

CONGRESS HIGHLIGHT

45° CONGRESSO NAZIONALE  
**SINU2025**

SALERNO, 28-30 MAGGIO 2025 | GRAND HOTEL SALERNO

**Nutrition, Health, and the Environment:  
Between Present and Future**

The 45th National Congress of SINU was held in Salerno, providing an opportunity for update and dialogue among leading experts in human nutrition.

From May 28 to 30, 2025, the 45th National Congress of the Italian Society of Human Nutrition (SINU) took place at the Grand Hotel in Salerno. The event brought together scholars and experts from various fields related to food and nutrition, featuring a rich scientific and educational program under the presidency of Prof. Anna Tagliabue.

The Congress opened with the inaugural lecture titled "Nutrition, Lifestyles, and the Socio-Environmental Context in the Prevention of Chronic Diseases," delivered by Prof. Saverio Stranges from Western University, London, Canada. A key focus of a roundtable discussion was the Mediterranean Diet, during which SINU presented the new graphic representation of the Food Pyramid, developed as a tool for educational activities and campaigns promoting a healthy and sustainable diet.

Among the main topics addressed were "Nutrition, Health, and Environment: Between Present and Future," with particular emphasis on the link between nutrition and sustainability, the impact of nutritional knowledge on eating habits, and the reuse of food waste as a resource for new products. The program also included the Symposium "Nutrition for the Active and Sporting Population" and the Roundtable "Proteins: It's Not Just About Quantity," dedicated to the role of proteins and high-protein foods. Important social issues such as malnutrition and the prevention and clinical management of osteoporosis were also explored.

The Symposium on the "Role of Fermented Foods in Plant-Based Dietary Models" analyzed the fermentation process and its impact on the microbiota. Following a focus on "Collective Catering" and strategies to reduce food waste, discussions covered new dietary trends among young people in relation to climate change and eating disorders.

"Healthy eating today is a fundamental investment for future health," stated Prof. Tagliabue. "The activities of our members and this Congress aim to promote a food culture based on scientific evidence, to counteract misleading information and unfounded food trends. We hope this event serves as an important opportunity for scientific and cultural exchange, capable of positively influencing the future of nutrition and public health, benefiting present and future generations."

The Congress represented a valuable opportunity for young researchers, featuring four oral communication sessions and extensive poster presentations for the numerous submitted abstracts. As usual, awards were given for the best oral and poster presentations, and the prestigious "Gianni Barba" Prize was awarded to the best 2024 scientific publication by a young SINU member under 35 years old.

**Food waste as a resource for health and the environment**

At the 45th Congress of the Italian Society of Human Nutrition (SINU), the symposium "Food, Health, and Environment: Between Present and Future" addressed the reuse of food waste—such as tomato peels and hazelnut skins—to create more sustainable and nutritious foods.

According to EUROSTAT, around 59 million tons of food are wasted each year in the EU, much of it from industrial processing. Studies from the University of Tuscia showed that incorporating 10% hazelnut skin into biscuits increased fiber, antioxidants, and healthy fats, while reducing saturated fats. Promising results also came from San Marzano tomato residues, which are rich in fiber and phenolic compounds.

Anna Tagliabue, president of SINU, emphasized that tackling food waste and enhancing the value of food scraps are key strategies for promoting both health and sustainability.

## SIMPOSIO 1

**Proper nutrition and physical activity as the foundation for osteoporosis prevention from early childhood**

A balanced diet and adequate physical activity from childhood are essential to prevent osteoporosis, a disease characterized by bone loss and an increased risk of fractures. Domenico Rendina (University of Naples Federico II and SINU councilor) emphasizes that primary prevention must begin in pediatric age, as achieving an adequate peak bone mass by around age 30 can delay the onset of the disease by approximately 15 years. Recent studies confirm the importance of a proper intake of calcium, protein, magnesium, zinc, iron, and copper for bone formation and mineralization. Additionally, a high consumption of fruits, vegetables, and potassium, along with reduced intake of salt and sugary drinks, is associated with higher bone density and a lower risk of fractures in young people. During the 45th National SINU Congress, it was reaffirmed that diet and physical activity are essential pillars for maintaining bone health. In adulthood, prevention is based on a balanced diet with adequate amounts of protein, calcium, fruits and vegetables, and limited salt intake, while vitamin D is crucial for calcium absorption and should be supplemented if insufficient. Finally, the Mediterranean Diet—rich in plant-based foods and dairy, and low in salt and saturated fats—is confirmed as the most effective model to protect bone health at all ages, especially since patients with osteoporotic fractures show lower adherence to this dietary pattern compared to those without fractures.

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## SIMPOSIO 2

**Climate Change and Eating Disorders**

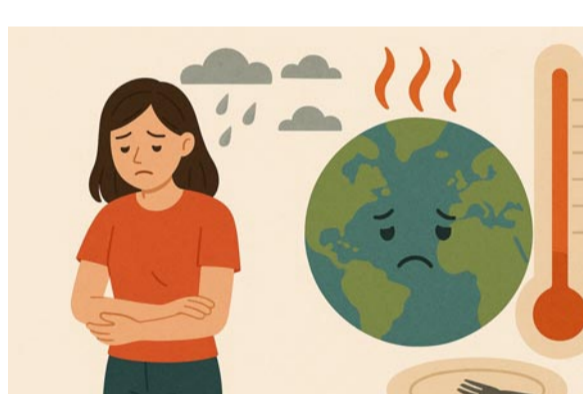
The concept of One Health highlights how human, animal, and planetary health are interconnected: a "sick" planet can also harm human health. The food system, responsible for environmental issues such as rising temperatures, biodiversity loss, and water scarcity, also contributes to the triple burden of malnutrition (undernutrition, overnutrition, and micronutrient deficiencies). These factors threaten not only the planet but also mental health, being linked to psychological distress and an increased risk of psychiatric disorders.

The relationship between climate change and eating disorders (ED) has been little studied. However, the rise in ED incidence and the role of food as a bridge between human and environmental health call for attention. At the 45th SINU Congress, a study coordinated by Prof. Simona Bo (University of Turin), involving also the University of Gastronomic Sciences of Pollenzo and Sapienza University of Rome, was presented to investigate the link between eco-concerns (eco-anxiety, eco-guilt) and the risk of ED.

Dr. Andrea Devecchi explained that the study, involving 880 women, found a significant correlation between eco-emotions and the risk of ED, confirmed even after adjusting for age, BMI, education, and other factors. An inverse association was also observed between age and the intensity of eco-emotions, along with a particular link to orthorexia nervosa, an obsession with healthy eating.

Food proves to be a key element connecting eating disorders and climate impact, providing insights to better understand human behaviors and their impact on the planet.

## SIMPOSIO 3

**Simona Esposito wins the "Gianni Barba" Award for a study on ultra-processed foods and biological aging**

The researcher from Neuromed in Pozzilli and LUM University in Casamassima has received the award dedicated to Gianni Barba, an awarded physicist and researcher at the CNR in Avellino, a distinguished member of SINU and of the editorial board of the journal NMCD, during the National Congress of the Society.

[Read more...](#)

## "Gianni Barba" Award

**SINU presents the new Mediterranean Diet Pyramid**

The tool, presented during the National Congress of the Italian Society of Human Nutrition (SINU) in Salerno, was developed to promote greater adherence to the principles of healthy eating and to educate individuals on making healthier and more sustainable food choices.

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## Highlight

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