



**Arjen Nauta, PhD**

52 years

Swimming, cycling (watching tennis and dance of my son and daughter), photography and cooking.

**FrieslandCampina Innovation Center, Wageningen**

**Expert (gut & digestive health) , Sr. Scientist of DUSRA – VOILA within FC.**

Our life expectancy is increasing, but ageing is associated with altered digestion and absorption of nutrients and gut microbiota composition and activity, resulting in a decline in (GI) physiological function and adaptive capacity.

If the program delivers avenues to counteract these age-related changes through food interventions the ageing population is in business!



**Mention your pension**

Work on staying physically and mentally healthy:

cherish the precious moments in life and enjoy healthy and tasty food with family and friends.

(.. and would be happy to fit in the same shirt as in 2019 .. )