We promote healthy and active aging based on research focused on nutrition and physical activity choices that encourage vitality.

About Us
The USDA Jean Mayer Human Nutrition Research Center on Aging (HNRCA) at Tufts University, located in Boston, MA, is one of six human nutrition research centers supported by the United States Department of Agriculture (USDA). We are a bench to bedside research center that generates translational scientific results.

We are run by a cooperative agreement between the USDA and Tufts University and our center is one of the largest research centers in the world studying nutrition and its relationship to healthy aging and physical activity.

We make significant research contributions to U.S. and international nutritional and physical activity recommendations, public policy, and clinical healthcare. The HNRCA engages in collaborations with leading federal agencies, academic institutions and industry with the goal of disseminating trusted science.

Our impact
The role of dietary calcium and vitamin D in promoting nutrition and bone health
Front of packaging food labeling initiatives
The role of diet in cancer prevention
Obesity research
The study of the microbiome
Alzheimer’s disease
Preventing sarcopenia
The role of diet in prevention of heart disease
Nutrition and vision
How genetic factors impact predisposition to weight gain and various health indicators
The role of nutrients in maintaining optimal immune response and prevention of infectious diseases
Contributions to USDA Food Composition Databases
MyPlate for Older Adults

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Tufts Health & Nutrition Letter: nutritionletter.tufts.edu