

Highlight


LATE EATING IS ASSOCIATED WITH HIGHER CONSUMPTION OF ULTRA-PROCESSED FOODS

Marialaura Bonaccio

The findings of an Italian study on over 8 thousand adults recruited throughout the country. Available data so far suggest that eating later in the day may result in a poor diet quality and consequently late eaters tend to report a higher risk of obesity and cardiometabolic disease.

Now this new Italian study shifts the spotlight on the non-nutritional characteristics of diet, showing how people who postpone the main meals of the day tend to eat more ultra-processed foods and less fresh and minimally processed foods.

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Focus on


NUTRIGENOMICS AND PRECISION (MICRO)NUTRITION.

Desirée Bartolini, Giada Marcantonini, Anna Migni, Linda Zatini e Francesco Galli



Personalized and precision medicine has opened up new research and clinical perspectives in the field of human nutrition. Precision nutrition studies the response of the genome to foods or their nutritional components, using "nutrigenomics" methods and technologies such as DNA sequencing, transcriptomics, proteomics and metabolomics. The constant growth of the level of technological innovation, both hardware and software (new bioinformatics and artificial intelligence systems), is further increasing the potential of these techniques and therefore of the nutrigenomic approach to precision nutrition and the development of new products and protocols of nutritional intervention

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News from literature


Effects of Vitamin A deficiency in pregnancy

Elena Chiarello



Vitamin A has many beneficial functions in the body. In particular, vitamin A deficiency during pregnancy has been shown to be positively associated with the risk of foetal malformation. Particularly in developing countries, vitamin A deficiency has become a public health problem, affecting 19 million women. Vitamin supplements and food fortification may be valid strategies, but further studies are needed to assess the real extent of the problem.

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What are the optimal dietary patterns for prevention of chronic non-communicable diseases?

Annalisa Giosuè



Low-grade inflammation plays a central role in the pathogenesis of non-communicable diseases, which are increasingly widespread worldwide. A recent review summarises the available data on the relationship between high consumption of ultra-processed foods and the modulation of low-grade inflammation.

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