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ITALIAN SOCIETY OF HUMAN NUTRITION

Highlight

NUTRITIONAL, ENVIRONMENTAL AND ECONOMIC IMPACT OF PLATE WASTE IN PRIMARY SCHOOL: TWO CASE STUDIES IN COMPARISON

Beatrice Biasini

A recent study conducted in Italy quantified the food waste generated by children attending some schools in Parma and Lucca - two case studies characterized by a different food procurement model - highlighting the nutritional, environmental and economic implications, as well as proposing some strategies to reduce the phenomenon.

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Focus on

ADHERENCE TO MEDITERRANEAN DIET, DIETARY SALT INTAKE, AND SUSCEPTIBILITY TO NEPHROLITHIASIS

Veronica Abate

A recent study shows that patients suffering from nephrolithiasis have a lower degree of adherence to the Mediterranean Diet and a higher consumption of salt than those without this pathology and that the combined effect of these unhealthful eating habits significantly increases the risk of NL.

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News from literature

A healthy plant-based diet is inversely associated with the onset of type 2 diabetes through improved metabolic status and organ function

Alice Fognani

The analysis of data from a prospective cohort study points out the biological mechanisms underlying the association between a healthy plant-based diet and a lower risk of developing type 2 diabetes mellitus.

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The role of the Mediterranean diet in the survival to breast cancer

Lara Costantini

The results of a recent systematic review and meta-analysis show that a high degree of adherence to the Mediterranean diet determines a reduced risk of all-cause mortality in breast cancer survivors. Further studies will be necessary to understand whether high adherence to the Mediterranean diet can decrease the risk of mortality related to the onset of breast cancer and can improve the quality of life in breast cancer survivors.

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