

HORIZON-CL6-2026-02-FARM2FORK-10

Sustainable and healthy diets based on health status
and socio-economic risk factors of ageing population

CNTA is a food R&D centre with a strong background on food adapted to the elderly

- We have expertise working with elder population to develop tailored diets, easy-to-chew and nutritionally adapted to the needs of this population segment ([PROMETEA](#))
- Our department on healthy food products can work directly together with care providers and end-consumers to incorporate their feedback and opinions into diet designs and guidelines with specific dietary recommendations and recipes
- Extensive experience interacting with elderly consumers and vulnerable population groups (people with intellectual disabilities) through focus group dynamics, acceptability and preference trials and Living Labs ([WASTELESS](#), [LIKE-A-PRO](#), [OPTIPROT](#), [GIANTS](#))
- CNTA has actively contributed to sensibilisation and awareness campaigns to adopt healthier and more sustainable diets and habits ([SWITCHtoHEALTHY](#), [Nutri+](#), [DEGLUSEN](#), [EH-CALIDO](#)).

