ITALIAN SOCIETY OF HUMAN NUTRITION

News from Literature

Students and food waste: the role of habits and technologies in household sustainability

Vincenza Gianfredi

The UniFoodWaste study, conducted on 2,697 Italian university students, investigated the relationship between socio-demographic characteristics and behaviors related to household food waste. Factors such as smoking, frequent use of food delivery apps, and living alone were associated with less sustainable practices. In contrast, living with a partner, belonging to large families, or studying scientific disciplines were linked to more sustainable behaviors. The use of anti-waste apps showed positive effects. The findings highlight the need for targeted educational initiatives and public policies to reduce food waste among this segment of the population.

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Cardiometabolic Benefits of a Non-Industrialized Diet Through the Gut Microbiota Modulation

Lara Costantini

The results of a recent study demonstrate the possibility of restoring "old friends" in the gut microbiota—microbial species that may have been lost over the years and are typically found in non-industrialized populations—through targeted dietary interventions that adjust the diet to ensure the presence of essential nutrients and reduce the intake of critical nutrients. The coexistence of both factors, "old friends" and a non-industrialized diet, could ensure cardiometabolic health.

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Osteoporosis and Fragility Fracture: The Key Role of Nutrition in the Recovery of the Elderly

Giuseppe Bifolco

This article examines the role of nutrition, vitamin D, and calcium in the prevention and recovery of femoral fractures in the elderly. Through a review of the recent literature, the authors highlight how an adequate nutritional status is essential for maintaining musculoskeletal health, reducing fracture risk, and improving postoperative outcomes. The potential – still partially untapped – of Fracture Liaison Services (FLS) in promoting an integrated approach that includes nutritional assessment and management is also discussed.

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