



“To help us achieve good nutrition, rigorous science is critical – and of particular importance now, in light of the COVID-19 pandemic, as we aim to identify strategies to help us stay healthy,” said NIDDK Director Griffin P. Rodgers, M.D. “This study brings us closer to answering long-sought questions about how what we eat affects our health.”

Source: [National Institutes of Health](#)

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Published on : Mon, 25 Jan 2021