

SINU NEWS



**"LA MAGIA DI IMES":
A FISM-SINU FOOD EDUCATION PROJECT FOR CHILDHOOD**

Marika Dello Russo

SINU confirms its active commitment to the nutritional education project promoted by FISM (Italian Federation of Nursery Schools) for the current year as well. The goal is to raise awareness among schools, families, and children about the importance of a healthy and sustainable diet from an early age.

For the academic year 2023/2024, the focus will be on the child's lunch. Building upon the positive results achieved in the previous annual cycle of the project, this year's activities will be structured to include:

- 1) the creation and dissemination of educational videos aimed at families about the school menu and the child's lunch at home and outside the home;
- 2) lessons for the training of teachers and school cafeteria staff;
- 3) active involvement of families through a national competition for the creation of a nutritionally complete, healthy, and sustainable lunch.

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**THE FIGHT AGAINST OBESITY AT THE HEART OF THE REGIONAL
CONFERENCE OF THE EMILIA ROMAGNA-MARCHE SECTION OF SINU**

On November 24, 2023, a conference titled "**Fighting Obesity, Strategies in Comparison**" was held at the University of Parma campus, organized by the SINU Emilia Romagna-Marche section

Epidemiological data highlighting the progressive increase in obesity worldwide was presented. It was emphasized that obesity is a complex and multifactorial problem influenced by genetic, environmental, socio-cultural, and economic factors.

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News from
literature

**Grapeseed proanthocyanidins: unveiling
gastrointestinal transformation and
bioactive potential**

Mirko Marino



An Italian study thoroughly investigated the bioavailability and transformative processes of proanthocyanidins present in grape seed extract, focusing on their impact on physiological processes.

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**Can consumption of ultra-processed foods
increase the risk of multimorbidity?**

Marta Tristán Asensi



The results of a recent study conducted on the EPIC cohort and published in The Lancet suggest that a high consumption of ultra-processed foods may increase the risk of multimorbidity, i.e. the coexistence of at least two chronic diseases in the same individual..

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