

Second cycle degrees programmes (LM) in: Wellness Culture: Sport, Health And Tourism Wellness, Sport and Health

II semester Academic year 2022-2023 Rimini Campus of the University of Bologna

SEMINAR

HOW ARE OUR FOOD CHOICES ASSOCIATED TO LIFE EXPECTANCY **AND HEALTH? RESULTS FROM THE** FOOD4HEALTHYLIFE

Promoted within the courses of: BIOLOGY OF LONGEVITY AND HEALTHY LIFESTYLES by Professor Antonello Lorenzini



PLOS MEDICINE

Estimating impact of food choices on life expectancy: A modeling study

Abstract

Methods and findings
Based or meta-analyses and data from the Global Burden of Disease study (C019), we used the bole meta-doubye to estimate how LEL changes with sustained changes in the initial or thats, wegetables, whole grains, refined grains, note, legumes, fish, eggs, milk/dis/refined processed meta, and object services and respectively. The suspense of the

ONLINE SEMINAR WITH PROFESSOR LARS THORE FADNES 24 MAY 2023 AT 2.30/3.30 P.M.

How can we modify our diet to get the maximum health benefits? And if we're not ready for the optimal diet, even the feasible will definitely be worth it. Let's listen to one of the makers of a new tool that uses the most recent epidemiological data to give us very practical indications on how to improve our diet.

Speaker: Professor Lars Thore Fadnes, Department of Global Public Health and Primary Care, University of Bergen

Prof. Fadnes website

Click here to join the meeting on Microsoft Teams