

# NUTRITION AND LONGEVITY

## Fact Sheet



### NUTRIGENOMICS:

*the study of the interactions  
between diet and genes*



Current USC Davis School research suggests diet plays big roles in longevity and disease prevention and treatment. The goal: enable patients to determine exactly which kind of diet will be healthiest for them using their unique genetic information.

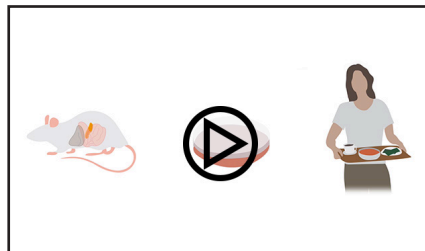


### Nutritional needs change with age.

Older adults have specific dietary requirements, including getting more calcium and vitamin D for bone health and increasing potassium and lowering sodium to address high blood pressure.

*[Academy of Nutrition and Dietetics]*

Research led by USC Davis Professor Valter Longo suggests **periodically fasting or eating a diet that mimics fasting** could promote stem cell regeneration and reduce risk factors for cancer, diabetes, heart disease and other age-related diseases.



Video: [tinyurl.com/FMDvideo](https://tinyurl.com/FMDvideo)

## RESOURCES

The **USC Longevity Institute**, led by Professor Valter Longo, unites multidisciplinary aging research approaches in order to maximize the healthy life span.

[www.longolab.org](http://www.longolab.org)

The **USC Davis School Master of Science in Nutrition, Healthspan, and Longevity** program, directed by Dr. Carin Kreutzer, is an innovative program for students pursuing a career in nutrition and dietetics. The program promotes health and longevity based on scientific evidence, integrating academic study with professional practice experience.

## EXPERTS



**Carin Kreutzer, EdD,  
MPH, RD**

Healthy aging,  
nutrition and  
dietetics, obesity

[kreutzer@usc.edu](mailto:kreutzer@usc.edu)



**Valter Longo, PhD**

Nutrition and  
healthy aging, role  
of glucose/nutrients  
in the regulation of  
longevity, fasting

[vlongo@usc.edu](mailto:vlongo@usc.edu)



**Pinchas Cohen, MD**

Longevity, healthspan,  
personalized aging,  
nutrigenomics,  
diabetes, disease  
prevention

[hassy@usc.edu](mailto:hassy@usc.edu)



**Sean Curran, PhD**

Aging and longevity,  
genetics and diet,  
stress adaptation,  
metabolism

[spcurran@usc.edu](mailto:spcurran@usc.edu)