

### IL MENU' DELLA BELLEZZA

A cura dell'Università di Siena

### RIFERIMENTI BIBLIOGRAFICI

1. <https://www.taccuinigastrosofici.it/ita/news/medioevale/pasta-cereali/avena-cereale-del-mattino.html>
2. Raud Westberg A. *Exploring Swedish Oat (Avena sativa) Genetic History-from AD 1440 to today*. **2021**.
3. Toussaint-Samat M. *A History of Food*, 2<sup>a</sup> ed., John Wiley & Sons. **2009**. 161-162. ISBN 144430514X.
4. Kaukinen K, Collin P, Huhtala H, Mäki M. *Long-term consumption of oats in adult celiac disease patients*. *Nutrients*. **2013**; 5 (11): 4380-9. doi:10.3390/nu5114380. PMID: 24201240; PMCID: PMC3847736.
5. Singh R, De S, Belkheir A. *Avena sativa (Oat), a potential nutraceutical and therapeutic agent: an overview*. *Crit Rev Food Sci Nutr*. **2013**. 53 (2): 126-44. doi: 10.1080/10408398.2010.526725. PMID: 23072529.
6. Sang S, Chu Y. *Whole grain oats, more than just a fiber: Role of unique phytochemicals*. *Mol Nutr Food Res*. **2017**. 61 (7). doi: 10.1002/mnfr.201600715. Epub 2017 Feb 22. PMID: 28067025.
7. [https://www.ema.europa.eu/en/documents/herbal-report/assessment-report-avena-sativa-l-herba-avena-sativa-l-fructus\\_en.pdf](https://www.ema.europa.eu/en/documents/herbal-report/assessment-report-avena-sativa-l-herba-avena-sativa-l-fructus_en.pdf)
8. Grundy MM, Fardet A, Tosh SM, Rich GT, Wilde PJ. *Processing of oat: the impact on oat's cholesterol lowering effect*. *Food Funct*. **2018**. 9 (3):1328-1343. doi: 10.1039/c7fo02006f. Epub 2018 Feb 12. PMID: 29431835; PMCID: PMC5885279.
9. Janda K, Orłowska A, Watychowicz K, Jakubczyk K. *The role of oat products in the prevention and therapy of type 2 diabetes, hypercholesterolemia and obesity*. *Pomeranian Journal of Life Sciences*. **2019**. 65 (4).
10. Guo L, Tong LT, Liu L, Zhong K, Qiu J, Zhou S. *The cholesterol-lowering effects of oat varieties based on their difference in the composition of proteins and lipids*. *Lipids Health Dis*. **2014**. 13:182. doi: 10.1186/1476-511X-13-182. PMID: 25477248; PMCID: PMC4271338.
11. Dhakal H, Yang EJ, Lee S, Kim MJ, Baek MC, Lee B, Park PH, Kwon TK, Khang D, Song KS, Kim SH. *Avenanthramide C from germinated oats exhibits anti-allergic inflammatory effects in mast cells*. *Sci Rep*. **2019**. 9 (1): 6884. doi: 10.1038/s41598-019-43412-2. PMID: 31053741; PMCID: PMC6499795.
12. Reynertson KA, Garay M, Nebus J, Chon S, Kaur S, Mahmood K, Kizoulis M, Southall MD. *Anti-inflammatory activities of colloidal oatmeal (Avena sativa) contribute to the effectiveness of oats in treatment of itch associated with dry, irritated skin*. *J Drugs Dermatol*. **2015**. 14 (1):43-8. PMID: 25607907.

13. Pazyar N, Yaghoobi R, Kazerouni A, Feily A. *Oatmeal in dermatology: a brief review*. Indian J Dermatol Venereol Leprol. **2012**. 78 (2): 142-5. doi: 10.4103/0378-6323.93629. PMID: 22421643.
14. <https://www.ideegreen.it/come-usare-l-avena-in-cosmesi-67911.html>
15. Ferreira RDS, Mendonça LABM, Santos CD, Hiane PA, Matias R, Franco OL, de Oliveira AKM, do Nascimento VA, Pott A, Carvalho CME, Guimarães RCA. *Do Bioactive Food Compound with Avena sativa L., Linum usitatissimum L. and Glycine max L. supplementation with Moringa oleifera Lam. Have a Role against Nutritional Disorders? An Overview of the In Vitro and In Vivo Evidence*. Nutrients. **2021**; 13 (7): 2294. doi: 10.3390/nu13072294. PMID: 34371804; PMCID: PMC8308451.
16. El Shebini SM, Moaty MIA, Fouad S, Ahmed NH, Tapozada ST. *Obesity Related Metabolic Disorders and Risk of Renal Disease: Impact of Hypocaloric Diet and Avena Sativa Supplement*. Open Access Maced J Med Sci. **2018**. 6 (8): 1376-1381. doi: 10.3889/oamjms.2018.292.
17. Yang J, Ou B, Wise ML, Chu Y. *In vitro total antioxidant capacity and anti-inflammatory activity of three common oat-derived avenanthramides*. Food Chem. **2014**.160: 338-45. doi: 10.1016/j.foodchem.2014.03.059. Epub 2014 Mar 21. PMID: 24799247.
18. Tosh SM. *Review of human studies investigating the post-prandial blood-glucose lowering ability of oat and barley food products*. Eur J Clin Nutr. **2013**. 67 (4): 310-7. doi: 10.1038/ejcn.2013.25. Epub 2013 Feb 20. PMID: 23422921.
19. [www.efsa.europa.eu](http://www.efsa.europa.eu)
20. [https://www.salute.gov.it/imgs/C\\_17\\_pagineAree\\_1268\\_listaFile\\_itemName\\_2\\_file.pdf](https://www.salute.gov.it/imgs/C_17_pagineAree_1268_listaFile_itemName_2_file.pdf)
21. Zhang Y, Ni T, Zhang D, Liu H, Wang J, Sun B. *Consumption of avenanthramides extracted from oats reduces weight gain, oxidative stress, inflammation and regulates intestinal microflora in high fat diet-induced mice*. Journal of Functional Foods. **2020**. 65: 103774.
22. Picciolo M, Gigante D, Nunziata A. *La dipendenza da nicotina e le attuali terapie antifumo*. Dipartimento salute e prevenzione. **2005**. 156(4), 159-171.
23. Minervini L, Romanini FA, Solmi M, Passamani A, Sferrazza E, Schifano F. *Acute psychotic episode associated with the intake of a testosterone-enhancer herbal mixture purchased online*. Psychotherapy and psychosomatics. **2012**. 81( 4): 248-249.
24. <https://www.erbecedario.it/it/avena>
25. [https://www.salute.gov.it/portale/temi/documenti/integratori/registro\\_integratori\\_per\\_prodotto.pdf](https://www.salute.gov.it/portale/temi/documenti/integratori/registro_integratori_per_prodotto.pdf)