NEWSLETTER 61, SEPTEMBER 2025

ITALIAN SOCIETY OF HUMAN NUTRITION

SINU
SOCIETÀ ITALIANA DI NUTRIZIONE UMANA

News from Literature

New evidence on the protective role of olive oil against specific breast cancer subtypes

Emilia Ruggiero

Findings from the Moli-sani Study, conducted on over 11,000 Italian women with a 12-year follow-up, show that consuming more than three tablespoons of olive oil daily is associated with up to a 70% reduction in the risk of certain breast cancer subtypes, particularly hormone-independent tumors.

read more

The protective potential of the Mediterranean Diet against pregnancy complications

Simona Esposito

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.

read more

SEGUICI ANCHE SUI SOCIAL!

SINU - Società Italiana di Nutrizione

@SINU_italia

@sinu_italia

SOCI COLLETTIVI SINU

GRUPPO CAMST

Barilla
The Italian Food Company. Since 1877.

ISTITUTO DANONE
Nutrizione e salute

Dr Schär Institute

SOREMARTEC

parmalat

Yakult
Science for Health

Nfi
NUTRITION FOUNDATION OF ITALY

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