ITALIAN SOCIETY OF
HUMAN NUTRITION

Highlight

EXCESS SALT INTAKE AND ATHEROSCLEROSIS: NEW EVIDENCE FROM A LARGE POPULATION-BASED SWEDISH OBSERVATIONAL STUDY

Pasquale Strazzullo

A recent study confirms on a larger scale and with the use of golden standard methodologies that greater salt consumption is associated with atherosclerotic lesions in the coronary and carotid districts: both associations seem to be mediated mainly, but perhaps not exclusively, by the effect of excess salt intake on blood pressure.

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Focus on

NUTRITION AND PANCREATIC CANCER. RESULTS OF AN UMBRELLA REVIEW

Vincenza Gianfredi

Pancreatic cancer represents one of the most frequent neoplastic diseases characterized by high morbility and mortality. Therefore, identifying preventive strategies is of paramount importance. In this perspective, correct lifestyles, including a healthy diet, could play a key role. Therefore, an umbrella review: a systematic review of systematic reviews of the literature with meta-analysis has been conducted. This umbrella review aimed at analyzing the quality and strength of currently available evidence regarding diet/dietary patterns, individual foods, and pancreatic cancer risk. A total of 23 studies were analyzed. The quality and strength of evidence found were generally low, but convincing or suggestive evidence was identified regarding healthy and plant-based diet and for consumption of fruits and vegetables and red meat. Higher adhesion to a healthy plant-based diet as well as a higher consumption of fruits and vegetables were associated with lower risk of pancreatic cancer. In contrast, a higher consumption of red meat would determine an increase in risk.

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SINU initiatives

SINU ENGAGED IN THE WASSH CAMPAIGN 15TH-21TH MAY 2023

"DITCH THE SALT!"

Heart attack and cerebral stroke remain the major causes of death and disability in Italy, as in many other countries: among the causal factors of these events, arterial hypertension is the most important and most frequent.
Excessive salt consumption is in turn the most important dietary fault underlying the increase in blood pressure but a recent study has shown that salt abuse is also associated with coronary and cerebral arteriosclerosis. Continuing to ignore or underestimate this threat entails suffering for individuals and entire families and a staggering increase in public health expenditure.
While consuming our meals at home or out of home, or when we go shopping, we forget all too often that eating with less salt is one of the simplest, cheapest and most effective ways to improve our health. But how can we reduce our salt intake when everything we buy is full of it, starting with bread, a potentially healthy food which, because of the addition of too much salt, becomes number one enemy on the table? Three fourths of the salt we eat is already in the foods we buy, and it is impossible to eliminate it once it has been added. It is necessary that food companies, with the intervention of institutions, proceed to reduce the amount of salt in their products for the benefit of our health following the indications provided by the World Health Organization.
In the mean timey, the only thing we can do to defend ourselves is to pay attention to the food labels and choose the products with less added salt.

News from literature

Are plant-based diets good for health?

Giuditta Pagliai

Results of a study recently published in the journal JAMA Network Open suggest that a plant-based diet low in foods of animal origin may be beneficial to health, regardless of risk factors for chronic diseases and genetic predisposition, as long as the foods included are of good quality.

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Low-grade inflammation and ultra-processed foods

Monica Dinu

Low-grade inflammation plays a central role in the pathogenesis of non-communicable diseases, which are increasingly widespread worldwide. A recent review summarises the available data on the relationship between high consumption of ultra-processed foods and the modulation of low-grade inflammation.

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Anti-inflammatory effects of oleic acid in the context of a Mediterranean diet

Vincenzo Migliaccio

A recent literature study highlighted the main mechanisms underlying the anti-inflammatory effects of oleic acid (OA), a dietary fat associated with extra virgin olive oil consumption in the context of the Mediterranean diet.
The studies analyzed identified the main mechanisms and metabolic pathways stimulated by this lipid as beneficial and protective effects for health, playing a central role in the prevention and progression of different disorders and associated with ageing.

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