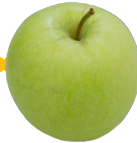




NUTRIGENOMICS:

*the study of the interactions
between diet and genes*



Current USC Leonard 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.

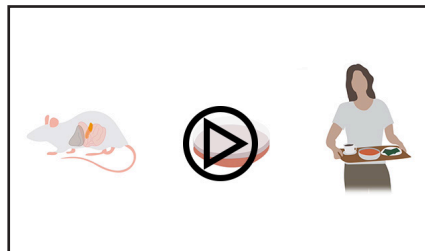


Nutritional needs change with age.

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

RESOURCES

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

longevityinstitute.usc.edu

The **USC Leonard 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



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