



# Nutrition and Dietetics bulletin

## November 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

**Effect of red meat consumption on cardiovascular risk factors: A systematic review and Bayesian network meta-analysis of randomized controlled trials**

Miguel Lopez-Moreno et al  
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**Natural Compounds Targeting SIRT1 and Beyond: Promising Nutraceutical Strategies Against Atherosclerosis**

Elisa Domi et al  
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**Natural Sweetness and Bioactivity: The Cardiovascular Promise of Fruits**

Aleksandra Fałczyńska et al  
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**Hemoglobin-Geriatric Nutritional Risk Index Predicts Major Adverse Cardiovascular Events After Transcatheter Aortic Valve Implantation**

Takeshi Sasaki et al  
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**High Salt Intake and Atherosclerosis Progression—Not Only via Blood Pressure: A Narrative Review**



Stanisław Surma et al  
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**The Mediterranean Diet in Primary and Secondary Prevention of Coronary Heart Disease: Evidence and Mechanisms**

Ewelina Młynarska et al  
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**Diabetes**

**Vegan diet, processed foods, and type 1 diabetes: A secondary analysis of a randomized clinical trial**

Hana Kahleova et al  
Nutrition, Metabolism and Cardiovascular Diseases 35 (11) 104197

**Exploring Dietary Intake in Adults with Type 2 Diabetes Using GLP-1 Receptor Agonists: A Cross-Sectional Analysis**

Valentina Ponzo et al  
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**Dietary Interventions for Adults with Type 1 Diabetes: Clinical Outcomes, Guideline Alignment, and Research Gaps— A Scoping Review**

Beata Małgorzata Sperkowska et al  
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**Tracing the Path from Obesity to Diabetes: How S-Allyl Cysteine Shapes Metabolic Health**

Federica Geddo et al  
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**Peptide YY in Type 2 Diabetes: A Complementary Gut Hormone with Therapeutic Potential Beyond GLP-1**

Nhi Thi Nguyen et al  
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**Nutritional Determinants of Type 2 Diabetes Mellitus in the European Union: A Systematic Review**

Daniela Alejandra Díaz-Benavides et al  
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**Effects of a Digitally-Enabled Healthy Eating and Physical Activity Diabetes Prevention Peer Support Program on Weight over 6-Months**

Freya MacMillan et al  
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**Food Allergy**

**Nutrition and Gut Microbiome in the Prevention of Food Allergy**

Mohammad Aminullah Nurain Binti et al  
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**Prevalence and Impact of Zinc Deficiency on Clinical Outcomes in Inflammatory Bowel Disease**

Hend Almuhaya et al  
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**Dietary Bioactive Compounds and Their Role in Allergy Prevention: A Comprehensive Review**

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**High-Quality Nutritional and Medical Care in Celiac Disease Follow-Up**

Anthony Kerbage et al  
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**Ultra-Processed Food Intake in Children with Inflammatory Bowel Disease: A Pilot Case–Control Study**

Emese Kasznár et al  
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**Nutritional Approach in Pediatric Patients with Inflammatory Bowel Disease: Treatment, Risk and Challenges**

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**Ultra-Processed Food Consumption and Irritable Bowel Syndrome: Current Evidence and Clinical Implications**

Hanna Fjeldheim Dale et al  
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**Targeting Irritable Bowel Syndrome Through Diet and Mechanism-Based Therapies: A Pathophysiological Approach**

Ioanna Aggeletopoulou et al  
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**Gastroenterology**

**Protein and Macronutrient Metabolism in Liver Cirrhosis: About Sarcopenia**

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**Dietary Omega-3 Fatty Acids from Fish and Risk of Metabolic Dysfunction-Associated Steatotic Liver Disease in a Mediterranean Population: Findings from the NUTRIHEP Cohort**

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**Unlocking Mangiferin: A Therapeutic Candidate Revolutionizing Liver Disease Therapy**

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**Beneficial Effects of Long-Lasting Bicarbonate–Sulfate– Calcium– Magnesium Water Intake on Metabolic Dysfunction- Associated Steatotic Liver Disease (MASLD)-Related Outcomes via Impacting Intestinal Permeability (IP), IP-Related Systemic Inflammation, and Oxidative Stress**

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**Hepatic Steatosis and Diet in Adult Celiac Disease: A Cross-Sectional Study**

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### **Intake of vegetables and fruits at midlife and the risk of physical frailty in later life**

Kevin Yiqiang Chua et al

Journal of Nutrition, Health and Aging 28 (11) 100374

### **Opinions on Ketogenic Diets Among Students and Academic Teachers at the University of Pécs, Hungary: A Cross- Sectional Survey**

Nicole Hunter et al

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### **The Role of Vitamins in Sepsis: A Narrative Review**

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### **Comparative Bioavailability of Vitamin C After Short-Term Consumption of Raw Fruits and Vegetables and Their Juices: A Randomized Crossover Study**

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### **“If I Didn’t Do Sports, I Would Definitely Eat Less Meat”— Physical Activity: Enemy or Ally for Healthier Food Choices?**

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### **Diet, Exercise, and Lifestyle in Glaucoma: Current Evidence and Future Perspectives**

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### **Mediterranean Diet Adherence, Sleep Disturbances and Emotional Well-Being in Skin Ulcer Burden: Insights from a Monocentric Registry**



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**Lactoferrin, a Natural Protein with Multiple Functions in Health and Disease**  
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**Berries derived Polyphenols and Bone Health: A Systematic Review**  
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**Who Likes Sweets? Sweet Patterns: Influence of Sex, Age, Body Mass Index, Smoking and Olfactory Efficiency on the Consumption of Sweet Products**  
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**Can Dietary Supplements Support Muscle Function and Physical Activity? A Narrative Review**  
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**The Emerging Role of Citrulline and Theanine in Health and Disease: A Comprehensive Review**  
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**Diet, Lifestyle Factors, and Quality of Life in Patients with Rheumatic Diseases: A Cross-Sectional Study**  
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**How Do Nutritionists/Dietitians Use Social Media to Communicate with Their Public? Global Perspectives on Social Media Practices: A Systematic Review**  
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**The Use of Artificial Intelligence (AI) to Support Dietetic Practice Across Primary Care: A Scoping Review of the Literature**

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**Limosilactobacillus fermentum IOB802 Protects Against Blue Light-Induced Retinopathy via Gut Microbiota Modulation**

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**Mapping Research Trends in Frailty and Nutrition: A Combined Bibliometric and Structured Review (2000–2024)**

Yaxin Han et al

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**Rethinking Vitamin D Deficiency: Controversies and Practical Guidance for Clinical Management**

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**Vitamin D in Atopic Dermatitis: Role in Disease and Skin Microbiome**

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**Type 2 Diabetes Risk Perception and Health Behaviors Among Women with History of Gestational Diabetes Mellitus: A Retrospective Analysis**

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**Prediction of Gestational Diabetes Mellitus: A Nomogram Model Incorporating Lifestyle, Nutrition and Health Literacy Factors**

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**From Disruption to Control: Insights from Focus Groups Exploring Nutrition and Chemosensory Changes During Menopause**

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**The Role of Diet in Women of Childbearing Age: Current Evidence Supporting Nutritional Recommendations**

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**Nutritionist-Guided Video Intervention Improves Adherence to Mediterranean Diet and Reduces the Rate of Gestational Diabetes Mellitus: A Randomized Clinical Trial**

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**Intermittent Fasting During Pregnancy and Neonatal Birth Weight: A Systematic Review and Meta-Analysis**

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**Polyphenol-Related Gut Metabotype Signatures Linked to Quality of Life in Postmenopausal Women: A Randomized, Placebo-Controlled Crossover Trial**

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**Oral–Gut Microbiota Crosstalk and Epigenetic Targets in Metabolic and Neuropsychiatric Diseases**

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**Restoring Balance: The Role of Omega-3 Polyunsaturated Fatty Acids on the Gut–Brain Axis and Other Interconnected Biological Pathways to Improve Depression**



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**Changes in Difficulties in Emotion Regulation Following Eating Disorders Treatment: Relevant Prospective Implications for Treatment Outcome**

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**A Systematic Review of the Correlation Between Micronutrient Levels and Perinatal Depression**

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**Selected Lipidome Components and Their Association with Perinatal Depression**

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**Nutritional Approaches in Neurodegenerative Disorders: A Mini Scoping Review with Emphasis on SPG11-Related Conditions**

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**Dietary Vitamin Intake and Blood Biomarkers in Relation to Muscle Activation in Amyotrophic Lateral Sclerosis: A Cross-Sectional Study**

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**Navigating Adolescence with PKU: Adherence, Metabolic Control, and Wellbeing in a UK Clinical Centre**

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**Food in Migraine Management: Dietary Interventions in the Pathophysiology and Prevention of Headaches—A Narrative Review**

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**Obesity**



**Synergistic Effects of Microencapsulated Polyphenols and Concurrent Training on Metabolic Health and Fitness in Overweight/Obese Adults with Prediabetes**

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**Intergenerational Transmission of Proactive Health Behaviors Among Adolescents with Overweight or Obesity: The Mediating Role of Self-Efficacy and Family Cohesion**

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**Evaluating the Impact of an 8-Week Family-Focused E-Health Lifestyle Program for Adolescents: A Retrospective, Real-World Evaluation**

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**Association Between Dietary Acid Load and Excess Weight in Adults: A Cross-Sectional Study**

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**Older People**

**Cost-effectiveness of protein-rich meals and snacks for increasing protein intake in older adults**

P. Rautakallio-Järvinen et al  
Journal of Nutrition, Health and Aging 28 (11) 100381

**Development of the Dietary Practices and Food Safety Literacy Scale for Older Adults**

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**Effects of High-Protein Nutritional Guidance on Sarcopenia- Related Parameters in Individuals Aged  $\geq 75$  Years with Type 2 Diabetes: An Exploratory Single-Arm Pre-Post Intervention Study**

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**Nutritional and Supplemental Interventions for Prevention and Treatment of Oral Mucositis in Pediatric Oncology**

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**Short-Chain Fatty Acids and Colorectal Cancer: A Systematic Review and Integrative Bayesian Meta-Analysis of Microbiome–Metabolome Interactions and Intervention Efficacy**

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**Precision Delivery of Active Compounds from Edible and Medicinal Plants via Gut Microbiota Targeting: A New Paradigm for Cancer Immunotherapy**

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**Paediatric**

**Enhancing Child Digital Dietary Self-Monitoring via Positive Reinforcement: Proof-of-Concept Trial**

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**Infantile Colic: When to Suspect Cow's Milk Allergy**

Yvan Vandenplas et al

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**Hidden Hunger in Pediatric Obesity: Redefining Malnutrition Through Macronutrient Quality and Micronutrient Deficiency**

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**AI-BASED Tool to Estimate Sodium Intake in STAGE 3 to 5 CKD Patients—The UniverSel Study**

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**Nutritional Strategies to Address Malnutrition in Dialyses Patients: A Systematic Review**

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