

PRESS RELEASE

Making the Mediterranean Diet More Accessible: MEDIET4ALL Develops a Smart App for People with Food Allergies

A new research-based digital tool aims to help people with food allergies adapt traditional Mediterranean recipes to their individual needs, combining food science, clinical research and digital technologies.

(16 September 2026) – The Mediterranean diet is widely recognised for its nutritional benefits, but making it accessible to everyone also means addressing the individual health constraints that can affect food choices. For people living with food allergies, traditional dishes can sometimes represent a source of uncertainty, requiring them to avoid specific ingredients and potentially limiting their participation in family and social meals.

The **MEDIET4ALL – Mediterranean Diet for All** project is exploring how research and digital technologies can help address this challenge.

As part of the project, researchers have developed a **smart application designed to provide personalised recommendations for people with food allergies**, helping them identify potential risks in recipes and explore possible adaptations while preserving the characteristics of traditional Euro-Mediterranean cuisine.

Bringing research closer to everyday food choices

The MEDIET4ALL approach goes beyond simply identifying allergens.

Users can create an individual allergy profile by selecting relevant allergens or entering available test results. They can then choose a recipe from the application's Mediterranean recipe database or enter their own family recipe.

The application analyses the ingredients and assesses potential allergy-related risks for the individual user. Based on the results, it can identify ingredients requiring attention and suggest possible recipe adaptations, including substitutions and other modifications developed through the project's research.

The ambition is to translate complex scientific knowledge into **accessible information that can support more informed food choices in everyday life**.

From computational models to clinical validation

Developing such a tool requires more than a digital database or an algorithm. A central challenge for the MEDIET4ALL research teams has been to connect computational predictions with the biological and clinical reality of food allergies.

The project therefore brings together expertise in **biology, immunochemistry, clinical research, food science and computer science**.

Clinical testing carried out with patients at Rouiba Hospital has been used to assess the project's predictions and contribute to the refinement of its digital models. At the same time, researchers have expanded the project's ingredient database to better reflect the diversity of foods and recipes consumed across the Euro-Mediterranean region.

The work also takes into consideration **cross-reactivity between allergens**, an important factor in understanding food allergy risks and developing relevant personalised recommendations.

Combining health, food culture and sustainability

For MEDIET4ALL, personalisation is not only a question of health. Food is also part of cultural identity, family life and social interaction.

Rather than encouraging people to abandon traditional dishes, the application explores how recipes can be adapted to individual needs. This approach aims to support people with food allergies while maintaining their connection with the culinary traditions of the Mediterranean.

The project's work also extends to **sustainable food systems and the circular economy**, including research into the potential use of agri-food by-products such as olive and grape pomace as sources of valuable compounds.

A Euro-Mediterranean research effort

The development of the application reflects the collaborative nature of MEDIET4ALL itself.

The project brings together **10 partners from 8 Euro-Mediterranean countries**, combining complementary expertise and perspectives on nutrition, health, food systems and digital technologies.

This transnational approach is particularly relevant to the Mediterranean diet, whose recipes, ingredients and eating habits vary considerably across countries and communities.

By bringing together scientific research and knowledge from across the region, MEDIET4ALL aims to contribute to a more inclusive approach to the Mediterranean diet – one that considers both its nutritional value and the individual needs of consumers.

From research results to a practical digital tool

The smart application is now at an advanced stage of development, with initial clinical testing completed and further refinements underway.

Its development demonstrates how research findings can be translated into **practical digital tools designed around real-world food choices**.

As the knowledge base continues to grow, the application is designed to evolve through the integration of new scientific data, ingredients and recipes.

Ultimately, MEDIET4ALL aims to contribute to a Mediterranean diet that can be **better adapted to individual needs, without losing the food traditions and cultural diversity that make it unique.**

About MEDIET4ALL

MEDIET4ALL – Mediterranean Diet for All is a Euro-Mediterranean research project dedicated to making the benefits of the Mediterranean diet more accessible and adaptable to different populations and individual needs.

The project brings together **10 partners from 8 Euro-Mediterranean countries** and combines expertise in nutrition, food science, health, digital technologies and sustainable food systems.

MEDIET4ALL explores several complementary dimensions of the Mediterranean diet, from understanding eating habits and adapting recipes to developing digital tools and investigating more sustainable food systems.

The project is supported through the **PRIMA Programme**, funded by the European Union.

Find out more: [MEDIET4ALL.eu](https://mediet4all.eu)

Press contact:

Kevin Andre

Communications Officer, MEDIET4ALL

Email: kevin.andre@vitagora.com

Website: www.mediet4all.eu