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Personalized Nutrition and Healthy Aging: Nutritional Strategies for Preventing Chronic Diseases

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The increasing global aging population highlights the importance of nutrition in promoting healthy aging and reducing age-related diseases. This presentation explores the role of personalized nutrition, dietary assessment, and lifestyle interventions in preventing frailty, sarcopenia, cardiovascular disease, and cognitive decline. Advances in nutritional biomarkers, metabolomics, and digital dietary assessment tools are improving individualized nutrition planning.

The session examines dietary patterns, micronutrient optimization, functional foods, and clinical nutrition strategies that enhance quality of life among older adults. Future developments include artificial intelligence-assisted nutrition counseling, wearable health technologies, and precision nutrition programs tailored to aging populations.

Biography

Ronit Endevelt is Associate Professor of Public Health Nutrition at the University of Haifa, Israel. Her research focuses on clinical nutrition, healthy aging, nutrition policy, and personalized dietary interventions. She is recognized internationally for her work in nutrition and public health.