

Towards a wholesome and balanced diet to protect health



Diet plays a major role in well-being at all ages but can also be the cause of public health problems. Preventing the constant progression of chronic pathologies such as obesity, diabetes and cardiovascular diseases is a major challenge in the 21st century.

Through its research in human nutrition and its studies on consumer behaviour, INRA provides the necessary knowledge for understanding the relationship between diet, health and well-being.



Well-being Prevention of diet-related pathologies Nutrients
Genes Ageing Intestinal flora Intestinal metagenomics
Allergenicity Immunity Nutritional recommendations
Consumer behaviour Public policies for food and diet



FOOD & NUTRITION
AGRICULTURE
ENVIRONMENT

INRA