



Tailoring Evidence-Based Nutrition Guidelines to individual needs

Creating Evidence-Based Nutrition Guidelines that cater to individual needs involves considering a variety of factors when planning meals, including age, gender, activity level, and other preferences that impact an individual's lifestyle.

Factors that impact Evidence-Based Nutrition Guidelines

Age and life stage

1. **Children and adolescents** - Ensuring adequate intake of protein, calcium, vitamin D, and healthy fats for optimum growth and development.
2. **Adults** - Personalized recommendations to maintain a healthy weight, support metabolic health, and prevent chronic diseases.
3. **Seniors** – Emphasis on nutrient-dense foods to prevent deficiencies, support bone health (calcium, vitamin D), and maintain muscle mass (protein).