

Nestlé partners with NTU Singapore for longevity and women's health nutrition research

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Key takeaways

- Nestlé partners with NTU Singapore to establish a joint research lab focused on nutrition's role in longevity and women's health.
- The collaboration aims to study aging-related issues such as metabolism, mobility, and menopause through targeted nutrition solutions.
- The research will use data from the HELIOS study in Singapore to identify evidence-based approaches to improving health outcomes for aging populations.



Nestlé has partnered with Nanyang Technological University (NTU) Singapore for a multi-year collaboration focusing on longevity and women's health.

The collaboration comes at a time of a growing midlife population and evidence that many adults spend approximately nine years in poor health late in life, says the company. Together, they will establish a joint research lab in Singapore and share the facilities for clinical studies and data analysis.

The partnership will research nutrition's influence on biological processes of aging and solutions for aging-related issues such as mobility, metabolism, sleep, and menopause.

"As people age, their nutritional needs change, and we know that nutrition plays a fundamental role in helping people maintain their long-term health," says Ryan Carvalho, head of Nestlé Research.

“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.”

A growing midlife population

Nestlé says the pace of population aging is much faster than in the past, as one in six people globally will be aged above 60 by 2030.



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The WHO reported last year that the number of people aged above 60 outnumbered children aged below five in 2020.

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Nestlé explains that as people get older, there is also a growing gap between life expectancy and healthy life expectancy, which has increased by 13%, resulting in approximately nine years in 2019. This is known as the healthspan–lifespan gap, and is associated with reduced mobility, cognitive decline, and a lower quality of life.

This sequence of events brings the company to combine its R&D capabilities with NTU Singapore’s scientific expertise and research infrastructure to further investigate how nutrition, dietary patterns, and lifestyle impact the biological processes of aging.

Data from a large population

The research will use anonymized data from the Health for Life in Singapore (HELIOS) study — one of the largest population health studies in Asia. It has collected comprehensive environmental, lifestyle, and health data throughout the last decade, including 50,000 residents in Singapore.

This big population provides the research initiative a deepened understanding of how diet, lifestyle, and biology shape health outcomes, and how nutrition taps in as a solution.

“This latest initiative with Nestlé highlights NTU’s commitment to translating cutting-edge science into meaningful health outcomes through academia and industry partnership,” says professor Christian Wolfrum, deputy president and provost at NTU Singapore.

“By leveraging the deidentified 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 these insights into impactful, evidence-based solutions for Singapore, Asia, and beyond.”

The research is supported by the Singapore Economic Development Board. The VP and head of Consumer at the board, Melissa Guan, says the joint research lab between Nestlé and NTU will strengthen industry–academia collaboration to develop science-based nutritional solutions that address the needs of aging populations and support healthier, longer lives.

“This partnership reflects Singapore’s research and innovation capabilities while providing good opportunities for Singaporeans to be involved in shaping healthy aging initiatives,” adds Guan.

Nutrition and longevity

Research highlights various links between nutrition and healthy aging. For example, a previous US study found that high-quality carbohydrates such as fruits, vegetables, wholegrains, and legumes are linked to



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better physical, cognitive, and mental health in older women.

Another US study stressed that good daily habits, such as physical activity, a nutritious diet, and quality sleep, form a **foundation for living healthier and longer lives**. Nearly half of the experts (49%) cited physical activity as the “top lifestyle habit,” followed by a healthy diet (43%) and a mind–body connection (11%).

A Swedish study found that diets prioritizing vegetables, fruit, whole grains, nuts, legumes, and unsaturated fats, while reducing the intake of sweets, red and processed meat, and butter or margarine, **slow down the development of chronic diseases** such as cardiovascular disease and dementia.

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