ITALIAN SOCIETY OF HUMAN NUTRITION

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Highlight

POTASSIUM SUPPLEMENTATION IMPROVES ENDOTHELIAL FUNCTION: A META-ANALYSIS OF THE INTERVENTION STUDIES

Lanfranco D'Elia

The results of a recent meta-analysis of randomized controlled intervention trials show that potassium supplements improve endothelial function with a dose-response relationship: this is in keeping with the well-known epidemiological evidence of a beneficial effect of higher potassium intake in the control of high blood pressure and the prevention of cardiovascular disorders, in particular stroke

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Focus on

BIOACTIVE COMPOUNDS OF THE MEDITERRANEAN DIET IN THE PREVENTION OF MITOCHONDRIAL FUNCTION

Vincenzo Migliaccio

In the last years, the beneficial role of the bioactive compounds of the Mediterranean diet (MD) in the prevention of chronic degenerative disorders has become more clear. Thanks to in vitro and in vivo experimental studies in has been shown that various bioactive molecules are able to effectively reduce the inflammatory status and the alterations of the cellular organelles observed in obese and diabetic patients, and in condition of metabolic syndrome. In particular, it is interesting that some of these compounds target mitochondria, therefore favoring the restoration of the cellular redox state, ATP production, and cellular functionality..

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News from literature

Cardiometabolic health: the quality of carbohydrates can make a difference

Cristiana Mignogna

A recent study on an elderly Mediterranean population showed that subjects with the higher carbohydrate quality index (CQI) have an improved metabolic health, mainly associated to a greater alpha diversity and abundance of specific genera linked to beneficial cardiovascular outcomes.

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Blueberry polyphenols and their action on intestinal permeability

Mirko Marino

Recent studies have revealed that our diet can significantly influence intestinal health, both positively and negatively. In particular, there is a growing interest in polyphenols, compounds found in foods like blueberries, which appear to have the potential to modulate intestinal permeability. However, the underlying mechanisms behind this effect are not yet fully understood.

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Association between Dietary Habits and Severity of Symptoms in Premenstrual Syndrome

Immacolata Cristina Nettore

A recent study evaluated the possible association between eating habits and premenstrual syndrome (PMS). Although the results are very preliminary, no significant associations or differences were found in terms of total energy intake, diet composition and macronutrient consumption between women with PMS and controls. A significantly difference was identified in the consumption of copper, found to be higher in women suffering from premenstrual syndrome compared to control subjects..

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