



Nutrition and Dietetics bulletin

April 2026

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

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Cardiovascular

Oxalate as an Emerging Contributor to Cardiovascular Disease: Links to Inflammation, Immunity, and Oxidative Stress

Mary A. E. M. Doamekpor et al
Nutrients 18 (8) 1190
10.3390/nu18081190

Modulation of Redox Balance by Phytochemicals: Implications for Cardiovascular Health

Morana Jaganjac et al
Nutrients 18 (8) 1204
10.3390/nu18081204

Disproportionate Cardiovascular Risk in Women with Type 2 Diabetes: A Narrative Review of Diet, Metabolic Phenotypes, and Gene–Diet–Epigenetic Interactions Across the Life Course

Tatjana Ábel et al
Nutrients 18 (8) 1217
10.3390/nu18081217

Clinical, Metabolic, and Behavioral Correlates of Nutritional Status in Chronic Heart Failure

Katarzyna Lomper et al
Nutrients 18 (8) 1269
10.3390/nu18081269



Diabetes

Association Between Levels of Magnesium and Diabetic Retinopathy in Diabetic Patients with Type 2 Diabetes Mellitus: An Updated Systematic Review and Meta-Analysis

Eman A. Kubbara et al
Nutrients 18 (7) 1162
10.3390/nu18071162

Ketogenic Diet in Children with Type 1 Diabetes: Parental Motivations and Potential Risks for Metabolic Health and Development

Rujith Kovinthapillai et al
Nutrients 18 (8) 1244
10.3390/nu18081244

Food Allergy

Beyond Nutrients: NOVA-Defined Dietary Patterns in Crohn's Disease and Healthy Adults

Ayva Lewis et al
Nutrients 18 (7) 1068
10.3390/nu18071068

Dietary Management After Ulcerative Colitis Surgery: A Thematic Analysis of TikTok Content

Oliver R. Kaye et al
Nutrients 18 (7) 1110
10.3390/nu18071110

Peanut Oral Immunotherapy in Children: An Italian Single-Center Retrospective Cohort Study

Benedetta Pessina et al
Nutrients 18 (8) 1252
10.3390/nu18081252

Nutritional Risk in Patients with IBD: Results from a National Survey

Camilla Fiorindi et al
Nutrients 18 (8) 1261
10.3390/nu18081261



Long-Term Outcomes of Mediterranean-Adapted Crohn's Disease Exclusion Diet in Mild Pediatric Crohn's Disease: A Real-Life Study from a Referral IBD Center

Patrizia Alvisi et al

Nutrients 18 (8) 1290

10.3390/nu18081290

Gastroenterology

Association of Life's Essential 8 with Hepatic Fibrosis, MASLD, and MetALD in the Framingham Heart Study

Alejandro Campos et al

Nutrients 18 (8) 1276

10.3390/nu18081276

General

Lower Adherence to the Mediterranean Diet in Fibromyalgia Compared with Rheumatoid and Psoriatic Arthritis and Its Association with Disease Burden and Lifestyle Factors

Cristina Iannuccelli et al

Nutrients 18 (7) 1019

10.3390/nu18071019

A Scoping Review to Identify Interventions That Support Healthier Food Choices for Pupils in Specialist Schools

Suzanne Spence et al

Nutrients 18 (7) 1037

10.3390/nu18071037

A Critical Narrative Review Appraisal of the 2025–2030 Dietary Guidelines: Scientific Strengths, Conceptual Gaps, and Overlooked Dimensions of Sustainability and Health Equity

Dimitrios Papandreou et al

Nutrients 18 (7) 1040

10.3390/nu18071040

The Potential of Plant-Derived Foods to Treat Glaucoma: A Review

Jinze Liu et al

Nutrients 18 (7) 1080

10.3390/nu18071080



Effect of Probiotic and Synbiotic Oral Supplementation in Autoimmune Diseases: An Updated Systematic Review and Meta-Analysis of Randomized Controlled Trials

Yuan-Yow Chiou et al
Nutrients 18 (7) 1107
10.3390/nu18071107

Factors Affecting Wound Healing in Patients with Venous Leg Ulcers: A Pilot Study

Hubert Aleksandrowicz et al
Nutrients 18 (7) 1148
10.3390/nu18071148

Cocoa Powder Modulates HIF-1 α Stability and Inhibits Ocular Angiogenic and Degenerative Pathology

Su Jung Hwang et al
Nutrients 18 (7) 1150
10.3390/nu18071150

Ultra-Processed Food Intake Is Not Associated with Systemic Inflammation in People with HIV

Ziad Koberssy et al
Nutrients 18 (8) 1211
10.3390/nu18081211

Evaluating the Clinical Validity of the Meal Rounds Observation Form for Assessing Safe Food Intake in Patients with Dysphagia: A Multicenter Prospective Study

Mitsuko Shimizu et al
Nutrients 18 (8) 1226
10.3390/nu18081226

Association Between Gut Microbiota and Postoperative Delirium—A Scoping Review

Izabella Przado et al
Nutrients 18 (8) 1201
10.3390/nu18081201

Enhancing Hospital Nutrition Assessment Through Artificial Intelligence: A Prospective Tray-Level Pilot Study

Sofia Favaretto et al
Nutrients 18 (8) 1234



10.3390/nu18081234

Protective Efficacy of Selenium in Cisplatin-Induced Retinal Toxicity: An Experimental Immunohistochemical and Ultrastructural Analysis

Ioannis Konstantinidis et al

Nutrients 18 (8) 1236

10.3390/nu18081236

Iodine in Health and Disease: A Comprehensive Review

Tea Delić et al

Nutrients 18 (8) 1262

10.3390/nu18081262

Nutritional Composition, Health Benefits and Claim Conditions of Fish from Aquaculture: A Narrative Review

Hanna Skendrovic et al

Nutrients 18 (8) 1270

10.3390/nu18081270

Rethinking Vitamin A Deficiency: Its Causes, Ophthalmologic Presentation, and Management Gaps at a New England Tertiary Hospital

Katherine H. Fearon et al

Nutrients 18 (8) 1310

10.3390/nu18081310

Maternal/Neonatal

Body Water During Pregnancy: Physiology, Clinical Significance and Assessment Methods: A Narrative Review

María Eugenia Flores-Quijano et al

Nutrients 18 (7) 1031

10.3390/nu18071031

Diet, the Gut Microbiome, and Estrogen Physiology: A Review in Menopausal Health and Interventions

Michelle Jing Sin Lim et al

Nutrients 18 (7) 1052

10.3390/nu18071052

OLIDIAG Study: Extra Virgin Olive Oil Supplementation in the Diet of Women with Gestational Diabetes Mellitus—A Randomized Clinical Trial

Alicia Jawerbaum et al



Nutrients 18 (7) 1120
10.3390/nu18071120

Non-Mineral Antioxidant Supplementation in Endometriosis: Biological Rationale, Clinical Evidence, and Therapeutic Implications—A Narrative Review

Kamila Pokorska-Niewiada et al
Nutrients 18 (8) 1182
10.3390/nu18081182

The Role of Dietary Supplements in the Treatment of Endometriosis: A Critical Review

Mariusz Wójtowicz et al
Nutrients 18 (8) 1274
10.3390/nu18081274

Care of Patients After Bariatric Surgery in the Periconceptual and Perinatal Periods

Karolina Skulimowska et al
Nutrients 18 (8) 1280
10.3390/nu18081280

Comparative Effectiveness of Pharmacological and Non-Pharmacological Interventions for Nausea and Vomiting in Pregnancy: A Systematic Review and Network Meta-Analysis

Lorinc Frivaldszky et al
Nutrients 18 (8) 1293
10.3390/nu18081293

Mental Health/Eating Disorders

Fermented Dairy Food Intake and Risk of Depression and Dementia in Later Life: Findings from a Prospective Cohort of Older Australians

Muniratul Idrus
Nutrients 18 (7) 1020
10.3390/nu18071020

Who Holds the Plate? Psychotherapists' Perspectives on Dietary Behavior, Transdiagnostic and Interdisciplinary Collaboration in Eating Disorders

Panagiota Tragantzopoulou et al
Nutrients 18 (7) 1030
10.3390/nu18071030



Coffee and Caffeine in Depression: Symptom-Level Modulation and Challenges in Nutripsychiatric Interpretation

Iwona Turkowska et al
Nutrients 18 (7) 1064
10.3390/nu18071064

Compulsive Skin Picking in Anorexia Nervosa: A Qualitative Study of Emotional and Interoceptive Dysregulation

Jaworski Mariusz et al
Nutrients 18 (7) 1070
10.3390/nu18071070

Association Between Dietary Animal Protein and Depression in a General Population

Sunghee Lee
Nutrients 18 (7) 1104
10.3390/nu18071104

Transdiagnostic Neurobiological and Nutritional Factors in Eating disorders: Implications for Integrative Treatment Models

Izabela Łucka et al
Nutrients 18 (7) 1108
10.3390/nu18071108

Eating and Mental Health Disorders

Hubertus Himmerich
Nutrients 18 (7) 1122
10.3390/nu18071122

Effects of Probiotic Supplementation on Core Symptoms of Autism Spectrum Disorder in Children

Meng Xian Chan et al
Nutrients 18 (7) 1127
10.3390/nu18071127

A Combined Network Analysis for Orthorexia Nervosa, Obsessive Compulsive, and Eating Disorder Symptoms

Caterina Lombardo et al
Nutrients 18 (8) 1179
10.3390/nu18081179



Avoidant-Restrictive Food Intake Disorder in Patients With Gastrointestinal Disorders: A Systematic Review

Sissel Bekker Henriksen

Journal of Human Nutrition and Dietetics 39 e70226

10.1111/jhn.70226

Neurogenerative Diseases/Neurology

Effects of a Mediterranean Diet-Based Program on Cognitive Decline: Non-Blinded Non-Randomized Controlled Trial of the CESPORT Program

Juan Carlos Checa Olmos et al

Nutrients 18 (7) 1073

10.3390/nu18071073

The Ketogenic Diet and Potential Micronutrient Risks in Drug-Resistant Epilepsy Management: A Literature Review

Bhavini Singh et al

Nutrients 18 (7) 1081

10.3390/nu18071081

Ketogenic Diet and Brain Health: Cerebrovascular Mechanisms, Neuroprotection, and Translational Implications

Noémi Mózes et al

Nutrients 18 (7) 1091

10.3390/nu18071091

Validation of a Patient-Reported Outcome Measure in Parkinson's Disease

Laurie K. Mischley et al

Nutrients 18 (7) 1118

10.3390/nu18071118

Interactions Between Blood Nutritional Biomarkers and Apolipoprotein E ϵ 4 in the Progression of Mild Cognitive Impairment in Alzheimer's Disease

Rasheedat Lawal et al

Nutrients 18 (8) 1263

10.3390/nu18081263

Early Clinical Swallow Evaluation Is Associated with Lower Malnutrition Prevalence at Discharge in Neurogeriatric Rehabilitation Patients: A Prospective Study

Enav Horowitz-Bor et al

Nutrients 18 (8) 1288



10.3390/nu18081288

Obesity

Supporting and Non-Stigmatizing Communication in the Process of Weight Change: The Role of Motivational Interviewing

Justyna Nowak et al
Nutrients 18 (8) 1213
0.3390/nu18081213

Older People

Low Protein Intake Is Associated with the Risk of Functional Impairment in Older Adults in an Age- and Gender-Specific Manner: A SHARE-Based Study

Rizwan Qaisar et al
Nutrients 18 (7) 1058
10.3390/nu18071058

Vitamin D Deficiency in Institutionalized Older Adults: Associations with Supplementation Practices but Not with Cognitive Decline or Dementia

Larissa David Soares et al
Nutrients 18 (7) 1078
10.3390/nu18071078

Effect of Fluid Thickening with a Gum-Based Thickening Product in Older Patients with Structural or Mild Oropharyngeal Dysphagia

Johana Muchová et al
Nutrients 18 (7) 1138
10.3390/nu18071138

Age-Related Differences in Oral Microbiota Among Obese Patients with Periodontitis: A Systematic Review

Felicia Gabriela Beresescu et al
Nutrients 18 (8) 1256
10.3390/nu18081256

Oncology

Fasting-Based Dietary Interventions in Cancer Patients and Survivors: A Scoping Review

Kuang-Yi Wen et al
Nutrients 18 (7) 1035
10.3390/nu18071035



Low Energy and Protein Intake in Brain Tumor Patients Despite Higher Adiposity: A Comparative Study with Gastrointestinal Cancer

Innis Povazay et al

Nutrients 18 (7) 1051

10.3390/nu18071051

Association Between Vitamin D Deficiency, Malnutrition, and Systemic Inflammation in Advanced Colorectal Cancer: A Hospital-Based Cross-Sectional Study

Daylia Thet et al

Nutrients 18 (7) 1059

10.3390/nu18071059

Association Between the Dietary Index for Gut Microbiota (DI-GM) and Colorectal Cancer in the PLCO Cohort

Bezawit E. Kase et al

Nutrients 18 (7) 1088

10.3390/nu18071088

Dietary Lycopene Intake and Gastric Cancer Risk: Findings from a Case-Control Study

Ngoan Tran Le et al

Nutrients 18 (7) 1143

10.3390/nu18071143

Phosphorus Intake and Cancer Risk: A Theoretical–Conceptual Model and Hypothesis for Population-Study Replication

Ronald B. Brown

Nutrients 18 (8) 1177

10.3390/nu18081177

A Conceptual Framework for Managing Oral Intake in Head and Neck Cancer Patients Undergoing Chemoradiotherapy

Marco Cintoni et al

Nutrients 18 (8) 1180

10.3390/nu18081180

Evaluation of the Naples Prognostic Score in Patients with Head and Neck Squamous Cell Carcinoma

Magdalena Wissa et al

Nutrients 18 (8) 1196



10.3390/nu18081196

Immunonutrition for the Management of Postsurgery GI Cancer Patients

Annalisa Pezzoli et al
Nutrients 18 (8) 1229
10.3390/nu18081229

The Gut–Adipose–Tumor Axis in Obesity-Related Cancer

Juan Feng et al
Nutrients 18 (8) 1230
10.3390/nu18081230

A Retrospective Interventional Study Examining Whether Successful Replacement Therapy After a Confirmed Vitamin D Deficiency Correlates with Improved Disease-Free Survival in the Curative Intent Treatment of HER2+ Breast Cancer

Eugene R. Ahn et al
Nutrients 18 (8) 1253
10.3390/nu18081253

Nutritional Risk in Patients Admitted to Medical Oncology Departments: Prevalence, Associated Factors and Clinical Outcomes in a Multicentre Prospective Study

Francisco Javier Teigell Muñoz et al
Nutrients 18 (8) 1296
10.3390/nu18081296

Paediatric

Randomized Controlled Trial Outcomes for HomeStyles-2, an Online Obesity Prevention Program for Families with Children in Middle Childhood

Carol Byrd-Bredbenner et al
Nutrients 18 (7) 1029
10.3390/nu18071029

Fructose-Containing Dietary Exposures and Pediatric Atopic Disease: A Review of Epidemiologic Evidence

Charles Prendergast et al
Nutrients 18 (7) 1057
10.3390/nu18071057



Evaluated Childhood Obesity Prevention and Management Programs in Europe, 2015–2024: A Structured Narrative Review of Behavioral and Anthropometric Outcomes

Małgorzata Wójcik et al
Nutrients 18 (7) 1100
10.3390/nu18071100

Gut Health Responses to Nutritional Interventions in Paediatric Crohn's Disease, Including the Potential Outcomes of Mucosal Barrier Preservation: A Systematic Review

Ervine Chastine Marind et al
Nutrients 18 (7) 1146
10.3390/nu18071146

The Influence of Ultra-Processed Foods on Inflammation and Metabolic Health in Pediatric Obesity: A Systematic Review with a Narrative Synthesis

Debora Porri et al
Nutrients 18 (8) 1186
10.3390/nu18081186

How to Teach Healthy Life-Style Efficiently in a Pediatric Outpatient Setting: Proposal of an Innovative Tridimensional Pyramid

Angelika Anna Mohn et al
Nutrients 18 (8) 1209
10.3390/nu18081209

Beyond “It’s Just a Phase”: A Review of Picky Eating in Children

Pedro Alarcon et al
Nutrients 18 (8) 1247
10.3390/nu18081247

The Role of Nutrition in Pediatric Gastrointestinal Diseases

Ron Shaoul et al
Nutrients 18 (8) 1307
10.3390/nu18081307

Renal Nutrition

Nutritional Knowledge, Dietary Habits, and Nutritional Status of Patients with Chronic Kidney Disease According to Disease Stage

Filip Siódmiak et al
Nutrients 18 (7) 1109
10.3390/nu18071109



Ketoanalogue-Supplemented Low-Protein Diet in Patients with Stage 4+ Chronic Kidney Disease in Italy: A Cost–Utility Analysis

Luca De Nicola et al
Nutrients 18 (7) 1142
10.3390/nu18071142

Nutritional Status and Dietary Assessment in Kidney Transplant Recipients

Martyna Magalska et al
Nutrients 18 (7) 1145
10.3390/nu18071145

Impact of Probiotics, Prebiotics and Synbiotics Supplementation in Chronic Kidney Disease: A Comprehensive Review of Clinical Trials

Tiziana Di Renzo et al
Nutrients 18 (8) 1176
10.3390/nu18081176

Stroke

The Mediterranean Diet and Cerebrovascular Risk Factors: A Lifeline for Vascular Health—Narrative Review

Gaetano Pacinella et al
Nutrients 18 (80) 1273
10.3390/nu18081273