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# ITALIAN SOCIETY OF HUMAN NUTRITION

## Focus on

### ASSESSING BREAKFAST QUALITY IN AN ITALIAN POPULATION

*Marialaura Bonaccio*

Having breakfast is associated with numerous benefits for health, especially cardio-metabolic health. However, the nutritional quality of the first meal of the day may vary significantly across the population. An Italian research analysed data from the INHES study to evaluate the nutritional quality of breakfast in a sample of Italian adults, children and adolescents. The study also examined the main sociodemographic factors associated with a high breakfast quality.

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## News from Literature

### Adherence to the Mediterranean diet in Italy from 2019 to 2022: results from an observational study of over 10,000 adults

*Sofia Lotti*

Despite the recognized effectiveness of the Mediterranean diet in promoting health, an increasing number of countries in the Mediterranean basin are moving away from it. This trend has also been confirmed by the results of a recent study conducted in Italy on a large sample of adults. Although participants showed a good level of adherence to the Mediterranean diet, a decline was observed from 2019 to 2022, primarily attributed to excessive consumption of animal products and insufficient intake of typical Mediterranean foods such as vegetables, bread, legumes, and fish.

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### The key to healthy aging: the role of plant-based proteins

*Marta Tristán Asensi*

Results of a recent study published in the American Journal of Clinical Nutrition, conducted on the Nurses' Health Study cohort, suggest that dietary protein intake, particularly plant-based protein, in middle age may help women stay healthy as they age.

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### Substituting cow's milk with plant-based beverages in the UK: impact on iodine intake

*Paola Biscotti*

In recent years, there has been an increase in the number of consumers deciding to replace the consumption of cow's milk with that of plant-based beverages. However, this substitution raises questions about potential nutritional impacts, including iodine intake levels. If not adequately fortified, plant-based beverages have a lower iodine content compared to cow's milk which represents an important source of this nutrient. A recent study was conducted to investigate the potential effect of cow's milk substitution with plant-based beverages on iodine intake within some vulnerable groups in UK.

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