

Focus on



ONE MONTH OF CLASSIC THERAPEUTIC KETOGENIC DIET DECREASES SHORT CHAIN FATTY ACIDS

The classic ketogenic diet (KD) is a high-fat, very low-carbohydrate, norm-calorie diet used worldwide for its anticonvulsant effect in the treatment of drug resistant epilepsy (DRE). In a study conducted on 7 epileptic patients, 1 month of KD was found to significantly reduce the production of short-chain fatty acids (SCFA). This result highlights the need for further research to better investigate the state of dysbiosis and optimize therapy. It may be helpful to suggest supplementing with probiotics and / or prebiotics to potentially prevent microbiota dysfunction.

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THE ROLE OF FRUCTOSE IN NEUROLOGICAL FUNCTIONS

Excessive intake of foods and beverages containing high fructose percentages is only related to the onset of metabolic syndrome and obesity: in addition, recent studies have shown a cause-effect relationship between fructose and brain functions. In fact, an excessive dietary fructose intake can increase the production of oxidizing and inflammatory substances that alter the cognitive and mnemonic functions at brain level. Further research is being carried out to reduce the bioavailability of fructose and thus to prevent any related diseases.


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Highlight

DIET AND DEPRESSION. NEW DATA IN SUPPORT



It is well-known that a healthy diet is a key factor in the prevention of many acute and chronic diseases. A recent study conducted in the Netherlands evaluated the association between three different dietary patterns (the Dutch Healthy Diet (DHD), Mediterranean diet, and the Dietary Approaches To Stop Hypertension (DASH)) and the risk of prevalent and incident depression. The results of this study, highlighted how it is essential to use dietary scores that take into account the socio-cultural context of the population analyzed, moreover, the current results show how a healthy dietary style can reduce the risk of developing depression.


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BEHAVIORAL FACTORS AND ADHERENCE TO MIND DIET

A recent study analyzed motivational and behavioural determinants that could hinder or promote the choice of typical foods of the MIND diet, proposed as a hybrid between the Mediterranean Diet and the DASH Diet, for the prevention of cognitive decline.


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