

Highlight

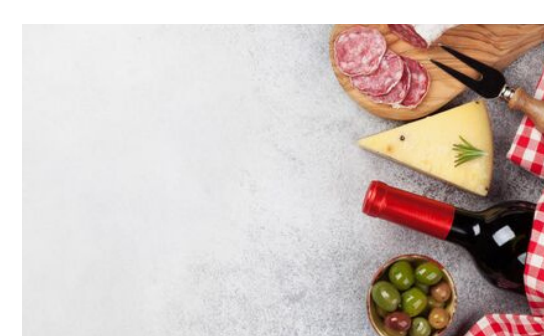


ASSOCIATION BETWEEN CONSUMPTION OF ULTRA-PROCESSED FOODS AND ADHERENCE TO THE MEDITERRANEAN DIET

Monica Dinu

The results of a recent study showed an inverse association between the consumption of ultra-processed foods and adherence to the Mediterranean Diet in a sample of young Italian adults

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Focus on

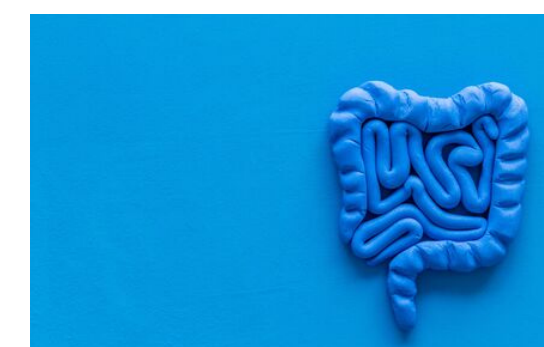


CHARACTERISTICS OF REGISTERED STUDIES ON DIET AND HEALTH: THE RESULTS OF THE DIGIT STUDY

Daniela Martini, Donato Angelino

A recent study evaluated the characteristics of registered clinical trials evaluating the effect of diets on human health, in order to identify possible gaps to be filled with future research. Among the results, there is also a growing number of studies that have focused on the microbiota and markers of metabolism.

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News from literature



A pro-inflammatory diet may increase the risk of Parkinson's disease

Marialaura Bonaccio

Results from a study on about a thousand elderly people without symptoms of the disease at enrolment. At the end of follow-up, participants with a diet rich in pro-inflammatory foods and nutrients had three times higher risk of becoming ill than those who preferred foods with anti-inflammatory properties.

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The role of educational programs in *culinary medicine* to improve culinary skills, food literacy and skills of nutrition professionals

Daniele Nucci e Vincenza Gianfredi

Culinary medicine is the new frontier of evidence-based medicine that combines culinary art with medical science and represents an opportunity for nutrition professionals to improve the health of patients, both in the clinical and community settings. An American study investigated the feasibility and impact of a culinary medicine course aimed at dietitians-nutritionists.

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