Eating little and healthy helps you live longer

July 31, 2017

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!

Image Credit: Total Shape

PERMALINK

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

TAGS

- #digitalhealthwellbeing
- #invecchiamento
- #key to health
- #luigi fontana
- #nutrizione
- #salute
- #stili di vita

RELATED VIDEOS

- https://www.youtube.com/watch?v=wQFDNhfPI0M

RELATED MEDIA

- PROMOTING HEALTH AND LONGEVITY THROUGH DIET: METABOLIC AND MOLECULAR MECHANISMS: https://www.fbk.eu/it/event/promoting-health-longevity-diet-metabolic-molecular-mechanisms/schedule/ab9b8080d26879598e386e5ee92da383/?utm_source=FBK+Events+%2B+Ma EVENTI_06_2017_A_IT&utm_medium=email&utm_term=0_566cf81e19-36dac6089e-108977053

AUTHORS

- Marzia Lucianer