The National Institute on Aging Office of Nutrition cordially invites you to attend a workshop on needs and opportunities for research relating to human nutritional interventions.

The 2-day workshop will explore research needs relating to possible clinical trials of different nutritional interventions that have been shown, or proposed to influence, mechanistic pathways and/or biological mediators affecting aging processes. The workshop will discuss potential follow-up studies of caloric restriction trials and will further explore other types of nutritional regimens which may influence human health span. It will also consider clinical translational research opportunities based on different types of dietary interventions demonstrated to affect health and life span in model organisms.

Two principal themes to be addressed are:

a) Implications for further studies based on results from the CALERIE (Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy) trial of caloric restriction in humans and other recent human weight loss studies;

b) Potential human intervention studies of alternative dietary regimens (e.g., amino acid restriction, intermittent fasting, modified macronutrient intake and/or nutrient sources, circadian timing of food intake) which have been shown to affect aging-related outcomes in laboratory animals and/or short-term human studies.

For each of the above topics, the workshop will review current literature and new data, and identify options for potential human intervention studies or clinical trials to improve understanding of the impact of differing nutritional regimens on aging outcomes and disease risk factors, and needs for preliminary research that could inform choices and design of such intervention studies. In addition, attention will be devoted to behavioral factors and/or strategies that influence adherence to various types of nutritional interventions and the feasibility of such studies in humans.

Register at: https://www.nia.nih.gov/form/nutritional-interventions-to-pro
Website: https://www.nia.nih.gov/news/nutritional-interventions-promote-healthy-aging-workshop-information
For questions contact Dr. Giovanna Zappala` at Giovanna.Zappala@nih.gov