

## News from literature



### Health effects of time-restricted eating in adults with obesity

*Michela Bulgari*

The results of a meta-analysis show that limiting the time window of food intake in obese adults has a possible effect on body weight reduction.

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### Cardioprotective effects of extra virgin olive oil in nephropathic patients

*Manuela Di Lauro*

Chronic kidney disease patients feature a series of comorbidities (such as dyslipidemia, chronic low-grade inflammatory state, oxidative stress, gut dysbiosis, metabolic acidosis, etc.) which increase their risk of death for cardiovascular causes. In this context, the use of extra virgin olive oil, with a high content of minor polar compounds, which exert important antioxidant and anti-inflammatory actions, could play a key role in the clinical management of these patients and reduce their cardiovascular risk.

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### The Mediterranean Diet improves sleep quality and general well-being in pregnancy

*Antonia Napoletano*

The Mediterranean Diet has several beneficial effects on health. A recent randomized clinical trial on nearly 700 participants assessed whether it might have an effect on the maternal well-being during pregnancy. Its results showed that a group of women who followed the Mediterranean dietary model exhibited significantly lower levels of stress and anxiety, better sleep quality and better general well-being compared to the control group.

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