

Highlight



CONSIDERATIONS FOR THE TRANSLATION OF NUTRIENT RECOMMENDATIONS AS DIETARY PLANS FOR INFANTS, CHILDREN, AND ADOLESCENTS AS REPORTED IN THE ITALIAN GUIDELINES FOR HEALTHY EATING

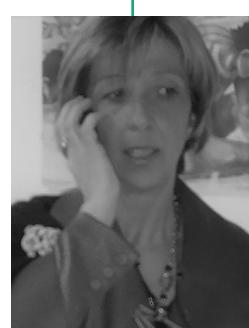
Laura Rossi

A recent study highlighted the critical issues, limits and possible solutions in structuring dietary plans for pediatric age when putting into practice the nutrient recommendations using commonly used foods. The results showed how some particularly restrictive nutritional recommendations lead to monotony and poor acceptability of the food plans for childhood.

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Focus on



OSTEOSARCOPENIA: A REVIEW OF CLINICAL TRIALS

Angela Polito, Angela Andreoli



Osteosarcopenia (OS) is a complex syndrome and an emerging public health issue that, if not recognised in time, leads to falls, fractures, and loss of self-sufficiency in daily activities. A recent literature review aimed to deepen knowledge on the diagnosis, incidence, aetiology and treatment of OS by considering only clinical studies that treat OS as a single disease.

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News from literature



Sedentary habits and perceived difficulties with physical tasks in youths with obesity in Campania

Olivia di Vincenzo



Evidence shows that children and adolescents with obesity are more likely to develop physical and psychosocial disorders that severely limit physical activity, with consequences on quality of life. The results of this study showed that youths with obesity being treated at a hospital in Campania for the treatment of obesity had more sedentary habits and perceived greater difficulty in physical activity compared to youths with obesity recruited in school.

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A diet good for the heart and the earth

Annalisa Giosuè



A study recently published in Nutrition, Metabolism and Cardiovascular Disease has shown that a dietary pattern based on the desirable food choices for the optimization of cardiovascular disease (CVD) prevention is not only feasible and nutritionally adequate but can also improve the nutritional profile of the habitual diet of the European population, while reducing greenhouse gas (GHG) emissions linked to current food choices by 48.6%.

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