Proposal of M1 tutored project

PROJECT TITLE AND SUMMARY:

Assessment of the nutritional quality of the most commonly consumed fresh and processed fruit and vegetables worldwide.

In the context of increasing diet-related chronic diseases and facing international recommendations promoting increased fruit and vegetable consumption, it becomes essential to better characterize the nutritional quality of fruits and vegetables according to their consumption mode. This project aims to establish, through literature review, a comprehensive mapping around three main axes: (1) identification of the most consumed fruits and vegetables worldwide, (2) characterization of their consumption patterns (fresh, canned, frozen, dehydrated), and (3) their nutritional composition (nutrients, fiber, vitamins, bioactive compounds, minerals...). This approach will enable the creation of a robust database linking consumption habits and nutritional quality to study in the future the nutritional benefit/risk balance of meal composition.

HOST UNIT:

SQPOV

Team QuAlim

MAIN ACTIVITIES:

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