



Nutrition at Key Stages of the Lifecycle

Nutrition influences all physiological processes. Good nutrition is therefore critical at all stages of life to ensure adequate intakes of the essential amino acids, carbohydrates, essential fatty acids, vitamins and minerals that are needed to sustain life.¹ As human bodies change significantly over time, and food provides the necessary fuel for those changes, the amounts of nutrients needed at various life stages, such as pregnancy through to old age, can differ significantly.

Human lifespan has increased significantly from the 1900s. The descendants of English and Welsh babies born in 1918, who on average lived just 41 years, today enjoy life expectancies in the 80s.² As diet is one major factor that has been shown to either accelerate ageing or slow it down,³ this has led to research into interventions associated with healthy living. For example, a narrative review suggested that strictly adhering to the Mediterranean diet can lead to lower “physical impairment in old age” as well as a “lower incidence of chronic diseases”.⁴ Equally, following healthy dietary patterns and maintaining a healthy body mass index can promote healthy ageing and decrease the chances of several age-related diseases.⁵

The Nutrition Society’s Summer Conference 2023

The Nutrition Society’s upcoming Summer Conference will give delegates a chance to explore the nutritional requirements across all stages of life. Expert speakers will come together to discuss topics ranging from early nutrition during pregnancy, to the challenges faced for nutritionally vulnerable, elderly populations.

The conference symposia will consider a range of topics, including findings from the *NutriNet-Sante* cohort and links between ultra-processed foods and risk of chronic diseases, to the effects of whole grains and berries on inflammation, gut microbiota and gut barrier function. Delegates will also gain an understanding of more recent dietary modifications used for primary and secondary prevention of cardiovascular disease, as well as the potential health impacts of food fortification and reformulation strategies.

Speakers include *Professor Pete Wilde*, discussing whether ultra-processed foods can be healthy, and *Professor Clare Mills*, *University of Manchester* discussing food processing and the rise in food allergies.

The main event will take place over four days at Hilton Liverpool, with evening receptions and dinners taking place at the Maritime Museum and The Venue at the Royal Liver Building, offering plenty of opportunity to network and collaborate.

Registration is now open, with discounts available to members of The Nutrition Society, students and groups of seven or more.

References: 1. Morris AL, Mohiuddin SS. Biochemistry, Nutrients. In: StatPearls. Treasure Island (FL): StatPearls Publishing, 2022. Accessed online: www.ncbi.nlm.nih.gov/books/NBK554545/. 2. Wu Q, et al. (2022). Dietary regulation in health and disease. *Sig Transduct Target Ther.*; 7: 252. 3. Mathers JC. (2013). Nutrition and ageing: knowledge, gaps and research priorities. *Proceedings of the Nutrition Society.*; 72(2): 246–250. 4. Capurso C, et al. (2019). The Mediterranean diet slows down the progression of aging and helps to prevent the onset of frailty: A narrative review. *Nutrients.*; 12(1): 35. 5. Wickramasinghe K, et al. (2020). From lifespan to healthspan: the role of nutrition in healthy ageing. *Journal of Nutritional Science.*; 9: e33.

Updates and Events Calendar

- **14-16 June – Irish Section Conference 2023**
Understanding the role of sex and gender in nutrition research
- **3-6 July – Summer Conference 2023**
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