




"José Mataix Verdú" Institute of Nutrition and Food Technology (INYTA)

The UGR's "José Mataix Verdú" Institute of Nutrition and Food Technology (INYTA),  together leading experts from a broad range of inter-related disciplines including physiology, biochemistry, molecular biology, experimental sciences teaching, physiology, chemical engineering, microbiology, and nutrition and bromatology. These researchers pool their knowledge, resources, and skills in order to make key breakthroughs in the field of human nutrition and food technology.

Our staff and researchers also provide teaching and training in the UGR's Masters in Human Nutrition, the Masters in Human Paediatrics, and the Masters in Clinical Nutrition, as well as in other specialist and expert courses. This guarantees that teaching at the UGR is informed by the latest research developments in the field.

Broadly outlined, our main lines of research include:

- Food and nutrition related diseases
- Nutrigenomics, nutrigenetics, metabolic alterations, and obesity
- Bioavailability and food processing technology
- Development of functional ingredients with specific nutritional uses
- Contributing to nutrition related databases in Europe
- Probiotics
- Nutrition, oxidative stress, and ageing
- Measuring and evaluating the nutritional status of different communities
- Nutrition and physical activity

At the Institute, we actively collaborate with businesses and organisations from the food industry, via consultancy contracts, research and development (R+D) projects, and the provision of specialist services.

We are thoroughly committed to ensuring that the results of our research developments are practically applied for the benefit of society. To achieve this aim,

we contribute to online journals in order to publish and promote research conducted at the centre. Moreover, we create accessible guides and texts on nutrition and healthy food options, thereby enabling people to improve their eating and consumption habits. We also create technology-based spin-offs, and play an active role in their day-to-day management.

To learn more about our institute, activities, research groups, and upcoming events, please visit The "José Mataix Verdú" Institute of Nutrition and Food Technology (INYTA) Homepage.