

Highlight


SUSTAINABLE CHOICES: THE RELATIONSHIP BETWEEN ADHERENCE TO THE DIETARY GUIDELINES AND FOOD WASTE BEHAVIORS IN ITALIAN FAMILIES
Federica Grant e Laura Rossi


Adopting a healthy and sustainable diet is one of the main challenges to tackle the environmental crisis. The present study contributes to this topic, identifying the consumers who conduct a sustainable lifestyle as those who have a high adherence to the dietary guidelines and pay attention to food waste. On the other hand, consumers who have a low adherence are also less aware of food waste issues.

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Focus on


FOOD COMPOSITION DATABASE FOR EPIDEMIOLOGICAL STUDIES IN ITALY (BDA): UPDATE OF THE CEREALS AND CEREAL-BASED PRODUCTS
Giulia Carioni, Federica Fiori, Maria Parpinel, Simonetta Salvini e Patrizia Gnagnarella for the BDA working group


Eating habits, as well as food composition, change over time due to environmental, economic, and socio-cultural factors. The availability and use of updated and complete tools for decoding food consumption in terms of energy, macro and micronutrient intake is important both in nutritional research and in clinical practice. The BDA working group presents the latest update of the food composition database, which focused on cereals, bread substitutes, bakery and sweet products such as cookies, cakes and mini cakes, jams, chocolate, and ice-creams. The update is also available as an editorial novelty entitled: "Food Composition Database for Epidemiological Studies in Italy. Compact edition" (Banca Dati di Composizione degli Alimenti per Studi Epidemiologici in Italia. Edizione compatta) published in paper and e-book format and will be soon available online on the BDA website (www.bda-ieo.it).

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News from literature


Association between psychological disorders, Mediterranean diet and chronotype
Sofia Lotti


An Italian study recently published in the International Journal of Environmental Research and Public Health reported that subjects suffering from symptoms of depression, anxiety or stress were less adherent to the Mediterranean diet, due in particular to reduced consumption of fruit and vegetables, and excessive consumption of meat. Considering the chronotype in the relationship between diet and mental health, evening subjects were significantly associated with lower adherence to the Mediterranean diet and higher risk of depression, anxiety and stress compared to morning and intermediate subjects

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Interventions to promote human and environmental health: a case study
Beatrice Biasini


A recent study carried out in Italy has shown that 'nudging' strategies inspired by the Double Food and Environmental Pyramid combined with digital tools for promoting the Mediterranean Diet can have positive effects on food choices made in worksite canteens.

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Variation in human water turnover associated with environmental and lifestyle factors
Gaetana Paoletta


A study published by Science shows that the turnover of water through the human body, essential for water homeostasis, is influenced by various anthropometric and environmental factors.

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