NEWSLETTER 49, JULY 2024

ITALIAN SOCIETY OF HUMAN NUTRITION

Highlights

The Mediterranean Diet is linked to lower mortality in cancer survivors

Maria Laura Bonaccio

Adherence to this dietary pattern after a cancer diagnosis is associated with reduced mortality, especially from cardiovascular disease.
Results are from an Italian study that analysed the data from the Moli-sani cohort.

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News from Literature

Nutritional quality and level of processing of food items broadcasted on Italian television in advertisements targeted to children

Vincenza Gianfredi

An Italian study analysed the nutritional quality and level of processing of foods advertised on the Italian television channels most watched by children. Of 209 products examined, 68% were of low nutritional quality and 61% were ultra-processed. Most of the products did not meet the nutritional criteria that the WHO and the EU Pledge define for advertised products. These findings highlight that children are often exposed to products of low nutritional quality and support the importance of addressing this issue to help this vulnerable group make healthy dietary choices.

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Effect of a red raspberry extract on enhancing gut health in an in vitro model

Mirko Marino

An *in vitro* study examined the potential benefits of a red raspberry powder on the integrity of the intestinal barrier, paving the way for future uses in humans.

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Effects of a personalized nutrition program on cardiometabolic health

Cristiana Mignogna

Cardiometabolic diseases remain a global significant factor in mortality. Some strategies, mainly involving diet and lifestyle habits, can impact significantly on reducing chronic diseases risk. Anyway, people respond differently to food basically due to inter-individual variability when undergoing "one-size fits-all" approaches. Therefore, personalized nutrition programs, considering individual characteristics, may represent a promising attempt to improve cardiometabolic health.

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