

The Report of the
British Nutrition
Foundation Task Force

Chaired by Professor
John C. Mathers



BRITISH
Nutrition
FOUNDATION

Healthy Ageing

The Role of Nutrition and Lifestyle

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 **WILEY-BLACKWELL**

Published by Wiley-Blackwell
for the British Nutrition Foundation

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*This report is the collective work of all the members of the Task Force.
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