



ASSOC PROF YUSUF ALI

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Precision Nutrition; Asian Dietary Health; Microbiome Medicine;
Metabolic Disease Prevention; Ethnic and Alternative Proteins

We investigate how ethnic and alternative food sources interact with genetics and the microbiome to improve Asian health trajectories and immunity. Our work addresses the lack of Asian-specific nutritional data through interventional trials targeting precision nutrition and metabolic diseases like diabetes.

Potential Areas for Collaboration

- **Asian Nutrition Datasets.** Developing comprehensive datasets to address the current dearth of Asian-specific nutritional data and translate dietary behaviors across different ethnicities.
 - **Protein Source Impact Studies.** Collaborative research into how animal-derived versus plant-derived proteins affect specific health indicators and long-term wellness.
 - **Microbiome and Diet Interplay.** The Centre for Microbiome Medicine seeks to explore how ethnic foods influence the microbiome to improve health and immunity.
 - **Nutritional Safety and Methodology.** Developing new assessment methodologies and standards for nutritional safety in the food industry.
 - **Interventional Trials for Longevity.** Participating in longitudinal interventional diet trials aimed at reducing the strain of unhealthy longevity and metabolic diseases in aging populations
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