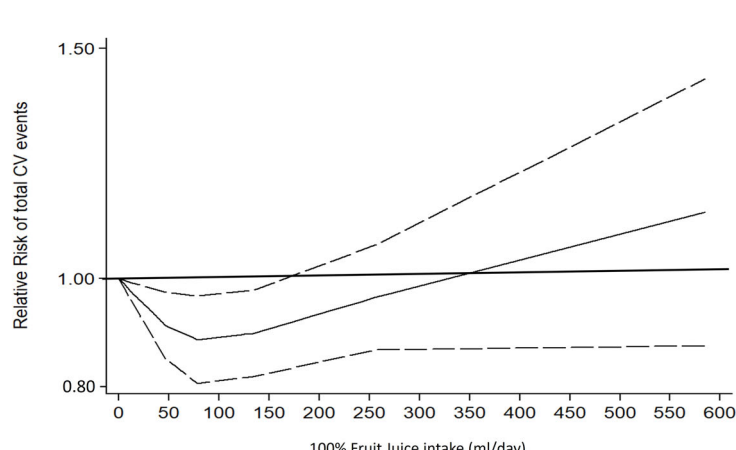


CONSUMPTION OF FRUIT JUICES 100% AND CARDIOVASCULAR RISK

Results of a meta-analysis by the ad hoc SINU Working Group



If fruit juices consumption has a beneficial role or not towards the cardiovascular system is still the subject of debate. To clarify this, a SINU working group carried out a meta-analysis of the available data on the relationship between the consumption of 100% fruit juices and cardiovascular diseases. The study showed that a low to moderate consumption of these drinks is actually associated with an apparent benefit to the cardiovascular system.

[Read more...](#)

Focus on

ULTRA-PROCESSED FOODS AND MORTALITY: results from the Moli-Sani study

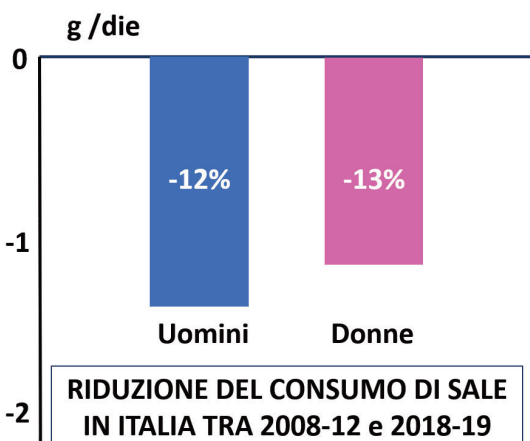


An Italian study on over 22,000 participants from a large epidemiological cohort shows that regular consumption of ultra-processed foods increases the risk of death, especially from cardiovascular causes.

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TRENDS OF SALT CONSUMPTION IN THE ITALIAN ADULT POPULATION:

results of the 2008 and 2018 CUORE project surveys



A relative 30% reduction in the population average salt/sodium consumption by 2025 is among the WHO's priority objectives in the 2013-2020 Global Action Plan for the Prevention and Control of Chronic Non-Communicable Diseases. In Italy, according to a recent survey on a random sample of the general adult population of 10 Italian regions, the average daily salt intake was reduced by about 12% in the last ten years, although it still remains above the WHO recommended level. These results encourage the initiatives undertaken by the Ministry of Health and by numerous scientific societies aimed at reducing salt intake at the population level.

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COLLECTIVE MEMBERS



For more information
www.eng.sinu.it | info@sinu.it

