

Eating little and healthy helps you live longer

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Luigi Fontana, one of the top world experts in the field of nutrition and longevity, hosted by FBK in May, confirms it.

An important event, part of the [“Key to Health” project](#), co-sponsored by **PAT, APSS, INAIL and FBK** promoting healthy lifestyles in the workplace. [Luigi Fontana](#), an expert in biology of aging and nutrition, held a conference at the Foundation in May where he illustrated the findings of this research on calorie restriction in humans, that promises to have a great potential for preventing chronic diseases related to unhealthy lifestyles and understanding the biology of aging.

[Listen to the interview!](#)

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<https://magazine.fbk.eu/en/news/eating-little-and-healthy-helps-you-live-longer/>

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- #invecchiamento
- #key to health
- #luigi fontana
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