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ITALIAN SOCIETY OF HUMAN NUTRITION

Highlight

Diet and immune system: an advanced intestinal model to understand the pro-/anti-inflammatory potential of foods

Marina Ramal Sanchez

The intestine is a complex ecosystem that regulates not only digestion but also immune responses. An innovative study has developed an in vitro model that simulates the intestinal environment, allowing researchers to analyze how digested foods influence inflammation. Specifically, the researchers tested broccoli, discovering that its consumption reduces the production of inflammatory cytokines and strengthens the intestinal barrier. This approach represents a significant step forward in understanding the link between diet and inflammation, opening new perspectives for preventing chronic diseases through nutrition.

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News from Literature

Promoting interventions based on the Mediterranean Diet is important for optimizing the cardiometabolic health of children and adolescents

Sofia Lotti

Cardiovascular disease prevention should begin early in life, as some risk factors manifest at a young age. A recent meta-analysis showed that interventions based on a healthy diet, such as the Mediterranean Diet, are effective in improving the cardiometabolic parameters of children and adolescents, helping to protect their health into adulthood.

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The role of the Mediterranean Diet in healthy aging: new insights from a recent systematic review

Camilla Barbero Mazzucca

Healthy aging is becoming increasingly rare due to the rising prevalence of chronic diseases, which diminish the quality of life, particularly among the elderly. The Mediterranean diet, rich in nutritious foods, has been linked to both physical and mental health benefits, as well as improvements in the quality of life, owing to its anti-inflammatory and antioxidant properties. This systematic review provides a scientifically robust foundation for the association between the Mediterranean Diet and health-related quality of life.

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The impact of COVID-19 pandemic on physical activity and diet: what really changed?

Giuseppe Bifolco

The COVID-19 pandemic had a significant impact on the lifestyle of Italians, with a drastic reduction in physical activity during the lockdown period and an increase in time spent sitting. However, this effect was temporary, while dietary habits underwent a more permanent change, with greater adherence to the Mediterranean Diet. Despite the improved diet quality, mean BMI increased, indicating a possible imbalance between caloric intake and energy expenditure. The study highlights the importance of strategies to maintain a healthy balance between diet and exercise in the post-pandemic period.

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