

Highlight



ARE THE ITALIAN GUIDELINE MENUS FOR THE GENERAL POPULATION APPLICABLE FOR CELIAC PATIENTS? THE NEW GLUTEN FREE FOOD COMPOSITION DATABASE

Federica Fiori, Maria Parpinel, and Nicoletta Pellegrini



The update of the previously developed version of the Italian gluten free food composition database resulted in a tool which includes the composition in terms of energy and a comprehensive range of macro and micronutrients of 108 gluten free foods representing the products available on the Italian market in the period 2020-2021. Thanks to the application of the updated database, we found that it is possible for celiac disease patients to meet nutrient requirements by simply substituting gluten containing products with gluten free cereal-based products following recommendations for the general population. The composition of the proposed gluten free and gluten containing menus was generally comparable except for the content of polyunsaturated fatty acids, linoleic acid, and vitamin E— which was higher in gluten free menus—, and zinc— which was higher in the wholegrain cereals scenario of the gluten

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Focus on



NUTRITION AND DEPRESSION: THE RESULTS OF AN UMBRELLA REVIEW HIGHLIGHT THE BENEFICIAL ROLE OF A MEDITERRANEAN DIET

Vincenza Gianfredi



Growing evidence shows a reduction in the risk of depression when associated with a healthy diet. However, the available evidence on the subject is controversial, probably because there are many ways to assess adherence to different dietary patterns. For this reason, an umbrella review, i.e. a systematic review of systematic reviews with meta-analysis was conducted to analyse the quality and strength of the evidence currently available on diets/dietary patterns and risk of depression. A total of 19 studies were included showing that higher adherence to the MedDiet and a lower DII score were significantly and directly associated with reduced risk of depression, in spite of the general low scientific quality of the included studies.

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News from literature



The environmental impact of a dietary pattern based on the planetary diet: the EAT-IT dietary model

Daniela Martini e Cristian Del Bo'



A recent study compared the environmental impact of a food model inspired by the planetary diet compared to one based on the Guidelines. The results show that the model inspired by the planetary diet is characterized by a lower carbon footprint but a similar water footprint.

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The role of dairy products in the prevention of type 2 diabetes

Marilena Vitale



A new extensive review of the scientific evidence on the relationship between the consumption of foods of animal origin and the prevention of the diabetes risk shows that regular consumption of dairy foods in moderate amounts, especially low-fat products, milk and yogurt, may help reduce the risk of type 2 diabetes. It is also clear that while red and processed meat should be eaten sparingly, moderate amounts of fish and eggs could be good substitutes.

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