NEWSLETTER 51, OCTOBER 2024

ITALIAN SOCIETY OF HUMAN NUTRITION

News from SINU

THE RIGHT TO (QUALITY) FOOD FOR A BETTER LIFE AND FUTURE: SINU EDUCATION - ISA CNR EVENT FOR HOSPITALITY SCHOOL STUDENTS

As part of the SINU Education activities and in celebration of World Food Day 2024, the I.P.S.E.O. A. "Manlio Rossi-Doria" in Avellino will host an initiative aiming to raise awareness among students on the Mediterranean Dieta, food consciousness, and the importance of consuming local products. The event will conclude with the launch of the Challenge "The Taste of Balance," which will invite students to create snacks that combine health and sustainability, thus contributing to the promotion of a healthier and more environmentally friendly eating style.

read more

News from Literature

Daily Use of Multivitamins and Total Mortality: An Analysis of U.S. Data

Benedetta Piller Cottrer

A recent study published in JAMA Network Open addressed a critical public health issue: the effectiveness of multivitamins in reducing total mortality. Despite one in three adults in the United States regularly use multivitamins, mainly to prevent diseases, the results of this study suggest that these supplements are unlikely yo offer the expected benefits in terms of longevity.

read more

Combined functional foods and physical activity as a new adjuvant strategy for the clinical management of nephropathic patients

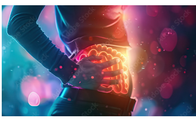
Manuela Di Lauro

Chronic kidney disease (CKD) is one of the leading causes of death, due to the increasing prevalence of its risk factors and comorbidities, including uremic sarcopenia (US).. A clinical trial conducted by the University of Rome Tor Vergata evaluated the possible beneficial effects induced by the combination of the consumption of two bars made from plant-based foods, characterized by a high antioxidant and anti-inflammatory power, with an adapted physical activity program, on the quality of life of CKD patients in conservative therapy and on the progression of its main comorbidities.

read more

Consumption of ultra-processed food and irritable bowel syndrome in the UK Biobank

Giuseppe Di Costanzo



A large-scale, prospective cohort study conducted on more than 180.000 UK participants highlighted that higher consumption of ultra-processed food is associated with a greater risk of irritable bowel syndrome, with a significant dose-response relationship.

read more

COLLECTIVE MEMBERS

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