



Highlight



INFLUENCE OF PASTA STRUCTURE ON MASTICATION, IN VITRO GASTRIC DIGESTION, AND POSTPRANDIAL GLUCOSE AND INSULIN RESPONSES



An intervention study conducted by the University of Parma and the VTT Technical Research Centre of Finland demonstrated that the pasta structure differently influences the mastication process and matrix digestibility in vitro during the gastric simulated phase, which influences in vivo post-prandial glucose metabolism to a lesser extent than other products formulated with the same durum wheat semolina product.

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News from literature



IS WHITE MEAT A "HEALTHY" ALTERNATIVE TO RED AND PROCESSED MEAT?



The results of a meta-analysis by Italian researchers show that the consumption of white meat is inversely associated with the risk of death from all causes, while no relationship was found with the risk of cardiovascular mortality and incidence of heart disease. For this, white meat could be a "healthy" alternative, as well as more "sustainable" for the environment, to the consumption of red and processed meat.

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