



WORLD SALT AWARENESS WEEK

The World Salt Awareness Week occurs this year 14 to 20 March. The Campaign, now in its 17th edition, is as always promoted by WASSH (World Action on Salt, Sugar & Health) to which the Italian Society of Human Nutrition (SINU) and the Interdisciplinary Group MenoSalePiùSalute have joined from the beginning. The WASSH objective is to promote the reduction of salt consumption in adults to less than 5 grams per day (goal proposed by the World Health Organization) with the ultimate aim of reducing blood pressure levels worldwide.

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Highlight

PSYCHOSOCIAL CORRELATES OF ENERGY DRINKS CONSUMPTION IN CHILDREN AND ADOLESCENTS



Two recent systematic reviews have investigated the psychosocial correlates of energy drinks consumption in children and adolescents. Higher consumptions have been associated with sensation seeking, irritability, poor parental monitoring, substance use (tobacco, drugs, etc.) and at risk lifestyles (poor eating habits and sedentary behaviors).

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FISH CONSUMPTION AND CARDIOVASCULAR DISEASE PREVENTION: what type to choose and how often?



Who of us, talking to an expert, has not been instructed to consume fish at least three times a week? Well, from today something could change. In fact, the results of a recent meta-analysis have highlighted that the consumption of fatty fish (such as sardines, mackerel, herring, salmon) 1-2 servings per week reduces the risk of cardiovascular disease and cardiovascular mortality, whereas the consumption of lean fish (such as cod, plaice, crustaceans, etc.) does not show any benefit.

This could have an important impact on nutritional recommendations as having learned that 1-2 portions of fatty fish per week are enough to markedly reduce the risk of heart disease certainly facilitates the compliance to this recommendation.

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Focus on



News from literature

Psychological distress resulting from the COVID-19 confinement is associated with unhealthy dietary changes in two Italian population-based cohorts



Data from two Italian cohorts show a direct association between psychological stress during the first COVID-19 lockdown and unhealthy dietary changes. Those who experienced an increase in depressive symptoms during confinement at home also ate worse, preferring ultra-processed foods to purely Mediterranean ones.

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Which metrics should be used to measure the sustainability of a diet?



The promotion of sustainable and nutritionally adequate diets requires the availability of adequate and endorsed parameters able to appropriately measure the nutritional quality of such diets. A recent review has analyzed the main nutrition metrics of studies on sustainable diets in order to identify which variables are necessary and currently missing

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