

## Highlight



## SALT REDUCTION AND CARDIOVASCULAR BENEFIT: A CRITICAL ANALYSIS OF THE TOPCAT TRIAL

*Pasquale Strazzullo*

A study recently published in the journal Heart and primarily aimed at evaluating the efficacy of spironolactone in patients with heart failure and preserved ejection fraction, explored in addition the effectiveness of restricting discretionary salt consumption in these same patients, following similar research conducted previously. The authors reported the results of an analysis of 1713 participants on the association between salt consumption in food preparation (while cooking) and the risk of certain events during a follow-up that lasted an average of 3 years (TOPCAT trial).

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## News from literature



## The inflammatory potential of the diet as a link between food processing and low- grade inflammation

*Cristiana Mignogna*

According to an Italian study of over 20,000 people recruited in the Moli-sani study, a diet rich in pro-inflammatory foods could explain the documented relationship between a high level of food processing and subclinical inflammation.

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## Beans lacking anti-nutrients as alternative protein sources: in a "Perspective" the latest studies on selected genotypes and the development of innovative products

*Silvia Lisciani*

Beans are an excellent source of nutrients and bioactive compounds but they also contain antinutrients that limit both their nutritional value and their wider use in food preparations. A Perspective, published by an international group of researchers, highlighted the progress made in selecting bean genotypes with a reduced or absent content of anti-nutrients. The aim of the work is to evaluate the possibility for these legumes to be placed on the market, even in the form of snacks, becoming an alternative to animal proteins, especially for population groups that are at risk of nutritional deficiencies. Although some lines of beans lacking anti-nutrients seem suitable for this purpose, their inclusion in the diet must be further investigated both from a nutritional point of view and side effects.

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