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ITALIAN SOCIETY OF HUMAN NUTRITION

NEWS FROM LITERATURE

INFLUENCE OF AN EDUCATIONAL PROGRAM ON PARENTAL NUTRITION KNOWLEDGE AND ON DIETARY HABITS AND NUTRITIONAL STATUS OF OVERWEIGHT SCHOOL CHILDREN

Martina Monticone

The study analyzes the results of a randomized controlled trial conducted in Perù to evaluate the efficacy of nutrition education interventions aimed at parents of children with overweight and obesity. Although the interventions led to a statistically significant increase in the parents' nutritional knowledge, this improvement did not translate into significant changes in the children's dietary behaviors, nor did it produce relevant variations in anthropometric parameters such as the Body Mass Index (BMI). The results suggest that information and the simple transfer of nutritional knowledge are not sufficient to modify deeply rooted behaviors and that multidisciplinary, long-term food education approaches are necessary.

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NEWS FROM LITERATURE

FOOD BIODIVERSITY IN COMPOSITION DATABASES: THE ITALIAN CASE BETWEEN NUTRITION AND SUSTAINABILITY

Silvia Lisciani

Food biodiversity represents a relevant theme for nutrition and sustainability, especially in a global context where few plant species dominate agricultural production and the energy intake of the world population. In this scenario, understanding to what extent national food composition databases manage to capture the richness of plant species and varieties consumed by the population becomes fundamental to promote healthy and sustainable diets. A recent study published in Public Health Nutrition analyzed the richness of biodiversity in the Italian Food Composition Database, comparing it with that of the previous edition published in 2000, offering an updated and rich overview of the represented plant heritage.

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NEWS FROM LITERATURE

THE EFFECT OF NUTRITION AND SENSORY EDUCATION, ALONGSIDE EXPOSURE TO HEALTHY SNACKS, ON ADOLESCENTS' EATING HABITS AND ATTITUDES

Beatrice Biasini

A recent study assessed the impact of a nutrition and/or sensory education programme, combined with daily exposure to a newly formulated healthy snack, on the knowledge, attitudes and eating behaviours of a sample of Italian adolescents. The educational programme, carried out in the classroom, involved teachers and students at a secondary school in San Michele all'Adige (Trento).

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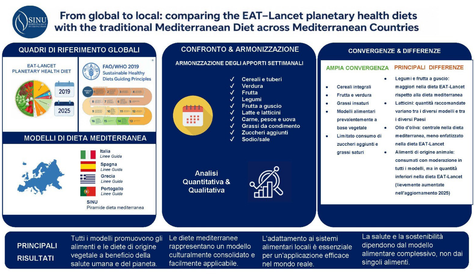
NEWS FROM SINU

FROM THE MEDITERRANEAN DIET TO THE PLANETARY DIET

Two new publications from the Italian Society of Human Nutrition (SINU) strengthen the role of research in promoting healthy and sustainable diets. The heatwaves that are once again affecting this summer are among the clearest signs of climate change, a phenomenon that is reshaping every aspect of our lives, including the way we produce and consume food.
The relationship between diet and the environment is bidirectional: on the one hand, food systems are major contributors to greenhouse gas emissions, natural resource depletion, and biodiversity loss; on the other hand, climate change is increasingly affecting agricultural production, food availability, and food security. For these reasons, sustainability has become an essential component of modern dietary recommendations, alongside the traditional goal of promoting human health.



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