



# 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**

If you would like to request any of the articles included in this bulletin, or be put onto the distribution list, please contact: [ulth.library.grantham@nhs.net](mailto:ulth.library.grantham@nhs.net)

If you would like to receive any of our other bulletins please sign up here:  
<https://www.nhslincslibrary.uk/bulletin-request-form/>

For more information on Library and Knowledge Services please go to:  
[www.nhslincslibrary.uk](http://www.nhslincslibrary.uk)

### 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  
Nutrients 17 (23) 3634

**Association Between Over-the-Counter Magnesium Supplement Use and Health Outcomes in Veterans with Newly Diagnosed Heart Failure**

Yan Cheng et al  
Nutrients 17 (23) 3687

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

Wenhao Si et al  
Nutrients 17 (23) 3688

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

Sanda Jurja et al  
Nutrients 17 (24) 3888

### Diabetes



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

Zhiqiang Cao et al  
Nutrients 17 (23) 3746

**Food Preferences as a Positive Outcome for Adolescents with Type 1 Diabetes**

Grzegorz Sobek et al  
Nutrients 17 (23) 3752

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

Zahra Maghsoudi et al  
Nutrients 17 (23) 3802

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

Anns Mahboob et al  
Nutrients 17 (23) 3803

**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**

Ming-Ju Wu et al  
Nutrients 17 (24) 3908

**Food Allergy**



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

Ioannis Xinias et al

Nutrients 17 (23) 3646

**Diet Components, Immune Function and IgE-Mediated Food Allergy**

Rosina López-Fandiño

Nutrients 17 (23) 3669

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

Theodora Kafentzi et al

Nutrients 17 (23) 3698

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

Vanessa Nadia Dargenio et al

Nutrients 17 (23) 3741

**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**

Celina Silvia Stafie

Nutrients 17 (23) 3770

**Clinical Outcomes of Oat Beta-Glucan Nutritional Intervention in Ulcerative Colitis: Case Reports of a Female and a Male Patient**

Alicja Zalecinska et al

Nutrients 17 (24) 3812

**Different Paths, One Goal: Milk Ladders in IgE- and Non-IgE Mediated Cow's Milk Protein Allergy—A Narrative Review**

Daria Wiszniewska et al

Nutrients 17 (24) 3816

**Mixed Nut Challenge Test (MixNut) as an Efficient Procedure in the Management of Lipid Transfer Protein Allergy**

Diana Betancor et al

Nutrients 17 (24) 3822



**Efficacy of Large Language Models in Providing Evidence-Based Patient Education for Celiac Disease: A Comparative Analysis**

Luisa Bertin et al

Nutrients 17 (24) 3828

**Research Advances in the Impact of Probiotic Supplementation on Ulcerative Colitis Management**

Yangyang Xu et al

Nutrients 17 (24) 3838

**Ultra-Processed Foods and Inflammatory Bowel Disease: A Narrative Review of Epidemiology, Mechanisms, and Dietary Implications**

So Yoon Choi et al

Nutrients 17 (24) 3852

**Gastroenterology**

**Medicinal Plants in Food Supplements for Gastrointestinal Disorders: Critical Assessment of Health Claims on Gastric Acid Regulation**

Renate Teterovska et al

Nutrients 17 (23) 3674

**Effects of a Bioactive Vegetable-Enriched Diet on Autotaxin and Liver Fibrosis in MASLD with Evidence of Sex-Specific Responses: A Pilot Study**

Nicole Cerabino et al

Nutrients 17 (23) 3676

**Protective Role of Ginsenoside F1-Enriched Extract (SGB121) in Metabolic Dysfunction-Associated Fatty Liver Disease (MAFLD)**

Bo Yoon Chang et al

Nutrients 17 (23) 3693

**Therapeutic Potentials of Phytochemicals in Pancreatitis: Targeting Calcium Signaling, Ferroptosis, microRNAs, and Inflammation with Drug-Likeness Evaluation**

Fatma Farhat et al

Nutrients 17 (24) 3841

**General**



**Dietary Management of Eosinophilic Esophagitis in Patients on a Ketogenic Diet for Refractory Epilepsy: A Retrospective Clinician Reported Case Series**

Kelly Urbanik et al

Nutrients 17 (23) 3633

**Dietary Selenium-Enriched Aquatic Products for Human Health**

Huilong Qiu et al

Nutrients 17 (23) 3640

**The Way Calories Are Displayed on Restaurant Menus May Not Affect Calorie Intake: Evidence from an Online Experiment**

Riccardo Migliavada et al

Nutrients 17 (23) 3642

**Pecans and Human Health: Distinctive Benefits of an American Nut**

Amandeep K. Sandhu et al

Nutrients 17 (23) 3686

**Nutrition and Hydration at the End of Life in Intensive Care and General End-of-Life Care Settings: Balancing Clinical Evidence, Patient-Centered Care, and Ethical and Legal Principles—A Narrative Review**

Mircea Stoian et al

Nutrients 17 (23) 3705

**Can Early Nutrition Be Responsible for Future Gut Microbiota Changes and Different Health Outcomes?**

Raffaella de Franchis et al

Nutrients 17 (23) 3721

**Health-Promoting Properties of Sorghum Bioactive Compounds—A Comprehensive Bibliometric Analysis**

Jakub Frankowski et al

Nutrients 17 (23) 3732

**Dysregulated Iron Homeostasis in Atopic Dermatitis: Linking Iron Deficiency to Clinical Severity and Quality of Life**

Małgorzata Ponikowska et al

Nutrients 17 (23) 3743



**Highly Processed Food and Functional Gastrointestinal Disorders in Children and Adolescents with Obesity: The Preventive Challenge—A Narrative Review**

Valeria Calcaterra et al  
Nutrients 17 (23) 3744

**Consuming Tree Nuts Daily as Between-Meal Snacks Reduces Food Cravings and Improves Diet Quality in American Young Adults at High Metabolic Syndrome Risk**

Kate Lillegard et al  
Nutrients 17 (23) 3778

**Ocular Manifestations of Celiac Disease: Current Evidence and Clinical Implications**

Monika Senterkiewicz et al  
Nutrients 17 (23) 3781

**Associations Between Nutritional Factors, Obesity and Ocular Diseases: A Narrative Literature Review**

Corina Georgiana Bogdănici et al  
Nutrients 17 (23) 3798

**The Role of Nutrition in the Development, Management, and Prevention of Rheumatoid Arthritis: A Comprehensive Review**

Maria Polyzou et al  
Nutrients 17 (23) 3826

**Impact of Dietary Patterns on Skeletal Health: A Systematic Review and Meta-Analysis of Bone Mineral Density, Fracture, Bone Turnover Markers, and Nutritional Status**

Adhithya Mullath Ullas et al  
Nutrients 17 (24) 3845

**Yerba Mate (*Ilex paraguariensis*) and Rheumatoid Arthritis: A Systematic Review of Mechanistic and Clinical Evidence**

Manuela Cassotta et al  
Nutrients 17 (24) 3853



**Clinical Implementation of Sustainable Functional Foods and Nutraceuticals in Metabolic Health: A Feasibility Study**

Francesca Scionti et al  
Nutrients 17 (24) 3858

**Nutrient Equivalence of Plant-Based and Cultured Meat: Gaps, Bioavailability, and Health Perspectives**

Jean Demarquoy  
Nutrients 17 (24) 3860

**Development of a Mediterranean Diet Recipe Index (MedRI)**

Sofia G. Florença et al  
Nutrients 17 (24) 3868

**Development and Validation of a New Tool for Assessing the Intake of Ultra-Processed Foods in Adult Population: GR-UPFAST**

Alexandra Foscolou et al  
Journal of Human Nutrition and Dietetics 38 (6) e70166

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

Seulgi Lee et al  
Nutrients 17 (24) 3876

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

Qian Zou et al  
Nutrients 17 (24) 3883

**Maternal/Neonatal**

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

Mónica L. Ruiz-Martínez et al  
Nutrients 17 (23) 3717

**Mechanistic Pathways of Gestational Obesity: Implications for Maternal and Offspring Health: A Narrative Review**

Alireza Jahan-Mihan et al



Nutrients 17 (23) 3731

**Eggs as a Nutrient-Rich Food with Potential Relevance to Sleep Metabolic Health, and Well-Being During the Menopausal Transition: A Narrative Review**

Lilia Convit et al

Nutrients 17 (24) 3837

**Nutrient Intake and Menopausal Symptoms in Perimenopausal Women**

Miriam Bernadette Murphy et al

Nutrients 17(24) 3887

**Mental Health/Eating Disorders**

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

Luis Otávio Lobo Centeno et al

Nutrients 17 (23) 3649

**A Recipe for Resilience: A Systematic Review of Diet and Adolescent Mental Health**

Jade E. Tucker et al

Nutrients 17 (23) 3677

**Gut Microbiota and Autism: Unlocking Connections**

Valentina Biagioli et al

Nutrients 17 (23) 3706

**From ARFID to Binge Eating: A Review of the Sensory, Behavioral, and Gut–Brain Axis Mechanisms Driving Co-Occurring Eating Disorders in Children and Adolescents with Autism Spectrum Disorder**

Marta Kopanska et al

Nutrients 17 (23) 3714

**From Food to Mood: Psychological and Psychiatric Impact of Diet in Bipolar Disorder**

Giuseppe Marano et al

Nutrients 17 (23) 3728





**Beyond Weight Loss: GLP-1 Usage and Appetite Regulation in the Context of Eating Disorders and Psychosocial Processes**

Isabel Krug et al

Nutrients 17 (23) 3735

**Exploring Maladaptive Eating Behaviors and Quality of Life in Those with Bowel Diseases**

Lauren Kness et al

Nutrients 17 (23) 3738

**The Association Between Nut Consumption and Risk of Depressive Symptoms: A Meta-Analysis of Observational Studies**

Sohyun Kim et al

Nutrients 17 (24) 3810

**Core Deficits and Eating Behaviors in Children with Autism: The Role of Executive Function**

Yufei Liu et al

Nutrients 17 (24) 3854

**Perspectives of Non-Medical Professionals Working in a Mental Health Service on Eating Disorders: Awareness, Knowledge, and Stigmatisation**

Hakan Ögütlü et al

Nutrients 17 (24) 3878

**Decoding Picky Eating in Children: A Temporary Phase or a Hidden Health Concern?**

Dorina Pjetraj et al

Nutrients 17 (24) 3884

**Fish Consumption and the Risk of Depression: A Systematic Review and Meta-Analysis of Observational Studies**

Eunje Kim et al

Nutrients 17 (24) 3965

**Neurogenerative Diseases/Neurology**



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

Rachel Kimble et al

Nutrients 17 (23) 3790

**Neuroprotective Effects of Mushroom Biomass Digestive Fractions and Gut Microbiota Metabolites in Microglial and Caenorhabditis elegans Models of Neurodegeneration**

Helena Araújo-Rodrigues et al

Nutrients 17 (24) 3867

**Nutrition and Physical Activity in an Interdisciplinary Approach to Migraine: A Narrative Review**

Roberto Pippi et al

Nutrients 17 (24) 3869

**How the Intake of Pulses May Impact Metabolic Disorders and Dementia Risk: A Narrative Review**

Lisa M. B. Salinas et al

Nutrients 17 (24) 3898

**Mediterranean Diet, Polyphenols, and Neuroprotection: Mechanistic Insights into Resveratrol and Oleuropein**

Mónika Fekete et al

Nutrients 17 (24) 3929

**Assessment of Functional Status in Patients with Multiple Sclerosis Based on the Inflammatory Potential of Their Diet**

Sofía Fernández-Godino et al

Nutrients 17 (24) 3951

**Beetroot Juice Supplementation as a Healthy Aging Strategy Through Improving Physical Performance and Cognitive Functions: A Systematic Review**

Anna Nowak et al

Nutrients 17 (24) 3954

**Obesity**



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

Lia Elvina et al

Nutrients 17 (23) 3656

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

Benedict Wei Jun Pang et al

Nutrients 17 (23) 3691

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

Patrícia Sousa Neres et al

Nutrients 17 (23) 3711

**Marine-Algal-Derived Postbiotics Modulating the Gut Microbiota–Adipose Tissue Axis in Obesity: A New Frontier**

Edward Kurnia Setiawan Limijadi et al

Nutrients 17 (23) 3774

**Older People**

**Longitudinal Association of Coffee and Tea Consumption with Bone Mineral Density in Older Women: A 10-Year Repeated-Measures Analysis in the Study of Osteoporotic Fractures**

Ryan Yan Liu et al

Nutrients 17 (23) 3660

**Health-Promoting Potential of the Mediterranean Diet and Challenges for Its Application in Aging Populations**

Marta Cianciabella et al

Nutrients 17 (23) 3675

**Dietary n-3 Polyunsaturated Fatty Acids From Fish Are Associated With Better Healthy Aging Indicators: Results of the DIAPELH Study**

Alexandra Foscolou et al

Journal of Human Nutrition and Dietetics 38 (6) e70169



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

Jordan A. Gunning et al  
Nutrients 17 (24) 3910

**Oncology**

**Exploring Dietary Supplement Utilization Patterns Among African American Survivors of Prostate and Breast Cancer: A Cross-Sectional Analysis**

Carlene A. Kranjac et al  
Nutrients 17 (23) 3724

**Tracking Evidences of Dandelion for the Treatment of Cancer: From Chemical Composition, Bioactivity, Signaling Pathways in Cancer Cells to Perspective Study**

Anqi Wang et al  
Nutrients 17 (23) 3769

**Impact of Nutritional Status on Survival and Development of Hodgkin's Lymphoma: A Scoping Review**

Sabina Krupa-Nurcek et al  
Nutrients 17 (23) 3777

**Healthful and Unhealthful Plant-Based Diets and Their Association with Cardiometabolic Targets in Women Diagnosed with Breast Cancer: A Cross-Sectional Analysis of a Lifestyle Trial**

Sara Vitale et al  
Nutrients 17 (23) 3782

**Nutrition Support Interventions for Children and Young People Treated for Osteosarcoma: A Scoping Review**

Laura Sealy et al  
Journal of Human Nutrition and Dietetics 38 (6) e70172

**Nutritional Support for Gastrointestinal Cancer Patients: New (and Old) Frontiers in Management, a Narrative Review**

Nazanin Khajoueinejad et al  
Nutrients 17 (24) 3917



**The Olive Phenolic S-(+)-Oleocanthal as a Novel Intervention for Neuroendocrine Prostate Cancers: Therapeutic and Molecular Insights**

Md Towhidul Islam Tarun et al  
Nutrients 17 (24) 3947

**Paediatric**

**Clinical Characteristics and Outcomes of Pediatric Vitamin C Deficiency**

Thanaporn Trangkanont et al  
Nutrients 17 (23) 3755

**Association Between Iron Deficiency Anemia and Dental Caries in Children: A Systematic Umbrella Meta-Analysis**

Mohammed Taib Fatih et al  
Journal of Human Nutrition and Dietetics 38 (6) e70149

**Clinical Dietitians' Perspectives on Nutritional Management in Children's Palliative Care: A Qualitative Study**

Gro Trae et al  
Journal of Human Nutrition and Dietetics 38 (6) e70174

**Early-Life Nutritional Determinants of Pediatric MASLD**

Johanna K. DiStefano  
Nutrients 17 (24) 3871

**Nutritional Issues in Children with Congenital Heart Diseases (CHDs)**

Giovanna Fernanda Vazzana et al  
Nutrients 17 (24) 3936

**Parental & Enteral Nutrition**

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

Yuro Kang et al  
Nutrients 17 (23) 3707

**Renal Nutrition**

**Real-World Snapshot of Dietary Patterns in Subjects Living with Chronic Kidney Disease**

Mariana Di Lorenzo et al  
Nutrients 17 (24) 3864



## Stroke

### **The Relationship Between Controlling Nutritional Status Score and Physical Function and Dependency Level in Stroke Patients**

Sedef Ersoy et al

Nutrients 17 (23) 3734