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ITALIAN SOCIETY OF HUMAN NUTRITION

Highlight

A PRO-VEGETARIAN DIET CAN REDUCE THE RISK OF DEVELOPING CANCER

Marialaura Bonaccio

An Italian study shows the protective effect of diets characterized by a limited presence of products of animal origin against the risk of cancer. The research also highlighted the different health impacts of healthful and unhealthful plant diets.

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News from literature

Is popularity a synonym of health? A large-scale population study

Camilla Barbero Mazzucca

In recent years, adherence to "popular" dietary regimes, such as high protein or reduced carbohydrate diets, or intermittent fasting, has become increasingly frequent. Although the goal of people who follow such diets is to improve their health, there is still uncertainty about their actual quality. A large study on the American population has shown that the quality of "popular" diets is indeed poorer than the average nutritional habits of the general population.

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Legumes: optimal consumption for cardiovascular benefit

Lara Costantini

The results of a systematic review of the literature and of a dose-response meta-analysis showed an inverse correlation between consumption of legumes and cardiovascular risk, indicating 400 g per week as the quantity correlated with the highest cardiovascular benefit.

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