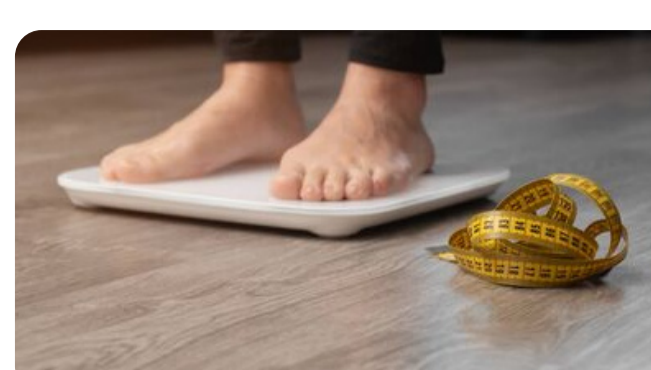


Highlight


THE GUT MICROBIOTA IN OBESITY AND WEIGHT MANAGEMENT: MICROBES AS FRIENDS OR FOE?
Cristiana Mignogna

The main reason that underlies obesity is the unbalanced difference between energy intake and expenditure which could be easily solved by increasing physical activity and reducing calories intake. What regulates this delicate balance is also a mixture of hormonal, neural and metabolic mechanisms together with a complex network of microbes directly involved in food metabolism. In a recent review, the authors outline more in depth how the gut microbiota is involved in regulating body weight homeostasis.

[Read more](#)


Focus on


REPLACING COW'S MILK WITH PLANT-BASED DRINKS: WHAT ARE THE EFFECTS ON HUMAN HEALTH?


Consumers are increasingly choosing to replace cow's milk with plant-based drinks which often have a very different nutritional composition from each other and from cow's milk.

A recent systematic review investigated the effect of this substitution on health markers.

[Read more](#)


News from literature


Fish-derived n-3 PUFA levels reduce the risk of chronic kidney disease
Antonia Napoletano

Optimal intake of omega-3 polyunsaturated fatty acids has a beneficial effect on health: they have anti-inflammatory potential and reduce cardiovascular risk. Can they also have an impact on kidney function? A recent meta-analysis of cohort studies showed that high omega-3 levels from fish were associated with an 8% reduction in the occurrence of chronic kidney disease.

[Read more](#)

A healthful plant-based diet is associated with lower risk of chronic diseases and mortality
Camilla Barbero Mazzucca

The interest for plant-based diets from the scientific community and general population is constantly growing, but evidence about their protective or deleterious effect with respect to mortality and non-communicable diseases is still scarce. A recent study aimed to clarify the issue, highlighting the protective role of plant-based models, characterized by low intake of processed foods, in lowering overall mortality and chronic disease risk. In contrast, adherence to plant-based models rich in processed foods were associated with an increased all-cause mortality and higher risk of cardiovascular disease and cancer. The study was conducted exploiting one of the largest publicly available cohort studies available to date, the UK biobank.

[Read more](#)

Role of consumption of berries in the context of metabolic syndrome
Mirko Marino

Can berries have a positive impact on metabolic syndrome? A recent systematic review sought to answer this question by examining human intervention studies exploring their effects on modulating metabolic syndrome.

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