FODIAC, Foods for Diabetes and Cognition

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The project FODIAC aims to develop an integrative dietary approach to tackle type 2 diabetes and the associated cognitive impairment.

According to the International Diabetes Federation, it is estimated that 8.5% of the European population aged between 20 and 79 years have type 2 diabetes (over 56 million Europeans).

Recent studies found evidence that type 2 diabetes predisposes to cognitive decline and has a strong association with dementia, which is one of the biggest causes of disability among older adults.

Good nutrition can improve human health, delaying or preventing the risk of developing age-related disorders such as vascular damage, type 2 diabetes, or cognitive dysfunction.

The project FODIAC aims to develop an integrative dietary approach to tackle type 2 diabetes and the associated cognitive impairment. Our researchers are developing technologies for the extraction and formulation of functional foods. More specifically, at INL we are encapsulating antioxidants and bioactive extracts, naturally found in plants, to improve their stability and bioavailability in foods. Using nanotechnology, the research team is working towards enriched and better-quality foods for the elderly population.

Additionally, the project FODIAC promotes international and multidisciplinary cooperation among all the stakeholders along the Food Value Chain, in order to improve the quality of Research & Innovation in Europe.

FODIAC is composed of a strong consortium with 7 academic and 8 non-academic partners, from 5 different countries, that provide expertise in extraction and purification of bioactive

molecules, nanotechnology, nano- and micro-encapsulation, toxicology, nutrition, biomarkers, and clinical trial management.

Read the original article on International Iberian Nanotechnology Laboratory (INL).