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The Max Rubner-Institut (MRI) advises the BMEL in the field of consumer health protection. The scientific advice is provided in the fields of nutrition and food and is based on both basic and applied research. MRI's research covers the areas of quality, safety and authenticity of food, healthy and sustainable nutrition, nutritional and health effects of food on humans and, in particular, the nutrition of life-stage-specific groups in the population, such as children and senior citizens. Of great importance is the overall consideration of the food consumed depending on the degree of processing and over a longer period of time. The mode of action of food ingredients is considered from the molecular and cellular level to the whole organism. Food group-specific departments at the MRI conduct research on food categories such as cereals, fats and oils, milk and fish, fruits and vegetables, and meat. The period under consideration extends from harvesting or production to consumption of the food by humans. The study of nutritional behaviour is also of particular importance. Overall, the results of the research activities are used to derive recommendations for a health-supporting diet.

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