

Would you like to participate in our project about the Mediterranean Diet for **INTERNATIONAL STUDENTS**?

You can participate if you:

- >18 years old
- Nationality diverse than Italian understand English, Italian or Portuguese
- Don't have comorbidities



What is this project?

- **6 months food education:** 3 online and 3 in person
- Online questionnaires + body composition evaluation
- Personalised help to improve eating habits!



Where?

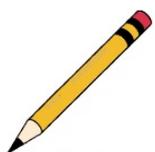
- 1st, 3rd and 6th visits: **In person**
Laboratory of Food Education and Sport Nutrition
Via Agostino Bassi, 21 Pavia
- 2nd, 4th and 5th visits: **Online!**



FREE!

- Please send us an email!
- Contact us if you have any question!

How to participate?



med.diet@unipv.it