

## Highlight



## ADDITION OF SALT TO FOODS AT TABLE AND LIFE EXPECTANCY: NEW EVIDENCE FROM AN EPIDEMIOLOGICAL STUDY

*Pasquale Strazzullo*

A report recently published in the European Heart Journal on last June analysed the risk of premature death associated with different attitudes with regard to adding salt to foods at table. The authors (Hao Ma and coll. from Tulane University) used data from a cohort of over half million participants to the UK Biobank study who had been requested to indicate how often they added salt to the foods at table (never or rarely/ sometime /regularly / always / no answer). After an average follow-up of 9 years, the authors detected a continuous relationship between the frequency of the use of salt at table and the risk of death for all causes: in multivariate analysis, by setting to 1.00 the risk of those who added salt never or rarely to foods, the risk levels were 1.02 for occasional use of salt, 1.07 per frequent use e 1.28 per constant use (P-trend < 0.001). At age 50, the life expectancy was reduced by 1.5 and 2.3 years respectively for women and man who added salt “always” to foods as compared with those who did it never or rarely.

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## Focus on



## FOOD AND HEALTH: the front-of-pack label is not enough, if the consumption of ultra-processed foods is not reduced

*Marialaura Bonaccio*

An Italian study, published in the British Medical Journal, analyses the combined health impact of the Nutri-Score front-of-pack labelling system and the degree of food processing according to NOVA.

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## News from literature



## Analysis of the sodium content in cereal-based products on the Italian market and comparison with the benchmarks established by the WHO: results from the FLIP project

*Daniela Martini e Donato Angelino*

A new study, conducted in the frame of the FLIP project, compared the sodium content of cereal-based products sold in Italy with the global benchmarks proposed by the World Health Organization, concluding that many of these products are still too far from the suggested values.

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## Dietary changes over time and modifications in cardiometabolic risk factors

*Emilia Ruggiero*

Results from the Moli-sani Study indicate that an increase in the consumption of monounsaturated / saturated fats and fibers, key components of the traditional Mediterranean Diet, can lead to improvements in cardiometabolic health, thus helping to reduce long-term risk of developing chronic diseases.

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