

Focus on


**HABITUAL DIETARY POTASSIUM
INTAKE AND RISK OF TYPE 2
DIABETES**
Lanfranco D'Elia


The main findings of a recent meta-analysis show an inverse relationship between dietary potassium intake and risk of type 2 diabetes (T2D).

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News from literature


**Fruit consumption and socioeconomic
inequalities among adolescents in Western
Europe**
Paola Biscotti


In the period between 2002 and 2018, the prevalence of daily fruit consumption among adolescents in 18 Western European countries generally increased; however, socioeconomic inequalities continue to play a significant role in determining fruit consumption in this target population. Consequently, given the importance of fruit intake for health, it is crucial that public health programs continue to promote its consumption among adolescents, intensifying efforts to reduce disparities in its access caused by socioeconomic differences

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**How important is varying fruit
and vegetable choice for our health?**
Giuditta Pagliai


Findings from a recent systematic review with meta-analysis suggest that greater variety in fruit and vegetable consumption is associated with reduced risk of all-cause mortality, hypercholesterolemia and obesity in adult subjects.

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