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ANNOUNCEMENT

CoDIET: Addressing Metabolic Diseases through the Use of Artificial Intelligence – Call for Citizens to Participate in the Study

Thessaloniki, 28/1/2026

With the aim of preventing and addressing metabolic syndrome, as well as other diet-related diseases, the innovative European research project CoDIET leverages modern Artificial Intelligence technologies and advanced dietary monitoring.

The project “CoDIET: Combating Diet-Related Non-Communicable Diseases through Advanced Monitoring – Combating Diet-Related Diseases through Personalised Nutrition” started on 1 January 2023 and will be completed on 31 December 2026, within the framework of the Horizon Europe programme.

More than 60 scientists from different disciplines—such as chemists, biochemists, biologists, engineers, nutritionists, and artificial intelligence specialists—are collaborating to develop innovative solutions in the field of nutrition and health. The Scientific Coordinator of the project is the Director of the Interdisciplinary Laboratory BiOMIC at KEDEK of Aristotle University, Professor Georgios Theodoridis. The project coordinator is the research center AZTI (Spain), while leading universities, research institutes, and companies from 12 European countries and Israel are participating.

Nutrition, Big Data, and Artificial Intelligence

The aim of the CoDIET project is to address diet-related non-communicable diseases—such as cardiovascular diseases, diabetes, and obesity—through advanced monitoring technologies and personalized nutritional guidance.

The project tests and develops new methods for recording dietary intake, utilizing digital cameras, omics technologies, biometric measurements, and advanced analytical tools. All data are integrated and analyzed with the help of Artificial

Intelligence systems, aiming at a deeper understanding of the relationship between dietary habits, biomarkers, and clinical parameters.

Based on this knowledge, CoDIET develops AI tools that provide personalized dietary recommendations, tailored to the needs and biological profile of each individual.

“We study the relationship between the foods we consume and common diseases, such as cardiovascular diseases, diabetes, and obesity,” state the contributors to the project.

Clinical Study and Citizen Participation

Within the framework of the project, a multicenter clinical study is being implemented. The CoDIET tools have already been piloted in 180 individuals from four countries (Greece, Spain, Ireland, and the United Kingdom). The project has now entered its second phase, involving 450 participants, with the aim of preventing metabolic diseases through personalized dietary counseling supported by Artificial Intelligence.

Adults can participate in the study and receive free biochemical and hematological tests, a comprehensive dietary assessment by a specialized interdisciplinary team, as well as a gift card worth 160 euros upon completion of their participation.

Participation can be declared electronically at the link: biomic.web.auth.gr/codiet-study-gr

or by phone at 2310 999594.

More information: <https://biomic.web.auth.gr/codiet-study-gr/>

Open Information Session at Aristotle University

The Interdisciplinary Laboratory BIOMIC of Aristotle University of Thessaloniki invites the public to an open information session on Tuesday, 3 February 2025, from 17:00 to 19:00, at KEDEA of Aristotle University. During the event, the cutting-edge technologies of the CoDIET project and the first research results will be presented. The event will highlight how small changes in diet and daily habits can have significant benefits for health and quality of life.

“The aging population of Europe is facing new ‘pandemics’: diabetes and obesity. The project promotes changes in diet with the aim of improving the health and quality of life of European citizens. We will present our technologies and inform the public about the significant health benefits that can result from small changes in our diet and daily routine,” state the organizers.

Form of interest:

<https://www.eventbrite.co.uk/e/future-food-technologies-powering-the-codiet-clinical-trial-tickets-1980378274730?aff=oddtcreator#location>

More information about the CoDIET project: <https://www.codiet.eu/>

We kindly request that this event be published, broadcast, and covered by the media.