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Title of project Plant-based diet quality and musculoskeletal aging in community-dwelling older adults: the Geneva Retirees Cohort (GERICO)

Promoter ; E.

Biver bidget 39

845 euros

Summary

Despite the growing interest in plant-based diets due to their potential metabolic health benefits, they may adversely affect musculoskeletal health, thus, raising concerns on whether they are safe for certain subpopulations including elderly. While emerging evidence suggests that the quality of plant-based diets affects health outcomes, its impact on musculoskeletal health remains poorly understood. Plant-based diets vary in their healthfulness, ranging from those rich in whole grains, legumes, fruits, and vegetables to those mostly reliant on refined grains, sugar-sweetened beverages, confectionery, and overall, ultra-processed foods. As such, this project aims to explore the associations of plant-based diet adherence and quality with musculoskeletal health in elderly.

