



Nutrition and Dietetics bulletin

July 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

Life's Simple 7 and Risk of Peripheral Artery Disease: Results from the PREDIMED Study and an Updated Meta-Analysis

Nieves López-Laguna et al
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Vitamin D and Cardiovascular Health: A Narrative Review of Risk Reduction Evidence

William B. Grant et al
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Evolving Research Focus on Diet and Cardiovascular Disease: A Systematic Review of 298 Cohort Studies Published from 2019 to 2024

Vicky Wai Ki Chan et al
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White Mulberry Plant Extracts in Cardiovascular Prevention: An Update

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Cardiovascular Risk Factors, Alzheimer's Disease, and the MIND Diet: A Narrative Review from Molecular Mechanisms to Clinical Outcomes

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Covid/Respiratory



Were Our Grandmothers Right? Soup as Medicine—A Systematic Review of Preliminary Evidence for Managing Acute Respiratory Tract Infections

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Diabetes

Weizmannia coagulans SA9: A Novel Strategy to Alleviate Type 2 Diabetes

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Associations of Dietary Protein Intake and Amino Acid Patterns with the Risk of Diabetic Kidney Disease in Adults with Type 2 Diabetes: A Cross-Sectional Study

Shih-Ping Lin et al
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Clinical Effectiveness of Oral Semaglutide in Women with Type 2 Diabetes: A Nationwide, Multicentre, Retrospective, Observational Study (Women_ENDO2S-RWD Substudy)

Rebeca Reyes-Garcia et al
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Food Allergy

Industrial Bread Composition: Potential Implications for Patients with Inflammatory Bowel Disease

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Are Nuts Safe in Diverticulosis? A Mixed-Methods Systematic Review of Available Evidence

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The Role of Vitamin D in Inflammatory Bowel Diseases: From Deficiency to Targeted Therapeutics and Precise Nutrition Strategies

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Assessment of the Gut Microbiome in Patients with Coexisting Irritable Bowel Syndrome and Chronic Fatigue Syndrome

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Comparison of Food Compound Intake Between Food-Allergic Individuals and the General Population

Meike E. Vos et al
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Looking Beyond Nutrients, How to Assess Diet Quality in an Inflammatory Bowel Disease Population—A Narrative Review

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Dietary Nitrogen and Its Role in the Gut Microbiome and Inflammatory Bowel Disease: A Narrative Review

Matthew Herrera et al
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Gastroenterology

The Impact of Egg Consumption on Gastrointestinal Health: A Systematic Literature Review and Meta-Analysis

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Ultra-Processed Foods and Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): What Is the Evidence So Far?

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Dietary Interventions for Short Bowel Syndrome in Adults

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Food Nutrients and Bioactive Compounds for Managing Metabolic Dysfunction-Associated Steatotic Liver Disease: A Comprehensive Review

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Key Aspects in the Nutritional Management of Polycystic Liver Disease Patients

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General

BMI-Specific Nutritional Education Priorities for Weight Management in Osteoarthritis

Ashley N. Buck et al
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Elemental Influence: The Emerging Role of Zinc, Copper, and Selenium in Osteoarthritis

Abebe Feyissa Amhare et al
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Benefits of Short-Term (4-Week) Daily Walnut Consumption in Middle-Aged Adults at Risk for Metabolic Syndrome: Outcomes of a Randomized Controlled Trial

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Decoding Health Professionals' Attitudes and Perceptions Towards Plant-Based Nutrition: A Narrative Review

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Relationship Between Oral Intake and Sarcopenia in Patients with Disease-Related Malnutrition

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Dietary Heme Iron: A Review of Efficacy, Safety and Tolerability

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Sustainability of Diets Consumed by UK Adolescents and Associations Between Diet Sustainability and Meeting Nutritional Requirements

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Functional Foods in Modern Nutrition Science: Mechanisms, Evidence, and Public Health Implications

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Baseline Characteristics of Weight-Loss Success in a Personalized Nutrition Intervention: A Secondary Analysis

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Vegetarian Diet and Dietary Intake, Health, and Nutritional Status in Infants, Children, and Adolescents: A Systematic Review

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Postbiotics Formulation and Therapeutic Effect in Inflammation: A Systematic Review

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Should Grain-Based Staple Foods Be Included in Admonitions to “Avoid Processed and Ultra-Processed Food”?

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Sucralose: A Review of Environmental, Oxidative and Genomic Stress

Volodymyr V. Tkach et al

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Thiamine (Vitamin B1)—An Essential Health Regulator

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A 14-Day Plant-Based Dietary Intervention Modulates the Plasma Levels of Rheumatoid Arthritis-Associated MicroRNAs: A Bioinformatics-Guided Pilot Study

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Magnesium: Exploring Gender Differences in Its Health Impact and Dietary Intake

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Ultra-Processed Foods Consumption and Metabolic Syndrome in European Children, Adolescents, and Adults: Results from the I. Family Study

Annarita Formisano et al
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Are psoriasis severity and comorbidities associated with diet quality? A cross-sectional analysis using UK Biobank

Yifan Xu et al
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Plant-based diet and risk of osteoporosis: A systematic review and meta-analysis

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Effects of Nut Intake on Gut Microbiome Composition and Gut Function in Adults: A Systematic Review and Meta-analysis

Matthew Snelson et al
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Polyphenols as Antiviral Agents: Their Potential Against a Range of Virus Types

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Systemic and Retinal Protective Effects of Butyrate in Early Type 2 Diabetes via Gut Microbiota–Lipid Metabolism Interaction

Haijun Gong et al



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Vegetarianish—How “Flexitarian” Eating Patterns Are Defined and Their Role in Global Food-Based Dietary Guidance

Julie M. Hess et al

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Maternal/Neonatal

The Role of Lifestyle Intervention in Female Fertility: A Modifiable Factor for Preconception Health

Marisa Donato et al

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Reproductive Health and Assisted Conception in Celiac Disease and Non-Celiac Gluten Sensitivity: A Narrative Review

Efthalia Moustakli et al

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Diet Diversity and Adherence to a Mediterranean Diet Pattern in Pregnancy Is Protective Against the Development of Early-Childhood Atopic Dermatitis

Kristina Nadine Heye et al

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Navigating nutrition through the decades: Tailoring dietary strategies to women’s life stages

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Systematic Review of Nutritional Guidelines for the Management of Gestational Diabetes Mellitus: A Global Comparison

Angelo Sirico et al

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Thyroid Health and Selenium: The Critical Role of Adequate Intake from Fetal Development to Adolescence

Valeria Calcaterra et al

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Mental Health/Eating Disorders



Analysis of Food Perception in Slim, Overweight, or Obese Individuals

Anna Celina Durma et al

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Assessing Orthorexia Nervosa Among University Students: An Observational Study Analyzing Prevalence and Psychological Characteristics

Rosanna Sanseverino et al

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A Scoping Review of Eating Disorder Prevention and Body Image Programs Delivered in Australian Schools

Sharri Sarraj et al

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Traumatic Events and Post-Traumatic Stress Disorder in Adolescents with Severe Eating Disorder Admitted to a Day Care Hospital

Arturo Rodríguez-Rey et al

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Psychobiotics in Depression: Sources, Metabolites, and Treatment—A Systematic Review

Angelika Sliwka et al

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Advancements in Family-Based Treatment of Adolescent Anorexia Nervosa: A Review of Access Barriers and Telehealth Solutions

Ashlea Hambleton et al

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E-Health and M-Health in Obesity Management: A Systematic Review and Meta-Analysis of RCTs

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What Is the Effect of Attributing Disordered Eating Behaviours to Food Addiction Versus Binge Eating Disorder? An Experimental Study Comparing the Impact on Weight-Based and Mental Illness Stigma

Megan G. Molnar et al



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Why Do We Eat Comfort Food? Exploring Expectations Regarding Comfort Food and Their Relationship with Comfort Eating Frequency

Fei Wu et al

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Eating Disorders in the Workplace

Nicola Magnavita et al

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The Role of the Gut Microbiota in Mental Health and Cognitive Function in Patients with Coronary Atherosclerosis

Paulina Helisz et al

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Assessment of Health-Related Behaviors in Patients Hospitalized with Chronic Psychiatric Disorders—A Case-Control Study from a Closed Psychiatric Ward

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Gut Microbiota in Women with Eating Disorders: A New Frontier in Pathophysiology and Treatment

Giuseppe Marano et al

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Systematic and Narrative Review of the Mediating Role of Personal Relationships Between Mental Health and Nutrition

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The Association Between Identity Functioning and Personality Pathology in Female Patients with Eating Disorders

Laurence Claes et al

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Natural Compounds and Their Potential in Eating-Related Aspects of Mental Health Disorders

Wenbin Ma et al

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Neurogenerative Diseases/Neurology

The Role of Magnesium in Depression, Migraine, Alzheimer's Disease, and Cognitive Health: A Comprehensive Review

Péter Varga et al

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Modulating the Gut Microbiota to Target Neuroinflammation, Cognition and Mood: A Systematic Review of Human Studies with Relevance to Fibromyalgia

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Intermittent Fasting as a Neuroprotective Strategy: Gut–Brain Axis Modulation and Metabolic Reprogramming in Neurodegenerative Disorders

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Does Vitamin D Supplementation Slow Brain Volume Loss in Multiple Sclerosis? A 4-Year Observational Study

Weronika Galus et al

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The Therapeutic Potential of Butyrate and Lauric Acid in Modulating Glial and Neuronal Activity in Alzheimer's Disease

Rathnayaka Mudiyanse et al

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Association of Mediterranean, high-quality, and anti-inflammatory diet with dementia in UK Biobank cohort

Ji-eun Youn et al

Journal of Nutrition, health and Aging 29 (7) 100564



Beyond MIND and Mediterranean Diets: Designing a Diet to Optimize Parkinson's Disease Outcomes

Laurie K. Mischley et al
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American Basil, *Ocimum americanum*, Has Neuroprotective Properties in the Aging Process

Ionara Rodrigues Siqueira et al
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Obesity

Impact of Preoperative Food Addiction on Weight Loss and Weight Regain Three Years After Bariatric Surgery

Fernando Guerrero-Pérez et al
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Ingesting Nuts Can Regulate Adipokines Expression in Individuals Living with Overweight and Obesity: A Narrative Review of What Is Known So Far

Stéphani Borges Campos et al
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Effects of Time-Restricted Eating (Early and Late) Combined with Energy Restriction vs. Energy Restriction Alone on the Gut Microbiome in Adults with Obesity

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Lifestyle Medicine for Obesity in the Era of Highly Effective Anti-Obesity Treatment

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Older People

Global Trends and Developments in Diet and Longevity Research: A Bibliometric Analysis

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Malnutrition and Osteosarcopenia in Elderly Women with Rheumatoid Arthritis: A Dual Clinical Perspective

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Steatotic Liver Disease in Older Adults: Clinical Implications and Unmet Needs

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Hydration Strategies in Older Adults

Jacquelyn Pence et al
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Oncology

Nutritional Management of Functioning GEP-NENs

(gastroenteropancreatic neuroendocrine neoplasms)

Maribel del Olmo-García et al
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Effects of 12-Week Dietary Inflammatory Index-Based Dietary Education on Frailty Status in Frail Patients with Colorectal Cancer: A Randomized Controlled Trial

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A Practical Narrative Review on the Role of Magnesium in Cancer Therapy

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Artificial Intelligence in the Management of Malnutrition in Cancer Patients: A Systematic Review

Marco Sguanci et al
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Vitamin D's Impact on Cancer Incidence and Mortality: A Systematic Review

Sunil J. Wimalawansa
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The Potential of Nutraceutical Supplementation in Counteracting Cancer Development and Progression: A Pathophysiological Perspective

Carmen Altomare et al
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Acceptability of a Colorectal Cancer-Preventive Diet Promoting Red Meat Reduction and Increased Fiber and Micronutrient Intake: A Cross-Sectional Study in Romanian Adults

Marius-Cătălin Belean et al
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Paediatric

Probiotics, Prebiotics, Synbiotics, and Postbiotics Against Oral Candida in Children: A Review of Clinical Trials

Anna Turska-Szybka et al
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From plate to palate: Bridging nutrition and pediatric dental health

R. V. Swetha et al
Journal of Oral Research and Review 17 (2) 175-182

Renal Nutrition

Carnitine Deficiency in Chronic Kidney Disease: Pathophysiology, Clinical Implications, and Therapeutic Perspectives

Yusuke Kaida et al
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Non-Pharmacological Interventions Aimed at Changing the Gut Microbiota for Preventing the Progression of Diabetic Kidney Disease

Małgorzata Szczuko et al
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Zinc Deficiency in Chronic Kidney Disease and Hemodialysis: Insights from Basic Research to Clinical Implications

Shinya Nakatani et al
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