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ITALIAN SOCIETY OF HUMAN NUTRITION

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News from Literature

Food, inflammation and health: how diet shapes our immune system

Marina Ramal Sanchez

Numerous studies have investigated the link between diet and chronic inflammation, a key factor in the development of many diseases. A recent systematic review examined the impact of whole foods on inflammatory markers, highlighting favorable trends for fruits, vegetables, olive oil, and fish, while also noting significant variability across studies.

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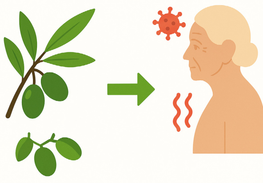
News from Literature

Hydroxytyrosol and inflammaging: a promising link to counteract cellular aging

Vincenzo Migliaccio



Inflammaging is characterized by a chronic, systemic, and low-grade inflammatory state associated with aging, which promotes the development of age-related diseases such as diabetes, cardiovascular diseases, neurodegenerative disorders, and cancer. An imbalance between persistent inflammatory stimuli and reduced autophagic activity, the physiological process responsible for the clearance of damaged cellular components, including organelles, is among the various factors contributing to the onset of this phenomenon. In this context, polyphenols from extra virgin olive oil (EVOO), a cornerstone of the Mediterranean Diet, are considered promising molecules for counteracting the deleterious inflammatory processes linked to inflammaging. In particular, hydroxytyrosol (HTyr), a phenolic compound present in EVOO, appears to play a key role in modulating inflammatory pathways and cellular autophagic activity, thereby interfering with the mechanisms that lead to the establishment of chronic inflammation.

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