ITALIAN SOCIETY OF HUMAN NUTRITION

SINU
SOCIETÀ ITALIANA DI NUTRIZIONE UMANA

News form Literature

Nudging: altering aspects of the food environment can be an effective strategy for changing dietary consumption

Valentina Vinelli

Although the adoption of plant-based dietary models is strongly recommended, eating habits are difficult to change. Therefore, intervening on consumer choices might be insufficient, while modifying aspects of the food environment could be effective. A study has investigated the effects of nudging on the choice to purchase plant-based alternatives to meat and dairy in an online supermarket.

read more

Olive oil is associated with reduced risk of cancer mortality

Emilia Ruggiero

Regular consumption of this important component of the Mediterranean Diet is associated with reduced mortality, not only from cardiovascular diseases but also from cancer. The results of an Italian study that analyzed data of over 20 thousand people recruited as part of the Moli-sani study.

read more

Are all processed foods unhealthy? The importance of a critical approach

Camilla Barbero Mazzucca

Several studies indicate processed foods mostly as unhealthy. However, processing is essential to ensure the preservation and widespread commercialization of specific foods. Although many formulations of industrial foods have shown poor nutritional characteristics and higher energy density compared to unprocessed alternatives, the type of processing and additives used can make the difference in defining the healthiness of a food, more than the concept of "processing" itself. Processing could indeed represent an opportunity to implement technological advancements aimed at improving the nutritional quality of foods. In this dynamic and evolving context, it is essential to adopt a critical approach to establish the advantages and disadvantages of processing.

read more

The role of the Mediterranean Diet in dementia and Alzheimer's disease

Vincenza Gianfredi

According to a recent review of the literature with meta-analysis, greater adherence to the Mediterranean Diet is associated with a lower risk of developing dementia and Alzheimer's disease among subjects over the age of 60. The review, conducted on PubMed/MEDLINE and Scopus, included 21 studies and analyzed 65,955 subjects.

read more

COLLECTIVE MEMBERS

Per maggiori informazioni:
www.sinu.it | info@sinu.it