HOW
Science-based personalised nutrition

Connect
The wide network of the Nutrition Alliance brings together science, care practice, government and companies: on a regional, national and international level.

Research
Top scientific nutritional knowledge of Wageningen University & Research is applied in every project. The top clinical setting of Rijnstate enhances our unique academic nutritional and clinical research infrastructure.

Implement
New innovations are developed, validated and applied into care and prevention, in and outside the hospitals. Hospital Gelderse Vallei gained reputation as Nutrition Hospital.

Communicate
We share our knowledge and experiences at conferences. Results are published and we organize stakeholder meetings.

EXAMPLES
From exploration to implementation, in most medical disciplines

NutriProfiel®
- Tailor-made dietary advice
- Based on nutrient blood values and eating pattern
- Online, fully integrated in hospital IT
- www.nutriprofiel.nl/english

Taste & Smell Clinic®
- Clinical care, diagnostics and (fMRI) research
- Unique database related to smell and taste deterioration

Cater with Care®
- New strategies in increasing protein intake of elderly
- Effective and tasty protein enriched familiar products
- www.caterwithcare.nl

Eatz2Move
- Promoting performance and recovery by optimal nutrition
- Exchange of insights between (elite) sport & clinical care
- www.eatz2move.nl/en/

ProMuscle in Practice
- Preventive lifestyle programme
- Better health for frail seniors
- Protein rich diet and resistance exercise

For better health!

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Or visit us at:

www.alliantievoeding.nl
**WHO**

Our expert centre makes it possible

- We are the expert centre & field lab in nutrition & healthcare.
- Our board members are experts from Hospital Gelderse Vallei, Rijnstate Hospital and Wageningen University & Research with its global position in healthy food and living environment.
- Together with the Municipality of Ede and care organisation Opella we realise excellent nutritional care in the Food Valley Region. Our knowledge and experiences are shared in and outside the Netherlands.
- In our projects we collaborate with research and care organisations, policy makers, insurance companies and industrial partners. Our expert centre receives recognition as a cross-over in food & health.

**WHAT**

Scientific insights on nutrition and physical activity are personalised and made applicable in healthcare

- We create concepts for a healthy lifestyle

**WHY**

We know the importance of nutrition

- In the Netherlands:
  - > 8 million people have one or more chronic disease
  - 49% is overweight; 14% is obese or morbidly obese
  - 25-40% of hospitalised patients & 15-30% of elderly at home suffer from malnutrition
  - 57% of the hospitals want to improve their meal service
  - 5% meet the recommended intake of vegetables
  - 30% suffer from vitamin D deficiency
  - 80% of the medical students indicate the need for nutritional education