

# NUTRIAGEING

Combining Science,  
Cooking and Agriculture



# Nutrition literacy for a healthy ageing

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## Introduction

### nutriageing.fc.ul.pt

The newly created website:

- very clean, easy-to-use, “app-like” interface
- adjusts to fit the screen of a desktop computer, a laptop, a tablet, a mobile phone, horizontally or vertically oriented
- promotes healthier nutrition
- educates population on food habits
- entertains population with puzzles and quizzes
- prepared for translation in any language
- structured on three items: **Healthy eating**, **Recipes and videos**, **Vegetable gardens**



## Content

### Healthy eating



### Recipes and videos



### Vegetable gardens



Antioxidants....

Package labelling....

Dietary plans....

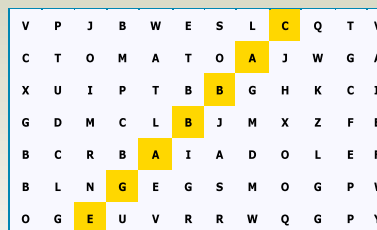
### Cuisine



Discovering

new functional ingredients

Word puzzles: Enjoy yourself...



The book “*NUTRIAGEING: Combining Science, Cooking and Agriculture*”. The most recent scientific findings on health benefits of herbs and vegetables are presented to the general public in a simple and readable way!



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