technology centers from Spain, Italy, Egypt, Greece, Lebanon, Morocco, Tunisia and Turkey. The study is funded by the *PRIMA* call and the *Horizon 2020* program of the European Union.

The program includes nutritional education activities for adolescents from school, based on learning through gamification strategies.

[Más información en la revista Tecnifood nº 146 \(abril 2023\)](#)

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