



KEY-WORDS:

NUTRITION · MEDITERRANEAN DIET · SUSTAINABILITY · nLCA

PROFILE

I am a first-year PhD student in Human Nutrition specialized in Healthy and Sustainable Diet.

My experience in professional sport (fencing) taught me that success requires perseverance and progress. This applies to scientific research too.

AFFILIATION

Department of Animal science,
Food and Nutrition (DiANA)
Università Cattolica del Sacro Cuore

LANGUAGES



Mother language



Level B2

HOW TO REACH ME

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PROJECT TITLE

From food production to healthy and sustainable diets: strategies for integrating nutritional and environmental aspects

Steps of the research

- **Evaluate the dietary intake of a cohort**, including adherence to the Mediterranean Diet and the role of seasonality in food consumption, as well as its impact on diet quality and health biomarkers;
- **Analyze the environmental impact of individual foods and food groups** in relation to their nutritional value using the nLCA approach;
- **Combine data to assess the overall environmental impact of diets** at the population level;
- **Develop new strategies and tools** to monitor and improve the nutritional and environmental sustainability of dietary patterns.

Main Results

The study may provide valuable insights into the relationship between dietary patterns, environmental sustainability, and health.

Research Contribution

The findings of our research could contribute valuable knowledge on the interplay between nutrition and environmental sustainability. Furthermore, they could offer new strategies for promoting healthier and more sustainable dietary practices.

Collaborations

University of Parma, Italy
IRCSS Neuromed, Pozzilli, Italy
University of Catania, Italy

Why should you care?

What we eat affects our health and the environment. If we understand this, we can make better dietary choices that will benefit people and the planet.