



Nutrition and Dietetics bulletin

December 2025

The aim of this current awareness bulletin is to provide a digest of recent articles on Nutrition and Dietetics

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Cardiovascular

Dietary and Lifestyle Patterns and Their Associations with Cardiovascular and Inflammatory Biomarkers in Vegans, Vegetarians, Pescatarians, and Omnivores: A Cross-Sectional Study

Izabela Kwiatkowska et al
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Association Between Over-the-Counter Magnesium Supplement Use and Health Outcomes in Veterans with Newly Diagnosed Heart Failure

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High-Salt Diets, Intestinal Barrier, and Hypertension: A Mechanistic Review and the Promise of Dietary Therapy

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Blueberries and Honeysuckle Berries: Anthocyanin-Rich Polyphenols for Vascular Endothelial Health and Cardiovascular Disease Prevention

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Diabetes



Partially Hydrolyzed Guar Gum Combined with a Low-Fat Diet Ameliorates Type 2 Diabetes Mellitus via Modulating Gut Microbiota and Fecal Metabolites

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The Association of Dietary Diabetes Risk Reduction Score and the Risk of Cancer: A Systematic Review and Meta-Analysis of Observational Studies

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The Gut Nexus: Unraveling Microbiota-Mediated Links Between Type 2 Diabetes and Colorectal Cancer

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Understanding Preferences for Weight Loss Diets Amongst Patients With a Diagnosis of Type 2 Diabetes

Alexis Carey et al
Journal of Human Nutrition and Dietetics 38 (6) e70153

Do Peer Support Groups Facilitate Nutrition Information Practice and Nutritional Self-Management in People Living With Type 2 Diabetes?

Jane McClinchy et al
Journal of Human Nutrition and Dietetics 38 (6) e70158

Impact of the Mediterranean Diet on Glycemic Control, Body Mass Index, Lipid Profile, and Blood Pressure in Type 2 Diabetes: A Meta-Analysis of Randomized Controlled Trials

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Food Allergy



Prevalence Clinical Syndromes and Outcomes of Cow's Milk Allergy in Children: A Four-Year Follow-Up

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Diet Components, Immune Function and IgE-Mediated Food Allergy

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High Prevalence and Clinical Associations of Vitamin D Deficiency in Inflammatory Bowel Disease: Evidence from a Tertiary Center Cohort

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Celiac Disease as a Model of Intestinal Malnutrition: Mechanisms and Nutritional Management

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The Real Danger for Milk Protein Allergy: Developing a Scale for Family Doctors on Introducing Diet Diversity to Infants with Cow's Milk Protein Allergy

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Differential Effects of Vitamin C from Fruit and Vegetables Versus Supplements on the Risk of Frailty

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Lifestyle Patterns and Incidence of Cardiovascular Diseases, Cancer, Respiratory Diseases, and Type 2 Diabetes: A Large-Scale Prospective Cohort Study

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Association Between the Lifestyle Inflammation Score and Gestational Diabetes Mellitus and Postpartum Glucose Metabolism Alterations

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Vitamin D Deficiency During Pregnancy Is Associated with Postpartum Depression: A Cohort Study in Southern Brazil

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Can Beetroot (*Beta vulgaris*) Support Brain Health? A Perspective Review on Alzheimer's Disease

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Bioactive Nutritional Components Within the Planetary Health Diet for Preventing Sarcopenic Obesity and Diabetic Sarcopenia: A Systematic Review

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Effects of Four Weeks of Alternate-Day Fasting with or Without Protein Supplementation—A Randomized Controlled Trial

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Consumption of Unprocessed and Ultraprocessed Foods in Adolescents with Obesity: Associations with Neuroendocrine Mediators of Appetite Regulation and Binge Eating Symptoms

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Dietary Patterns Influence Chronic Disease Risk and Health Outcomes in Older Adults: A Narrative Review

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Clinical Dietitians' Perspectives on Nutritional Management in Children's Palliative Care: A Qualitative Study
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Early-Life Nutritional Determinants of Pediatric MASLD
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Parental & Enteral Nutrition

Clinical Outcomes Associated with Parenteral Nutrition Caloric Provision in Geriatric Patients with Infectious Colitis
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Renal Nutrition

Real-World Snapshot of Dietary Patterns in Subjects Living with Chronic Kidney Disease
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The Relationship Between Controlling Nutritional Status Score and Physical Function and Dependency Level in Stroke Patients

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