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ITALIAN SOCIETY OF HUMAN NUTRITION

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News from Literature

High dietary intake and greater diversity of flavonoids are associated with lower all-cause mortality

Lara Costantini

A recent prospective cohort study involving 124,805 participants demonstrated that consumption of a wider variety of dietary flavonoids was associated with a 6–20% lower mortality from several chronic diseases, including cardiovascular disease, type 2 diabetes, cancer, and neurodegenerative disorders. The study also confirmed the independent protective role of higher total flavonoid intake. These findings suggest that consuming both a higher quantity and a broader diversity of flavonoids provides greater long-term health benefits than increasing either factor alone.

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News from Literature

Food safety and Food security in Italy: a persistent North–South gap

Martina Moretton, Andrea Devecchi

A national survey conducted on over 1,700 Italian adults highlighted a clear gap between Northern and Southern Italy in terms of food security, both in the nutritional sense (food security) and the hygienic–sanitary one (food safety). Southern regions and the Islands showed lower levels of knowledge and proper behaviors related to food safety, as well as a higher prevalence of food insecurity. These differences emerged even after accounting for factors such as age, gender, and education, indicating a strong influence of territorial and socio-economic context.

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