

# Nutri-Age



## Novel dietary components in healthy ageing

In virtually every country in the world the number and proportion of older people in the population is growing rapidly. Unfortunately, despite living longer than ever before, older people are not experiencing better health than previous generations. Declines in muscle and bone health, as well as changes in metabolism, occur with advancing age and can substantially impair health and mobility as we get older. Improved nutrition has the potential to help counteract these declines and there is enormous opportunity within the Agri-Food sector to develop food products to enhance healthy ageing. Nutri-Age aims to investigate whether nutrients found in fruit and vegetables can help to offset the unfavourable changes in muscle, bone and metabolism associated with ageing in older adults. In addition, Nutri-Age aims to provide new insights into why older adults in Ireland choose the foods that they do and into their attitudes towards food products that are fortified with health-promoting nutrients for healthy ageing. Nutri-Age will significantly advance our understanding of the role of specific foods and nutrition ingredients in promoting healthy ageing. In addition, it will provide key information for new food product development in the healthy ageing space, making an important contribution to the Irish Agri-Food sector.

**Project Duration:** 36 months (18M Australian Catholic University + 18M Teagasc)

**Collaborating Institutions:** Teagasc Food Research Centre Ashtown, Ireland  
Australian Catholic University (ACU), Australia  
Trinity College Dublin (TCD), Ireland

### Project Team:

<u>RL2025 Fellow</u>	<u>Teagasc Supervisor</u>	<u>Outgoing Phase Supervisor</u>	<u>Third Supervisor</u>
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