



# Instituto de Investigación Nutricional

*“Searching for solutions in health and nutrition”*

- Dedicated to research in nutrition and health since 1961.
- Experienced researchers (10): nutrition, medical, social sciences, laboratory.
- Profesional staff, with experience in nutrition, data analysis and statistics, medicine, anthropology, psychology, field work.
- Extensive experience in nutrition and dietary assessments, including food composition data base.
- Research facilities: offices and laboratory (including molecular biology) in La Molina.
- Field sites in 2 peri-urban areas of Lima (35 years) and research experience in most regions of Peru: coast, highland, rain forest, with local collaborations.
- Administration dedicated to management of projects, including international projects.
- Experienced research ethics committee.





# Research interests of the IIN

- Nutrition during pregnancy and lactation,
- Breastmilk and breast feeding,
- Complementary feeding, responsive feeding,
- Adolescent Health and Nutrition.
  
- Anemia and micronutrient deficiencies, fortification, dietary diversity,
- Overweight, obesity, determinants including diet, and physical activity,
- Biomarkers, including anemia, infections and NCDs,
- Nutrition and infectious diseases (diarrhoea, TB, parasites), microbiota.
  
- Food environment and drivers of dietary choice,
- Agricultural links to nutrition, biodiversity, biofortification, including Indigenous populations and urban agricultura.
  
- Behaviour change interventions: formative research, communication, policy.
- Nutrition counselling and health services and growth monitoring.





# Opportunities for collaborative research

- Innovative interventions to improve complementary feeding.
- Drivers of dietary behaviours, in the context of changing food environments in the different ecological regions, dietary transition and agrobiodiversity.
- Dietary choices in the context of increasing problem of overweight and reduced physical activity, especially in school-aged children and young women.
- Biomarkers for NCD: diagnosis and relation to growth trajectories.
- Microbiota and relation with infection and diabetes and obesity.
- Nutrition and tuberculosis.
- Understanding anemia in Peru: evaluation of underlying causes (hepcidin), prevention and treatment.
- Agroforestry and implications for nutrition in Indigenous populations.