



Nestlé and NTU Singapore partner to advance longevity and women's nutrition research

By **Ben Cornwell** | April 09, 2026

Nestlé and NTU Singapore launch a multi-year research partnership exploring how nutrition can support healthy ageing, menopause and longevity.



Nestlé and Nanyang Technological University, Singapore (NTU Singapore) have launched a multi-year research partnership to advance scientific understanding of how nutrition can support healthy longevity and women's health.

The collaboration will combine Nestlé's global R&D expertise, including its Singapore research centre, with NTU's scientific capabilities to investigate how targeted nutrition, dietary patterns and lifestyle factors influence the biological processes linked to ageing.

Researchers will examine **how nutrition could help address health challenges** associated with ageing, including metabolic health, mobility, sleep quality and the menopausal transition. Insights from the programme are expected to guide the development of science-backed food and beverage solutions for consumers in midlife and beyond.

Using population data to unlock nutrition insights

To support the collaboration, Nestlé and NTU plan to establish a joint research laboratory in Singapore with shared facilities for data analysis and clinical studies.

The research will also draw on anonymised data from the [Health for Life in Singapore \(HELIOS\) Study](#), one of Asia's largest population health programmes. Over the past decade, the study has collected lifestyle, biological and health data from around 50,000 adults aged between 21 and 84.



As people age, their nutritional needs change, and we know that nutrition plays a fundamental role in helping people maintain their long-term health.

Through this partnership with NTU, we will be able to strengthen the growing body of scientific evidence on how nutrition can contribute to healthy longevity, particularly through midlife and beyond, including the menopausal transition.

These insights will guide the development of science-backed, consumer-centric nutritional food and beverages."

Ryan Carvalho, Head of Nestlé Research

The initiative comes as global populations age rapidly. By 2030, one in six people worldwide will be aged 60 or older, increasing demand for nutrition solutions that support long-term health and wellbeing.

At the same time, global analyses highlight a growing gap between life expectancy and healthy life expectancy, which reached 9.6 years in 2019. This so-called healthspan-lifespan gap reflects the period later in life when many people experience declining mobility, cognitive health and overall quality of life.



This latest initiative with Nestlé highlights NTU's commitment to translating cutting-edge science into meaningful health outcomes through academia–industry partnership.

By leveraging the de-identified data from the HELIOS Study and our strengths in interdisciplinary research, together with Nestlé's capabilities in nutrition science, we aim to deepen understanding of how nutrition and lifestyle shape healthy longevity and women's health, and translate this knowledge into impactful, evidence-based solutions for Singapore, Asia, and beyond."

Professor Christian Wolfrum, Deputy President and Provost at NTU Singapore

The joint programme will also be supported by the Singapore Economic Development Board (EDB), highlighting its role in strengthening Singapore's health innovation ecosystem.

The partnership forms part of Nestlé's broader strategy to translate nutrition science into accessible products designed to help consumers enjoy more years in good health. Earlier this year the company launched Nestlé Vital, a range of drinks formulated to support energy, strength, sleep, focus and overall wellbeing for adults from midlife onwards.