



# Nutrition and Dietetics Bulletin March 2024

## How to obtain an article

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

## Focus Board Games

Game based learning is the perfect way to learn!

The following board games are available to loan from the library

### The Hydration Game



### The Nutrition Game



Please contact [library.grantham@ulh.nhs.uk](mailto:library.grantham@ulh.nhs.uk) for information on how to loan these items

## Articles

### Cardiovascular

#### **Healthy overweight and obesity in the young: Prevalence and risk of major adverse cardiovascular events**

Paolo Palatini et al

Nutrition, Metabolism & Cardiovascular Diseases 34 (3) 783-791

#### **A four-week dietary intervention with mycoprotein-containing food products reduces serum cholesterol concentrations in community dwelling, overweight adults: A randomised controlled trial**

George F. Pavis et al

Clinical Nutrition 43 (3) 649-659

#### **Associations between sarcopenic obesity and risk of cardiovascular disease: A population-based cohort study among middle-aged and older adults using the CHARLS**



Minglan Jiang et al Clinical Nutrition 43 (3) 796-802
<b>Food Compass Score predicts incident cardiovascular disease: The ATTICA cohort study (2002–2022)</b> Evangelia Damigou et al Journal of Human Nutrition and Dietetics 37 (1) 203-216
<b>Beneficial Effects of Spirulina Supplementation in the Management of Cardiovascular Diseases</b> Valeria Prete et al Nutrients 16 (5) 642
<b>High-Density Lipoprotein Metabolism and Function in Cardiovascular Diseases: What about Aging and Diet Effects?</b> Mojgan Morvaridzadeh et al Nutrients 16 (5) 653
<b>Associations of Dietary Intake with Cardiovascular Risk in Long-Term “Plant-Based Eaters”: A Secondary Analysis of a Cross-Sectional Study</b> Boštjan Jakše et al Nutrients 16 (6) 796
<b>Nutritional Status Predicts the Length of Stay and Mortality in Patients Undergoing Electrotherapy Procedures</b> Joanna Popiolek-Kalisz et al Nutrients 16 (6) 843
<b>Diabetes</b>
<b>The role of micronutrients on the treatment of diabetes</b> Samer Younes Human Nutrition & Metabolism 35 (3) 200238
<b>Plant-Based Diet and Glycemic Control in Type 2 Diabetes: Evidence from a Thai Health-Promoting Hospital</b> Jonah Bawa Adokwe et al Nutrients 16 (5) 619
<b>Effect of Aromatic Herbs and Spices Present in the Mediterranean Diet on the Glycemic Profile in Type 2 Diabetes Subjects: A Systematic Review and Meta-Analysis</b>



María Carmen Garza et al Nutrients 16 (6) 756
<b>Understanding the Interplay of Dietary Intake and Eating Behavior in Type 2 Diabetes</b> Ana Maria Gal et al Nutrients 16 (6) 771
<b>Food Allergy</b>
<b>The affordability and obtainability of gluten-free foods for adults with coeliac disease following their withdrawal on prescription in England: A qualitative study</b> Helen Crocker et al Journal of Human Nutrition and Dietetics 37 (1) 47-56
<b>Food intolerance related to gastrointestinal symptoms amongst adults living with bile acid diarrhoea: A cross-sectional study</b> Yvonne A. McKenzie et al Journal of Human Nutrition and Dietetics 37 (1) 79-93
<b>Intervention Efficacy of Slightly Processed Allergen/Meat in Oral Immunotherapy for Seafood Allergy: A Systematic Review, Meta-Analysis, and Meta-Regression Analysis in Mouse Models and Clinical Patients</b> Xinyu Han et al Nutrients 16 (5) 667
<b>Vegetable Extracts as Therapeutic Agents: A Comprehensive Exploration of Anti-Allergic Effects</b> Kazuhiro Takemoto et al Nutrients 16 (5) 693
<b>Preparation and Immunochemical Characterization of a Water-Soluble Gluten Peptide Fraction for Improving the Diagnosis of Celiac Disease</b> Niklas Meyer et al Nutrients 16 (5) 742
<b>Prebiotics and Probiotics for Gastrointestinal Disorders</b> Sameeha Rau et al Nutrients 16 (6) 778



**An Evaluation of the Usefulness of Selected Screening Methods in Assessing the Risk of Malnutrition in Patients with Inflammatory Bowel Disease**

Małgorzata Godala et al  
Nutrients 16 (6) 814

**Redefining the Role of Nutrition in Infant Food Allergy Prevention: A Narrative Review**

Michael Brandwein et al  
Nutrients 16 (6) 838

**Gastroenterology**

**Creating a Framework for Treating Autoimmune Gastritis—The Case for Replacing Lost Acid**

Lori Taylor et al  
Nutrients 16 (5) 662

**Gluten-Free Diet Alters the Gut Microbiome in Women with Autoimmune Thyroiditis**

Aleksandra Rodziewicz et al  
Nutrients 16 (5) 685

**Heat-Killed *Saccharomyces boulardii* Alleviates Dextran Sulfate Sodium-Induced Ulcerative Colitis by Restoring the Intestinal Barrier, Reducing Inflammation, and Modulating the Gut Microbiota**

Yuxin Jin et al  
Nutrients 16 (5) 702

**Relation between Body Composition Trajectories from Childhood to Adolescence and Nonalcoholic Fatty Liver Disease Risk**

Gigliola Alberti et al  
Nutrients 16 (6) 785

**General**

**Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses**

Melissa M Lane et al  
BMJ 394 e00731

**Vitamin B complex: B group vitamins and their role in the body**

Zubeyde Bayram-Weston  
Nursing Times 120 (3) 42-47



<p><b>Ketogenic diet for epilepsy and obesity: Is it the same?</b> Tagliabue et al Nutrition, Metabolism &amp; Cardiovascular Diseases 34 (3) 581-589</p>
<p><b>The impact of micronutrients on the sense of taste</b> Samer Younes et al Human Nutrition &amp; Metabolism 35 (3) 200231</p>
<p><b>Increased nutrition knowledge and adherence to the Mediterranean diet are associated with lower body mass index and better self-rated general health among university students</b> Fatima Zahra Elmskini et al Human Nutrition &amp; Metabolism 35 (3) 200240</p>
<p><b>The impact of prehabilitation on outcomes in frail and high-risk patients undergoing major abdominal surgery: A systematic review and meta-analysis</b> Pavel Skorepa et al Clinical Nutrition 43 (3) 629-648</p>
<p><b>ESPEN practical guideline: Nutritional support for polymorbid medical inpatients</b> Carla Wunderle et al Clinical Nutrition 43 (3) 674-691</p>
<p><b>ESPEN practical short micronutrient guideline</b> Mette M. Berger et al Clinical Nutrition 43 (3) 825-857</p>
<p><b>Nutrition intervention goals from the perspectives of patients at risk of malnutrition: A qualitative study</b> Lina Al-Adili et al Journal of Human Nutrition and Dietetics 37 (1) 217-226</p>
<p><b>Metabolic changes with intermittent fasting</b> Maria G. Lange et al Journal of Human Nutrition and Dietetics 37 (1) 256-269</p>
<p><b>Happy Little Vegemites™! An analysis of the contribution of yeast extract spreads and tomato-based sauces to nutrient intake adequacy in Australia</b> Megan Whatnall et al</p>



Journal of Human Nutrition and Dietetics 37 (1) 292-307
<b>Nutritional risk predicts postoperative complications and length of stay, whereas sarcopenia risk predicts need for step-down care in a mixed elective surgery population</b> Siobhán Power et al Journal of Human Nutrition and Dietetics 37 (1) 308-315
<b>Changes in nutrient composition and diet quality in the first 6 months following bariatric surgery: An observational cohort study</b> Laura Heusschen et al Journal of Human Nutrition and Dietetics 37 (1) 365-376
<b>Critically appraising and utilising qualitative health research evidence in nutrition practice</b> Karen A. Campbell et al Journal of Human Nutrition and Dietetics 37 (1) 377-387
<b>The role of carotenoids in bone health—A narrative review</b> Bartosz Kulczynski et al Nutrition 119 112306
<b>Diet and skin health: The good and the bad</b> Idris Adewale Ahmed et al Nutrition 119 112350
<b>Daily olive oil intake is feasible to reduce trigeminal neuralgia facial pain: A pilot study</b> Melissa L. Moreno et al Nutrition Research 123 (3) 101-110
<b>Culinary Medicine or Culinary Nutrition? Defining Terms for Use in Education and Practice</b> Sharon Croxford et al Nutrients 16 (5) 603
<b>Knowledge of Dietitians on Gut Microbiota in Health—An Online Survey of the European Federation of the Associations of Dietitians (EFAD)</b> Evdokia K. Mitsou et al Nutrients 16 (5) 621
<b>Metabolic Effects of Selected Conventional and Alternative Sweeteners: A Narrative Review</b>



Fabienne Teyssere et al Nutrients 16 (5) 622
<b>Application of Nanoparticles in Human Nutrition: A Review</b> Ammar B. Altemimi et al Nutrients 16 (5) 636
<b>Royal Jelly and Fermented Soy Extracts—A Holistic Approach to Menopausal Symptoms That Increase the Quality of Life in Pre and Post-menopausal Women: An Observational Study</b> Andreea Balan et al Nutrients 16 (5) 649
<b>Menopause Hot Flashes and Molecular Mechanisms Modulated by Food-Derived Nutrients</b> Ewa Forma et al Nutrients 16 (5) 655
<b>Bioactive Components of Areca Nut: An Overview of Their Positive Impacts Targeting Different Organs</b> Huihui Sun et al Nutrients 16 (5) 695
<b>Combined Effect of Early Nutrition Therapy and Rehabilitation for Patients with Chronic Obstructive Pulmonary Disease Exacerbation: A Prospective Randomized Controlled Trial</b> Yohei Oyama et al Nutrients 16 (5) 739
<b>Zingiber Officinale Roscoe: The Antiarthritic Potential of a Popular Spice—Preclinical and Clinical Evidence</b> Joanna Szymczak et al Nutrients 16 (5) 741
<b>A Comparative Review of Key Isothiocyanates and Their Health Benefits</b> Julia B. Olayanju et al Nutrients 16 (6) 757
<b>Barriers to Adopting a Plant-Based Diet in High-Income Countries: A Systematic Review</b> Alice Rickerby et al Nutrients 16 (6) 823



**The Use of Three-Dimensional Images and Food Descriptions from a Smartphone Device Is Feasible and Accurate for Dietary Assessment**

Jeannette M. Schenk et al  
Nutrients 16 (6) 828

**Functional and Therapeutic Potential of Cynara scolymus in Health Benefits**

Chiara Porro et al  
Nutrients 16 (6) 872

**Nutri-Score of Meat, Fish, and Dairy Alternatives: A Comparison between the Old and New Algorithm**

Sylvie Huybers et al  
Nutrients 16 (6) 892

**Maternal /Neonatal**

**Perspective: Supporting Maternal Efforts to Provide Optimal Infant Nutrition in the Post-Partum Setting**

Tina Gartley et al  
Advances in Nutrition 15 (3) 100183

**Association between protein intake and risk of gestational diabetes mellitus: A systematic review and dose-response meta-analysis of cohort studies**

Razieh Tabaeifard et al  
Clinical Nutrition 43 (3) 719-728

**Mediterranean Diet Adherence and Health-Related Quality of Life during Pregnancy: Is the Mediterranean Diet Beneficial in Non-Mediterranean Countries?**

Marta Flor-Aleman et al  
Nutrients 16 (5) 718

**Healthful Eating Behaviors among Couples Contribute to Lower Gestational Weight Gain**

Joshua R. Sparks et al  
Nutrients 16 (6) 822

**Mental Health / Eating Disorders**

**Eating disorder in children: Impact on quality of life, with a spotlight on autism spectrum disorder**

Natalia A. Smolko et al  
Nutrition Research 123 (3) 38-52





<p><b>Nutritional status changes in the treatment of substance use disorder: Relationship with substance craving</b> Yasemin Karaagac et al Nutrition Research 123 (3) 120-129</p>
<p><b>Identity Functioning in Patients with an Eating Disorder: Developmental Trajectories throughout Treatment</b> Margaux Ver et al Nutrients 16 (5) 591</p>
<p><b>Pharmacological Studies in Eating Disorders: A Historical Review</b> Yael D. Lewis et al Nutrients 16 (5) 594</p>
<p><b>The Role of the Dietitian within Family Therapy for Anorexia Nervosa (FT-AN): A Reflexive Thematic Analysis of Child and Adolescent Eating Disorder Clinician Perspectives</b> Cliona Brennan et al Nutrients 16 (5) 670</p>
<p><b>Exploring Alcohol-Related Behaviours in an Adult Sample with Anorexia Nervosa and Those in Recovery</b> Zara Smalley et al Nutrients 16 (5) 732</p>
<p><b>Healthy and Unhealthy Dietary Patterns of Depressive Symptoms in Middle-Aged Women</b> Ji-Young Choi et al Nutrients 16 (6) 776</p>
<p><b>Dietary Intakes of Long-Chain Polyunsaturated Fatty Acids and Impulsivity: Comparing Non-restricted, Vegetarian, and Vegan Diets</b> Mitchell K. Byrne et al Nutrients 16 (6) 875</p>
<p><b>Effects of Mindful Eating in Patients with Obesity and Binge Eating Disorder</b> Tatiana Palotta Minari et al Nutrients 16 (6) 884</p>



## Neurodegenerative Diseases

### **The Mediterranean-Dietary Approaches to Stop Hypertension Intervention for Neurodegenerative Delay (MIND) Diet for the Aging Brain: A Systematic Review**

Annick PM van Soest et al

Advances in Nutrition 15 (3) 100184

### **Nutritional neurology: Unraveling cellular mechanisms of natural supplements in brain health**

Suraj Kumar et al

Human Nutrition & Metabolism 35 (3) 200232

### **Association between Intake of Edible Mushrooms and Algae and the Risk of Cognitive Impairment in Chinese Older Adults**

Yun Yang et al

Nutrients 16 (5) 637

### **Comparison of Eating Habits, Body Composition and Densitometric Parameters between Subjects with Normal Cognitive Function and Mild Cognitive Impairment: An Observational Study**

Małgorzata Jamka et al

Nutrients 16 (5) 644

### **The Effects of Astaxanthin on Cognitive Function and Neurodegeneration in Humans: A Critical Review**

Callum James Joshua Queen et al

Nutrients 16 (6) 826

## Obesity

### **Potential Mechanisms of Precision Nutrition-Based Interventions for Managing Obesity**

Neel H Mehta et al

Advances in Nutrition 15 (3) 100186

### **Direct oral and fiber-derived butyrate supplementation as an antiobesity treatment via different targets**

Zuzanna Majka et al

Clinical Nutrition 43 (3) 869-880

### **A systematic review of associations between day-to-day variability in meal pattern and body weight, components of the metabolic syndrome and cognitive function**



<p>Midad A. Ali et al Journal of Human Nutrition and Dietetics 37 (1) 316-353</p>
<p><b>Obesity and Nutrigenetics Testing: New Insights</b> Mychelle Kytchia Rodrigues Nunes Duarte et al Nutrients 16 (5) 607</p>
<p><b>Exploring the Dynamic Relationship between the Gut Microbiome and Body Composition across the Human Lifespan: A Systematic Review</b> Ifigeneia Komodromou et al Nutrients 16 (5) 660</p>
<p><b>Older People</b></p>
<p><b>Sarcopenia and poor nutritional status in older adults</b> L. Calcaterra et al Clinical Nutrition 43 (3) 701-728</p>
<p><b>Appetite and family and friends network among community-dwelling older adults: Cross-sectional study</b> Kento Noritake R et al Nutrition 119 112321</p>
<p><b>Association between Controlling Nutritional Status (CONUT) Score and Body Composition, Inflammation and Frailty in Hospitalized Elderly Patients</b> Aurelio Lo Buglio et al Nutrients 16 (5) 576</p>
<p><b>Dietary Sodium Restriction and Frailty among Middle-Aged and Older Adults: An 8-Year Longitudinal Study</b> Yu-Chun Lin et al Nutrients 16 (5) 580</p>
<p><b>Factors Influencing Nutritional Status in Hospitalized Individuals Aged 70 and Above</b> Raquel Ruiz-Rosso et al Nutrients 16 (5) 645</p>
<p><b>A Herbal Prescription of Insamyangyeongtang as a Therapeutic Agent for Frailty in Elderly: A Narrative Review</b></p>



Han-Gyul Lee et al Nutrients 16 (5) 721
<b>Oncology</b>
<b>Effect of a Standardized Ginger Root Powder Regimen on Chemotherapy-Induced Nausea and Vomiting: A Multicenter, Double-Blind, Placebo-Controlled Randomized Trial</b> Megan Crichton et al Journal of the Academy of Nutrition and Dietetics 124 (3) 313-330
<b>Predicting malnutrition in gastric cancer patients using computed tomography(CT) deep learning features and clinical data</b> Weijia Huang et al Clinical Nutrition 43 (3) 881-894
<b>Validity of the GLIM criteria for the diagnosis of malnutrition in patients with colorectal cancer: A multicentre study on the diagnostic performance of different indicators of reduced muscle mass and disease severity</b> Ana Luiza Soares dos Santos et al Nutrition 119 112324
<b>The Impact of Vitamin D and Its Dietary Supplementation in Breast Cancer Prevention: An Integrative Review</b> Antía Torres et al Nutrients 16 (5) 573
<b>Polyphenols Influence the Development of Endometrial Cancer by Modulating the Gut Microbiota</b> Ewa Baranowska-Wójcik et al Nutrients 16 (5) 681
<b>Epigenetic Effects of Resveratrol on Oncogenic Signaling in Breast Cancer</b> Lucinda Kurzava Kendall et al Nutrients 16 (5) 699
<b>Prevention and Co-Management of Breast Cancer-Related Osteoporosis Using Resveratrol</b> Christine Meyer et al Nutrients 16 (5) 708



<b>A Narrative Review Comparing Nutritional Screening Tools in Outpatient Management of Cancer Patients</b> Delia Gil-Andrés et al Nutrients 16 (5) 752
<b>Research Progress of Plant-Derived Natural Products against Drug-Resistant Cancer</b> Wenli Liu et al Nutrients 16 (6) 797
<b>Healthy Lifestyle and Cancer Risk: Modifiable Risk Factors to Prevent Cancer</b> Pasquale Marino et al Nutrients 16 (6) 800
<b>Organosulfur Compounds in Colorectal Cancer Prevention and Progression</b> Patrick L. McAlpine et al Nutrients 16 (6) 802
<b>Impact of Olfactory Change on Postoperative Body Weight Loss in Patients with Gastric Cancer after Gastrectomy</b> Hiromi Matsuo et al Nutrients 16 (6) 851
<b>Paediatric</b>
<b>The Role of Early Life Gut Mycobiome on Child Health</b> Kayleigh Amber Rodriguez et al Advances in Nutrition 15 (3) 100185
<b>Plant-Based Diets in Children: Secular Trends, Health Outcomes, and a Roadmap for Urgent Practice Recommendations and Research—A Systematic Review</b> Malgorzata A. Desmond et al Nutrients 16 (5) 723
<b>Impact of Dietary Coparenting and Parenting Strategies on Picky Eating Behaviors in Young Children</b> Jo-Lin Chen et al Nutrients 16 (6) 898
<b>Parenteral &amp; Enteral Nutrition</b>



**Effect of early enteral nutrition on short-term outcomes and survival in patients in the cardiothoracic intensive care unit: An inverse probability weighted retrospective study**

Yi Shen et al

Nutrition 119 112328

**Renal Nutrition**

**Nutrition in critically ill children with acute kidney injury on continuous kidney replacement therapy : a 2023 executive summary**

Rupesh Raina M et al

Nutrition 119 112272

**Food to Prevent Vascular Calcification in Chronic Kidney Disease**

Diana Moldovan et al

Nutrients 16 (5) 617

**Effects of Dietary Intervention on Nutritional Status in Elderly Individuals with Chronic Kidney Disease**

Nunzia Cacciapuoti et al

Nutrients 16 (5) 632

**Geriatric Nutritional Risk Index and First-Year Mortality in Incident Hemodialysis Patients**

Gi Hyun Song et al

Nutrients 16 (5) 652

**Dietary Patterns, Dietary Adequacy and Nutrient Intake in Adults Commencing Peritoneal Dialysis: Outcomes from a Longitudinal Cohort Study**

Kelly Lambert et al

Nutrients 16 (5) 663

**The Role of Probiotics in the Prevention of Clostridioides difficile Infection in Patients with Chronic Kidney Disease**

Sylwia Dudzicz-Gojowy et al

Nutrients 16 (5) 671



### Library Services

Website: <https://www.nhslincslibrary.uk/>

#### Register for a NHS OpenAthens account

Register for a NHS OpenAthens account via the following link: <https://openathens.nice.org.uk/>

#### KnowledgeShare

Sign up to KnowledgeShare and we will send out regular emails alerting you to the latest evidence on a particular topic. To sign up, please click on the following link: <https://www.nhslincslibrary.uk/knowledgeshare-request/>

#### Evidence Searching Training

If you need evidence we can provide training on how to search the healthcare databases and resources. We can also show you how to appraise the information that you find. To book a training session please contact [clinical.libarian@ulh.nhs.uk](mailto:clinical.libarian@ulh.nhs.uk). More information can be found at: <https://www.nhslincslibrary.uk/training/>

### Online Resources

**BMJ Best Practice** is available to all NHS staff. This clinical decision support tool provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions.

Available from: <https://bestpractice.bmj.com/oafed>

**ClinicalKey** is a database which supports healthcare professionals by providing access to the latest evidence across specialties.

Available from: <https://www.clinicalkey.com/>