

## Focus on

## IODINE INTAKE ESTIMATED BY 24 H URINE COLLECTION IN THE ITALIAN ADULT POPULATION: a 2008-2012 Survey



In Italy, as in many other countries in the world, the iodine provision by food was found to be insufficient to achieve the adequate intake (AI) indicated by the LARN. An insufficient iodine intake in adults can cause goiter, clinical manifestations of hypothyroidism, such as cold intolerance and myxedema, and an increased risk of thyroid cancer.

The main iodoprophylaxis strategy recommended by WHO is the use of iodized salt, regulated in Italy by law 55/2005. This provides for the addition of 30mg of potassium iodate per kg of salt and the mandatory presence of iodized salt on the shelves of grocery stores and supermarkets.

A recent study shows the results of a survey carried out 3-7 years after the introduction of law 55/2005.


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## DIETARY FIBER AND RISK OF DEVELOPING COLORECTAL ADENOMA. Results of a systematic review with meta-analysis

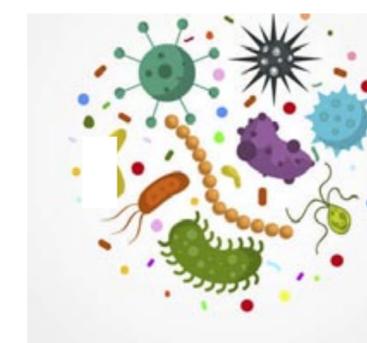


A recent systematic review with meta-analysis explored the role of fibre in preventing the precancerous colorectal adenoma. The review, conducted in January 2021 and based on three scientific databases (PubMed, Scopus and EMBASE), identified a total of nearly possibly relevant 700 articles and included 21 meeting the predefined inclusion criteria. The results of this work highlighted that dietary fibre intake reduces the risk of developing colorectal adenomas by about 30%.


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## Highlight

## CIRCADIAN RHYTHMS AND THE GUT MICROBIOME SYNCHRONIZE THE HOST'S METABOLIC RESPONSE TO DIET



The metabolic response of the body to food intake is not only influenced by the type and amount of the ingested foods, but from at least two other main components: the timing of meal consumption – in terms of circadian rhythm – and gut microbiota. These are the main conclusions of a recent review, published on Cell Metabolism, which summarized the most recent findings on in vitro and in vivo models on how the synergy of all the above-mentioned factors may affect the metabolism of various nutrients in the body, in physiological or pathological conditions.

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## COLLECTIVE MEMBERS



For more information  
[www.eng.sinu.it](http://www.eng.sinu.it) | [info@sinu.it](mailto:info@sinu.it)

