



Nutrition and Dietetics bulletin

August 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

Long-Term Outcomes of the Dietary Approaches to Stop Hypertension (DASH) Intervention in Nonobstructive Coronary Artery Disease: Follow-Up of the DISCO-CT Study

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Macronutrients and cardiovascular diseases: A narrative review of recent scientific literature

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Association of Healthy Predominantly Plant-Based Diet with Reduced Cardiovascular Disease Incidence and Mortality and Development of Novel Heart-Protective Diet Index

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Bone Health in Children and Adolescents with Type 1 Diabetes: Optimizing Bone Accrual and Preventing Fractures

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Protocol for the Digital, Individualized, and Collaborative Treatment of Type 2 Diabetes in General Practice Based on Decision Aid (DICTA)—A Randomized Controlled Trial

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Type 2 Diabetes and the Multifaceted Gut-X Axes

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Parental Knowledge and Preventive Strategies in Pediatric IgE Mediated Food Allergy—Results from a Cross-Sectional Survey

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Gut Microbiota and Metabolites: Biomarkers and Therapeutic Targets for Diabetes Mellitus and Its Complications

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Maternal Adherence to Healthy Dietary Patterns During Pregnancy and Gestational Weight Gain

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Restoring a Healthy Relationship with Food by Decoupling Stress and Eating: A Translational Review of Nutrition and Mental Health

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Autism Spectrum Disorder: From Experimental Models to Probiotic Application with a Special Focus on Lactiplantibacillus plantarum

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Management of Constipation in Eating Disorders—A Scoping Review

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Mineral Intake and Depression: A Cross-Sectional Comparative Study Based on National Health and Nutrition Examination Surveys in Korea and the United States

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The Role of Psychological Factors in Young Adult Snacking: Exploring the Intention–Behaviour Gap

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Does Energy Restriction and Loss of Body Fat Account for the Effect of Intermittent Fasting on Cognitive Function?

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Curcumin-Rich Curry Consumption Is Associated with Lower Risk of Cognitive Decline and Incidence of Mild Cognitive Impairment or Dementia: An Asian Population-Based Study

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Associations of the MIND Diet with Human Health Outcomes: A Scoping Review

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The Oral–Gut Microbiota Axis as a Mediator of Frailty and Sarcopenia

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Nutrition Focused Physical Examination Components Specific to Older Adults: A Modified Delphi Study

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Chewing Matters: Masticatory Function, Oral Microbiota, and Gut Health in the Nutritional Management of Aging

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Dietary Habits and Obesity in Middle-Aged and Elderly Europeans—The Survey of Health, Ageing, and Retirement in Europe (SHARE)

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The Impact of Frailty, Activity of Daily Living, and Malnutrition on Mortality in Older Adults with Cognitive Impairment and Dementia

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Mortality Risk of Sarcopenia and Malnutrition in Older Patients with Type 2 Diabetes Mellitus

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Ultra-Processed Food and Frailty: Evidence from a Prospective Cohort Study and Implications for Future Research

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Oncology

Survival Modelling Using Machine Learning and Immune–Nutritional Profiles in Advanced Gastric Cancer on Home Parenteral Nutrition

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The Effect of Nutrition Impact Symptoms on Nutrition Status After Completion of Curative-Intent Treatment for Gastric, Oesophageal, and Pancreatic Cancer: A Systematic Review

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A Low-Sugar Flavored Beverage Improves Fluid Intake in Children During Exercise in the Heat

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Feasibility and Effectiveness of a Social Network-Based Intervention for Adolescents Undergoing Weight Loss Treatment: A Randomized Controlled Trial

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The Role of Zinc in Pediatric Asthma and Allergic Rhinitis: Mechanisms and Clinical Implications

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Efficacy and safety of central parenteral nutrition with a 1:1 ratio of n-3/n-6 polyunsaturated fatty acids in postsurgical gastric cancer patients: A pilot randomized controlled trial

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CONNECT study: A prospective observational study on comparative nutritional efficacy in critically ill patients receiving ready-to-use vs. compounded parenteral nutrition

Diogo Oliveira Toledo et al

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Renal Nutrition

Association between reduced lung function, hydration and nutritional status in patients on hemodialysis: An observational study using bioelectrical impedance vector analysis (BIVA)

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The Role of Vitamin K Deficiency in Chronic Kidney Disease—A Scoping Review

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A flavonoid-rich diet is associated with a lower risk of chronic kidney disease: A prospective cohort study

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Sodium Balance and Quality of Life in People with Chronic Kidney Disease—A Cross-Sectional Study

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Stroke

Patients' Voices and Dietitians' Perspectives on Meaningful Aspects in the Nutritional Care of Patients at Risk of Malnutrition After Stroke

Jenny McGreevy et al

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