



KEY-WORDS:
HUMAN NUTRITION · FOOD TECHNOLOGY ·
CEREAL-BASED PRODUCTS

PROFILE

I am a first-year PhD student in human nutrition and food technologies specialized in in vitro simulated digestion methods, reformulation of food products, application of nutritional and health claims.

AFFILIATION

Department of Animal science,
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LANGUAGES



Mother language



Level B2

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PROJECT TITLE

Nutritional and technological strategies to study and develop cereal-based products for different population targets

Steps of the research

- Identification of nutritional needs and deficiencies of some type of nutrients in different population targets;
- Study and evaluation of Food matrix effect for different cereal-based products, for increasing bioaccessibility of essential nutrient and for tailoring the texture adapted to the needs of the target;
- Evaluation of the slowly digestible starch in several prepacked cereal-based products for estimating the impact of each in the Italian population;

Main Results

The food matrix effect will be analyzed in cereal-based products in order to study bioaccessibility of nutrients, considering their different metabolic and physiological effects in the short term and health effect in the long term.

Research Contribution

When validated, this information would permit the development of strategies for creating value-added starchy foods specifically for the elderly in order to ameliorate the starch digestibility and glycaemic index of these products for promoting healthy aging.

Collaborations

The partners of **AURA- project** (Ministero delle Imprese e del Made in Italy -Accordo per l'Innovazione stipulato nell'ambito del Programma Orizzonte Europa Sistemi alimentari, – F.C.S. – Accordi per l'Innovazione – D.M. 31/12/2021) and **ONFOODS** (Research and innovation network on food and nutrition Sustainability, Safety and Security - Working ON Foods", funded by Unione europea – NextGenerationEU).

Why should you care?

Given the rising elderly population worldwide is important to study nutritional and technological strategies for develop cereal-based products tailored for the daily nutritional requirements of elderly.