

Highlight

PASTA FORMULATION AND GLYCEMIC INDEX: an overview

Giuseppe Di Pede, Rossella Dodi, Margherita Dall'Asta, Francesca Scazzina



A recent study conducted by the University of Parma and the Università Cattolica del Sacro Cuore revised the data on glycemic index of pasta products. Nowadays, several types of pastas are formulated with different ingredients for improving their nutritional profile and for reaching specific needs of consumers. Therefore, since the GI is strongly related to the types and nutritional composition of products, understanding how the inclusion of different ingredients can affect the glycemic index of pasta is of interest.


[Read more...](#)

Focus on

NUTRITIONAL QUALITY OF MEAT-ANALOGUE PRODUCTS: results from the FLIP project

Donato Angelino



Results from a recent international publication evidenced a wide diffusion on the Italian supermarket shelves of the plant-based meat analogues, mostly as steaks, burgers, cutlets, meatballs and ready-sliced meat analogues. Regarding the nutritional quality, these products showed healthier Nutri-Score values than animal counterparts; however, nutritional values showed wide variability among them and substantial differences with the animal products they aim to resemble, mostly for higher contents of energy, carbohydrates and sugars


[Read more...](#)

News from literature

The choice of dairy products to prevent cardiovascular disease should be focused on the type of food rather than the (reduced) fat content

Annalisa Giosuè



A recent systematic review of the literature has clarified that in order to optimize the prevention of cardiovascular risk, it is necessary to pay more attention to the type of dairy product chosen within the category (e.g. yogurt compared to milk), than to the fat content (i.e. lean products compared to whole). The summary of the evidence on the relationship between consumption of dairy products and cardiovascular risk showed that moderate intake of milk, yogurt and cheese is not contraindicated for the general adult population, regardless of the amount of fat present in them. Furthermore, the consumption of fermented dairy products such as cheese and yogurt could even contribute to the reduction of cardiovascular risk.


[Read more...](#)

COLLECTIVE MEMBERS



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

