

Highlight

THE MEDITERRANEAN DIET DURING PREGNANCY IMPROVES NEWBORN HEALTH

A Spanish study shows that a good adherence to the Mediterranean diet, or a stress reduction intervention during pregnancy, benefits the newborn by improving fetal growth and thus reducing the risk of low birth weight, one of the most important causes of perinatal mortality worldwide. Benefits were also observed for reduction of preeclampsia or perinatal death risks.

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Focus on

SARCOPENIA AND CHRONIC ILLNESS: FROM DIAGNOSIS TO TREATMENT APPROACHES

Sarcopenia is a syndrome characterized by progressive and generalized loss of skeletal muscle strength and mass, associated with aging. Due to the progressive aging of population, sarcopenia has gradually grown into a global health problem. Currently, it is a major cause of disability and frailty in the elderly population. Sarcopenic subjects suffer from various disabilities; they have increased risk for falls, fractures and impaired ability to perform daily activities independently.

In this review (1), the pathophysiology, diagnosis, and determination of severity of sarcopenia are discussed. Special attention is given to the rehabilitative treatment against sarcopenia, pointing out that a thorough evaluation and intervention of nutritional deficits and exercise capacity as well as treatment with medical agents are needed in order to personalize the treatment according to the patient's needs. By targeting goals to improve musculoskeletal and functional disorders associated with chronic conditions, clinicians could apply a therapeutic plan focusing on how to prevent/delay the development of sarcopenia and improve the quality of the patients' lives.

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DIET AND BRAIN AGING

Two recently published observational studies explored the relationship between nutrition and brain health. Diets high in foods with anti-inflammatory properties as well as an abundant consumption of fish turned out to be favorably associated with brain health.


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News from literature

Low meat intake and plenty of fruit and vegetables: the diet that is good for the environment

A recent study analyzed the quality of the English diet with respect to GreenHouse Gas emissions (GHGs), thus managing to quantify the environmental impact of the eating habits of over two hundred people by studying their food diaries. Meat, alcoholic beverages and dairy products are the food groups with the highest impact on the environment. Among the factors that influence environmental health, the study included also seasonality and country of origin of the food


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