



nutrishield

Welcome to the 4th
NUTRISHIELD e-Bulletin!

Issue 4 / July 2021

In this issue

- Welcome!
- Project Overview
- Latest articles in our blog
- NUTRISHIELD Pre-trials
- A guide on how to use the NUTRISHIELD mobile application

Key Facts

Grant Agreement:

No 818110

Call:

H2020-SFS-2018-1

Start date:

01 November 2018

Duration:

48 months

Coordinator:

Alpes Lasers SA



Project Overview

NUTRISHIELD is an innovative solution, providing personalised nutrition advice and support that will assist people in achieving their optimal health and well-being and adopting long-term healthy and sustainable diets.

NUTRISHIELD aims to integrate laboratory techniques, methodologies, ICT devices & applications, algorithms and other components into one platform and validate it in clinical conditions.



The Challenge

To create a platform that

- promotes safe food for the population,
- enables consumers to make informed choices and
- ensures that the proposed choices will have good chances of being adopted

Assist consumers understand:

- why each food is being suggested,
- what implications each choice may have



Expected Impact

- Empowered consumers able to make healthy and sustainable dietary choices
- Personalised diets upon scientific-based dietary assessment and advice
- Increased consumer trust in personalised nutrition advice and/or support
- Prevention of diet-related and non-communicable diseases
- Quality-Of-Life, Health and Safety of the citizens

Latest Articles in Our Blog

Bridging The Gap Between Genetics And Dietary-Related Diseases

Over the past twenty years, genome sequencing has moved from what was once a 10 years-long international effort and a \$300 million bill for the Human Genome Project, to become nowadays a few hours job that would cost less than \$1000.

As a result of this unprecedented technological advancement, publicly available genetic data is able to provide a gold mine of genetic information and their links to diseases and phenotypes.

[Read the full article](#)

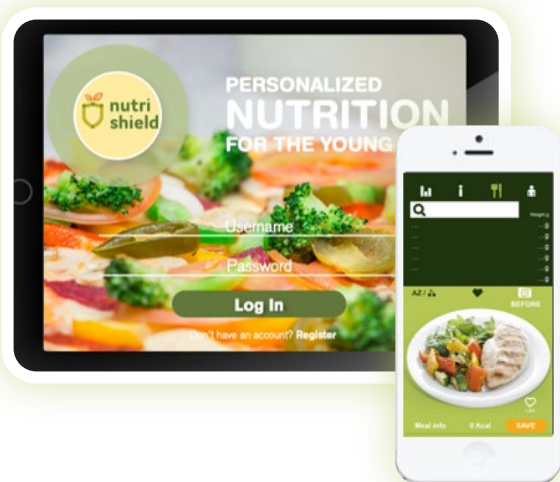


An Easy-To-Use Food Application Is Giving Insights In Children's Nutritional Habits And Is Key In The Treatment Of Obesity

The use of digital applications is not new in healthcare. With our use-to-use mobile application we offer a low entrance for youngsters to monitor their food intake and stimulate the awareness and importance of a well-balanced diet. From the start of the NUTRISHIELD project we kept in mind the fact that the only way to involve children in their curing process is through stimulating the monitoring of their food intake.

Secondly, we are convinced that our digital tools gain value if the use is monitored and coached by professional nutritionists, in order to get the correct and necessary data.

[Read the full article](#)



Integration Of Complex Systems In The Health Domain, The NUTRISHIELD Paradigm

Integration of complex systems is an important aspect of systems engineering especially when it comes to medical systems and sophisticated measuring devices. Unifying databases, web and algorithmic services and Machine Learning modules and make them interact with dashboards and mobile applications, supporting their functionality is not an easy task. In NUTRISHIELD, we tackled this challenge with a systematic way based on the experience and knowledge gathered from the various and diverse EU funded projects that INTRASOFT International has participated. But first things first. [Read the full article](#)





Towards The Development Of The Ultimate Personalised Nutrition Approach, The Tricorder Is What We Need.

In the literature the term “personalised nutrition” is defined in different ways as it seems that not rigorous definition is agreed. Nevertheless, the generic context is the following: nutritionists and doctors need to collect as much information as possible from the individual including his or her characteristics, habits, and health status.

The information will then be processed by tailored algorithms and tools and the outcome is the development of targeted nutritional advice which can be delivered in the form of products (e.g. food supplements) and/or services, e.g. advanced food diaries and instruction delivering apps in our smart phones.

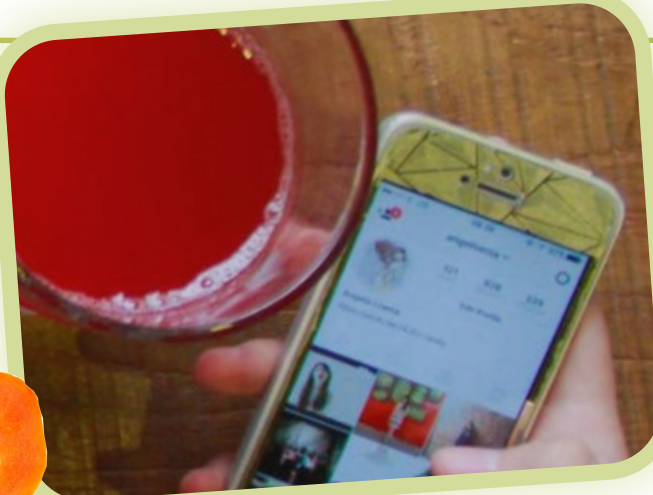
[Read the full article](#)

Optimizing Personal Nutrition – An innovative Platform makes it possible

The awareness of healthy eating is growing. The NUTRISHIELD platform will pave the way for optimizing personal eating habits. People, especially young, should be motivated to eat more healthily, so that health related costs can be contained.

[Read the full article](#)

Original version [DE]



Nutrition Education During COVID-19 Pandemic: The Advances Of Digital Health, More Important Than Ever.

The closing of schools and the turn to food orders create dietary and physical activity challenges for children. An increasing number of investigators stress the argument that continuous lockdowns due to COVID-19 pandemic – that restrict children from attending school – will exacerbate the risk factors for weight gain, in a similar way as summer recess makes homes stocked with ultra-processed and energy dense food products. Within the last year, a couple of observational studies come to confirm this public health concern, supporting the hypothesis that during a non-school lockdown period, unfavorable changes in eating, sleep, and activity behaviors occur in children and adolescents with increased weight status

[Read the full article](#)



NUTRISHIELD PRE-TRIALS – highlights

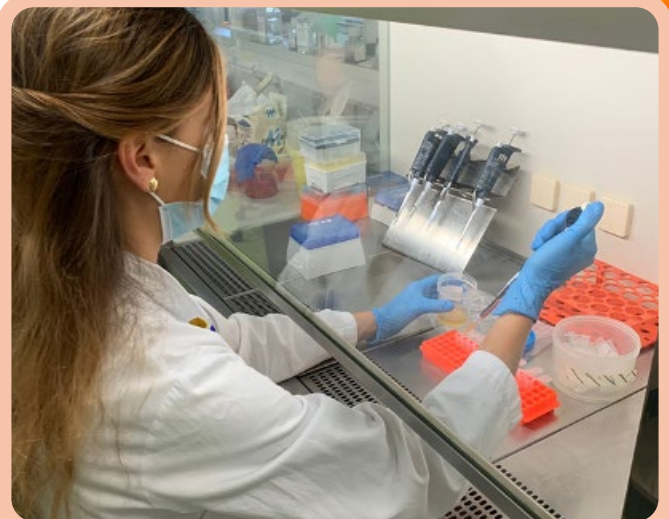


The Pediatrician collects & uploads on the NUTRISHIELD dashboard the social-demographic info, anthropometric measures, physical activity, dietary & stress assessment.

These data will be linked to the experimental data (metagenomic, genetic etc) obtained from biological samples.



Our study team at the Health Research Institute Hospital La Fe is currently recruiting participants for the NUTRISHIELD study focusing on the impact of maternal nutrition on human milk and its influence on growth and health of the preterm infant.



During the Observational Phase, children provide biological samples (fecal samples and urine) which are processed & stored for biomarker analysis, metagenomics and metabolomics. All the sample processing phase takes place in a complete sterile environment.



The experimental data collected are analyzed and use together with clinical, dietary and lifestyle data to inform the NUTRISHIELD platform and to set up a personalised nutrition software to be used in the Interventional phase of Study I.

The NUTRISHIELD mobile application

[available now on App Store and Google Play]

Contact us

info@NUTRISHIELD-project.eu

Join us at :

Twitter

@NUTRISHIELD_eu

LinkedIn

NUTRISHIELDproject

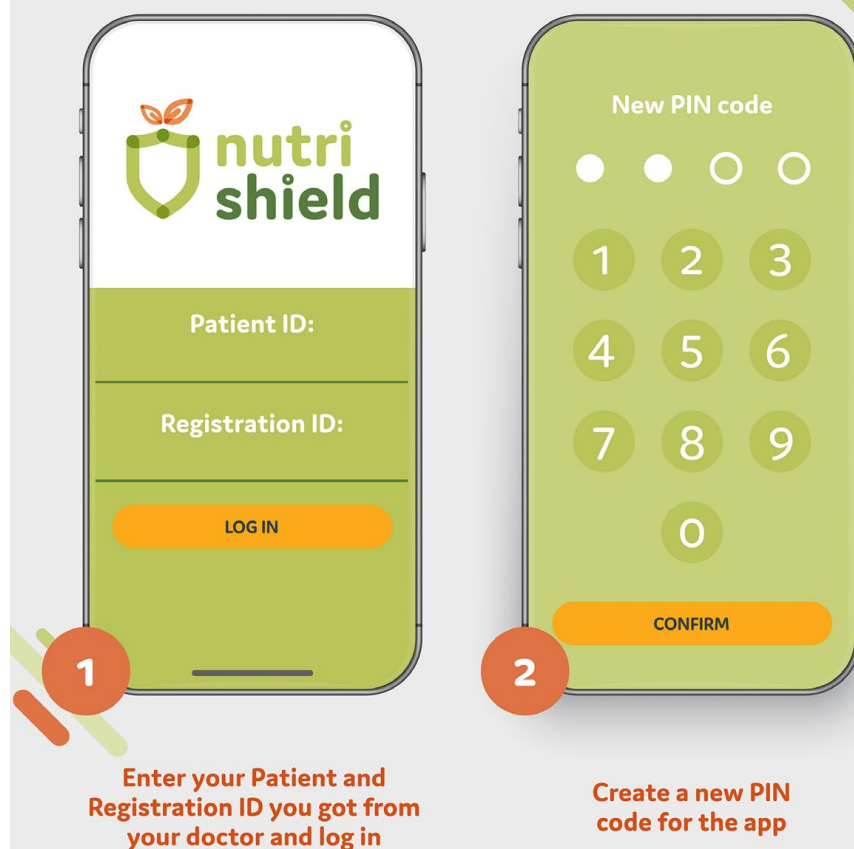
Facebook

NUTRISHIELDproject

Unsubscribe information: If you wish to unsubscribe for the NUTRISHIELD e-Bulletin, please reply to info@NUTRISHIELD-project.eu, with "Unsubscribe eBulletin" in the e-mail subject.

Disclaimer: The information expressed in this e-Bulletin reflects the authors' views; the European Commission is not liable for the information contained therein.

A step-by-step guide on how to use the NUTRISHIELD mobile application



www.nutrishield-project.eu



A step-by-step guide on how to use the NUTRISHIELD mobile application



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 818110.

