Reus

Investigation

A study begins that seeks to promote the Mediterranean diet in families with children

Eurecat will study 360 families from Spain, Morocco and Turkey to evaluate the effectiveness of new food products



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A European project, in which the Eurecat Reus technology center participates, will design and research with 360 families from Spain, Morocco and Turkey new products, tools and methodologies to improve adherence to the Mediterranean diet and the promotion of a healthy and healthy lifestyle. sustainable.

A study carried out by the Spanish Agency for Food Safety and Nutrition (AESAN) of the Ministry of Consumer Affairs identifies the family as the most influential factor in following a healthy lifestyle, and the institute, as one of the most influential.

Along these lines, the SWITCHtoHEALTHY project "aims to improve adherence to the Mediterranean diet of all family members, both children, adolescents and adults, through the promotion of a change in dietary behavior generated from the family itself," highlights the scientific coordinator of the project, Noemi Boqué, Eurecat researcher.

To achieve this, “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 their digestibility and impact on the intestinal microbiota. In addition, nutritional education activities will be taught for adolescents from school, based on learning through gamification strategies," explains the director of Eurecat's Nutrition and Health Unit, Nàdia Ortega.