

**Project Acronym:** NUTRISHIELD

**Grant Agreement number:** 818110 (H2020-SFS-2018-IA)

**Project Full Title:** Fact-based personalised nutrition for the young

February 2023

The EU funded H2020 NUTRISHIELD project aims to protect health of the EU citizens by providing personalized nutrition advice and support that assists people in achieving their optimal health and well-being and adopting long-term healthy and sustainable diets, based on robust scientific evidence and knowledge from nutritional, medical, biological and social analysis. NUTRISHIELD's innovative solution focuses on the consumer benefit and integrates all relevant factors such as health indicators, nutritional requirements, food composition, lifestyle, preferences, environment (i.e. cultural and socio-economic), etc.

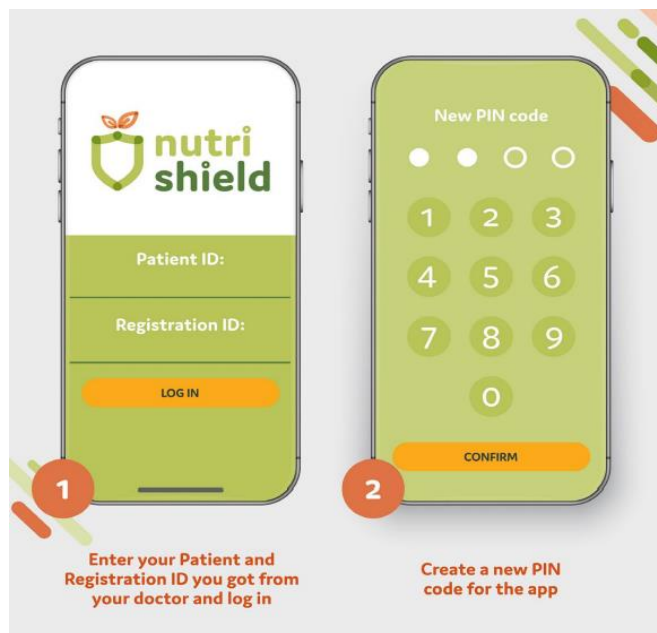
During the fruitful plenary meeting on 15<sup>th</sup> and 16<sup>th</sup> November 2022 in Milan, Italy, the NUTRISHIELD consortium presented promising results coming out of each Work Package and concluded with the next steps and actions towards the final review meeting in Brussels. One of the greatest achievements at this stage is that the second version of the integrated NUTRISHIELD platform prototype which includes analytical devices, and a mobile application has been delivered. Moreover, both the clinical studies and the analysers are progressing well with many encouraging outcomes.



*NUTRISHIELD Consortium in Milan, Italy*

## NUTRISHIELD App

NUTRISHIELD mobile application is already available for free download on App Store and Google Play. NUTRISHIELD aims to integrate all the required elements (laboratory techniques, methodologies, ICT devices & applications, algorithms and other components) into one platform and validate them in clinical conditions. It is a new tool for **fact-based personalised nutrition** based on monitored biomarker data and monitored food intake by actively engaging the users, thus creating the conditions for reducing diet-related health disorders. A quick video of how to use the application has been created and uploaded to NUTRISHIELD's [YouTube channel](#) and [website](#).



*NUTRISHIELD mobile application*

Within the next months, a new video will be circulated aiming to provide information regarding the functions and capacities of NUTRISHIELD's application. This time, the "Story of Anna" will guide you through this mobile platform with real use cases and examples. Specifically, Anna is a new user of the NUTRISHIELD app. She is going to use the app for the first time to receive nutritional recommendations. In order to do that, Anna visited the hospital where the health professionals collected all the needed information and data through FFQs, blood, urine, tool analysis, etc. The health professionals have processed the data locally at the hospital and have fully assessed her health condition and have prepared recommendations using the NUTRISHIELD algorithms. More details along with the video are coming soon. Stay tuned!



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