



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.
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- 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.
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- Food environment and drivers of dietary choice,
 - Agricultural links to nutrition, biodiversity, biofortification, including Indigenous populations and urban agricultura.
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- 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.