



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.

hnrca.tufts.edu  
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Tufts Nutrition Magazine: sites.tufts.edu/nutrition  
Tufts Health & Nutrition Letter: nutritionletter.tufts.edu

## 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