

Highlight

**NUTRITIONAL EVALUATION OF AN
ITALIAN-MEDITERRANEAN DIETARY PATTERN**

A poor diet has a role on malnutrition and the risk of noncommunicable diseases, but also on planet health. This led to an increased interest in the promotion of healthy and sustainable diets. In this scenario, the report of the EAT-Lancet Commission on healthy diets from sustainable food systems proposed a “planetary diet” that can be adapted to develop meals that are consistent with food cultures and cuisines of the different countries, maintaining both healthiness and environmental sustainability. The present study aimed to define a Mediterranean dietary pattern in line with the EAT-Lancet Commission reference diet, based on 2500 kcal/day and adapted to the Italian food habits (EAT-IT) and to develop a mid/long-term dietary plan based on EAT-IT and one based on the Italian Dietary Guidelines. Furthermore, the study compares the two dietary plans in terms of portions and frequencies of consumption, but also of nutritional adequacy based on the nutrient and energy recommendations for the Italian adult population.


[Read more...](#)

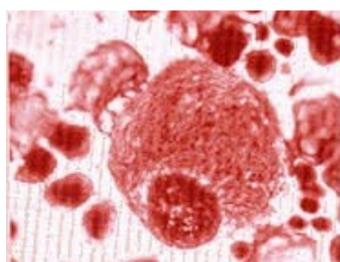
Focus on

**CHANGES IN ITALIANS' DIET DURING
THE LOCKDOWN: the Mediterranean
diet on the rise, ultra-processed food
intake goes down**

A recent epidemiological survey conducted on two cohorts from the general population reveals a moderate increase in adherence to the Mediterranean dietary pattern during the first national lockdown that lasted from March to May 2020. Conversely, the study shows a slight decrease in ultra-processed food intake. Sustainable behaviors such as the increasing consumption of locally-grown food, shopping in small shops and preparing meals at home were also on the rise.

[Read more...](#)
Novità della
letteratura**ROLE OF DIET IN THE TREATMENT
OF LYSOSOMAL STORAGE DISEASES**

*Overview by the SINU Working Group on
Nutrition in Lysosomal Storage Diseases*



Despite the improvement in clinical outcome of many LSDs by specific therapies, numerous symptoms still persist. The clinical manifestations of LSDs are often sensitive to dietary modification. Therefore, metabolic and nutritional assessments and monitoring are advisable for all patients with LSDs, with the aim of preventing comorbidities, excessive weight gain or malnutrition and their related complications

[Read more...](#)

COLLECTIVE MEMBERS



For more information
www.eng.sinu.it | info@sinu.it

