



Nutrition and Dietetics bulletin

July 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

Reduced Geriatric Nutritional Risk Index Is Associated with Prevalent Diabetes Mellitus and In-Hospital Mortality in Patients Hospitalized with Heart Failure

Constanta Corina Nitu et al
Nutrients 18 (13) 2198
10.3390/nu18132198

Comparison of Preoperative Nutritional Assessment Tools for Predicting Postoperative Pulmonary Complications in Older Adults Undergoing Cardiac Surgery

Mantana Saetang et al
Nutrients 18 (13) 2211
10.3390/nu18132211

Nutraceuticals for the Management of Cardiovascular Health: A Mechanistic and Evidence-Based Review Focusing on Atherosclerosis and Hypertension

Phaniendra Alugoju et al
Nutrients 18 (14) 2226
10.3390/nu18142226

Diabetes

Life's Essential 8, Polygenic Risk for Type 2 Diabetes, and Dementia: Evidence from the UK Biobank

Yuanjing Li et al
Nutrients 18 (13) 2080
10.3390/nu18132080



Efficacy and Safety of Glutathione Supplementation in Type 2 Diabetes & Diabetes Complications

Stefanie Au et al

Nutrients 18 (13) 2132

10.3390/nu18132132

Specific Micronutrient Intake Association with Diabetic Neuropathy Severity in Adults with Type 2 Diabetes

Claudiu Cobuz et al

Nutrients 18 (13) 2134

10.3390/nu18132134

Nutritional Risk Among Emergency Department Patients with Diabetes Mellitus or Chronic Kidney Disease: A Single-Center Prospective Observational Comparative Study

Sema Ayten et al

Nutrients 18 (14) 2241

10.3390/nu18142241

Oat β -Glucan Attenuates Diabetic Liver Injury by Improving the Gut Microbiota

Xin Wu et al

Nutrients 18 (14) 2313

10.3390/nu18142313

Food Allergy

A Patient-Centered Ethical Framework for Irritable Bowel Syndrome Care: Communication, Trust, Nutrition-Sensitive Care, and Self-Management

Ioanna Aggeletopoulou et al

Nutrients 18 (13) 2036

10.3390/nu18132036

The Role of Polyunsaturated Fatty Acids (PUFAs) in the Primary Prevention of Allergic Diseases in Children: A Position Paper of the SIAIP Primary and Secondary Prevention of Allergic Diseases and Nutraceuticals Committees

Angela Klain et al

Nutrients 18 (13) 2072

10.3390/nu18132072

Predicting Oral Food Challenge Outcomes in Children with Suspected Cow's Milk Allergy: Clinical Utility of Casein-Specific IgE and Skin Test Ratios

Filiz Demir Sahin

Nutrients 18 (13) 2187

10.3390/nu18132187



The Basophil Activation Test in the Diagnosis of Cow's Milk Allergy in Children: A Narrative Review

Aylin Özen et al
Nutrients 18 (14) 2217
10.3390/nu18142217

Dietary Therapies in Inflammatory Bowel Disease and Their Effects on Disease Activity and the Gut Microbiome

Gila Sasson et al
Nutrients 18 (14) 2240
10.3390/nu18142240

Pollen-Food Allergy Syndrome in Children: Global Prevalence and Pathogenesis

Aleksandra Marzec et al
Nutrients 18 (14) 2246
10.3390/nu18142246

A Qualitative Study Evaluating the Parent-Specific Cow's Milk-Related Symptom Score (Pre-CoMiSS™)

Yvan Vandenplas et al
Nutrients 18 (14) 2263
10.3390/nu18142263

Beyond the Gut: Brain Fog, Sleep Quality, Cognitive Function and Quality of Life in Celiac Disease

Canan Altinsoy et al
Nutrients 18 (14) 2365
10.3390/nu18142365

Watercress Extract Reduces Experimental Colitis by Modulating Inflammation and Regulating the Gut Microbiota

Guangyi Shen et al
Nutrients 18 (14) 2369
10.3390/nu18142369

The Effect of a Low-FODMAP Diet on Quality of Life, Severity of Symptoms and Leaky Gut in Patients with Irritable Bowel Syndrome

Esra Demir et al
Nutrients 18 (14) 2371
10.3390/nu18142371

Growth Outcomes and Dietary Strategies in Non-IgE-Mediated Food Allergies

Gianluca Di Cesare et al
Nutrients 18 (14) 2387
10.3390/nu18142387



Gastroenterology

Ultra-Processed Foods, MASLD, and Cognitive Aging: A Processing-Centered Gut–Liver–Brain Axis Perspective

Yirui Chen et al
Nutrients 18 (13) 2041
10.3390/nu18132041

Olive Oil as a Modulator of Gut Microbiota and Intestinal Health: A Narrative Review from Microbial Metabolism to Host Responses

Luna Barrera-Chamorro et al
Nutrients 18 (14) 2235
10.3390/nu18142235

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): From Steatosis to Systemic Metabolic Failure: Classical Pathophysiology, Emerging Systemic Mechanisms and Modifiable Lifestyle Determinants

Stefania Capuccio et al
Nutrients 18 (14) 2316
10.3390/nu18142316

General

Diet-Related Quality of Life Reflects Psychological and Autonomic Burden in Patients with Dizziness and Balance Disorders: A Cross-Sectional Study

Shinnosuke Asakura et al
Nutrients 18 (13) 2044
10.3390/nu18132044

Efficacy of a Low-Purine, Energy-Restricted and Balanced Diet on Hyperuricemia and Metabolic Profiles in Gout Patients: A Randomized Controlled Trial

Ting Zhao et al
Nutrients 18 (13) 2047
10.3390/nu18132047

Real-World Administration Practices of Sapropterin in Paediatric and Adults with Phenylketonuria: Results from a United Kingdom Cross-Sectional Survey

Martina Tosi et al
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10.3390/nu18132057

Blood Phenylalanine Control in Paediatric and Adult Centres in the UK: Data from 2012–2018

Alex Pinto et al



Nutrients 18 (13) 2069
10.3390/nu18132069

Effect of Caffeine on the Skeletal System—A Review of Experimental Studies

Paulina Stanczak et al
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10.3390/nu18132089

Critical Nutrients in the Ketogenic Diet for Adolescents Based on Optimized Hypothetical Meal Plans

Marc Assmann et al
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10.3390/nu18132101

Nutritional Strategies and Dietary Patterns in Ménière's Disease and Tinnitus: A Scoping Review of the Available Evidence

Michał Klimas et al
Nutrients 18 (13) 2102
10.3390/nu18132102

Healthier Macronutrient Profiles but Higher Risk of Specific Micronutrient Deficiencies: A Cross-Sectional Study of Vegans, Lacto-Ovo-Vegetarians and Omnivores in Northeast China

Xin Liu et al
Nutrients 18 (13) 2109
10.3390/nu18132109

Ultra-Processed Foods Controversy: Myths, Realities, and Policy Implications

Antonis Zampelas
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10.3390/nu18132118

Recent Advances in Medium-Chain Triglycerides in Chronic Disease Prevention

Yonghui Yu et al
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10.3390/nu18132133

Dietary Collagen Supplementation as a Strategy for Skin Health: A Narrative Review of Clinical Effects on Skin, Hair, Nails, and Wound Healing

Angelika Bielach-Bazyluk et al
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10.3390/nu18132141



Resveratrol as an Adjunct Therapy in Periodontal Disease: A Systematic Review and Meta-Analysis

Suzanne Ying-Shan Su et al
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10.3390/nu18132212

Therapeutic Effects of Dihydromyricetin on Wholly Alcohol-Attributed Conditions: A Systematic Review

Samantha G. Skinner et al
Nutrients 18 (14) 2221
10.3390/nu18142221

Diet Quality, Food Processing, and Nutrient Adequacy in Vegan, Vegetarian, and Omnivorous Dietary Patterns: A Critical Narrative Review

Vicente Javier Clemente-Suárez et al
Nutrients 18 (14) 2291
10.3390/nu18142291

Daily Calcium and Vitamin D Supplementation as a Foundational Pillar in Osteoporosis Management: A Narrative Review

María Pascual-Pastor et al
Nutrients 18 (14) 2292
10.3390/nu18142292

Diet, Nutrition, and Rhinosinusitis: A Systematic Review of Dietary Interventions and Exposures

Cenorina Martinez et al
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Alcohol and Energy Drink Use Among Adolescents and Young Adults: Insights from the ALIMA Study

Federica Intorre et al
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10.3390/nu18142323

Effects of Vitamin D on Epigenetics, Seasonality, and Management of Rheumatoid Arthritis

Orlando Izzo et al
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10.3390/nu18142359

Natural Products as Nutritional Supplements in Human Disease Prevention and Management: From Molecular Mechanisms to Clinical Translation

Antonios Dakanalis et al



Nutrients 18 (14) 2362
10.3390/nu18142362

Effects of Non-Nutritive Artificial Sweeteners on Gut Microbiota and Host Metabolism and Health-Related Outcomes: A Review

Yefu Xin et al
Nutrients 18 (14) 2492
10.3390/nu18142402

Maternal/Neonatal

Effect of Myo-Inositol Supplementation in Polycystic Ovary Syndrome—Scoping Review

Julia Habryka et al
Nutrients 18 (13) 2093
10.3390/nu18132093

The Effects of Time-Restricted Eating in Women with Polyendocrine Metabolic Ovarian Syndrome: A Systematic Review and Meta-Analysis

Mohammed Hamsho et al
Nutrients 18 (13) 2096
10.3390/nu18132096

Low-FODMAP Diet for Gastrointestinal Symptoms in Endometriosis: A Systematic Review

Rafał Watrowski et al
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10.3390/nu18132164

Effect of Fish-Derived Lipids on Inflammation Status and Health-Related Quality of Life in Women with Endometriosis

Angelika Bogusz et al
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10.3390/nu18132184

Nutritional Interventions for Perimenopausal Anxiety and Depression Targeting Tryptophan and GABA Pathways: A Narrative Review

Huiying Zhao et al
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10.3390/nu18132185

Unhealthy Diets, Unhealthy Futures: How Modern Eating Patterns Endanger Maternal and Offspring Health

Anallely López-Yerena et al
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10.3390/nu18142320



Prenatal Origin of Childhood Overweight, Obesity and Insulin Resistance, with Special Emphasis on Maternal Diabetes, Excessive Weight, Nutrition and Hormone Imbalances

Asher Ornoy et al
Nutrients 18 (14) 2330
10.3390/nu18142330

Mental Health/Eating Disorders

Nutritional Imbalance and Oral Functional Limitation Jointly Associated with Depressive Symptoms in Adults Living Alone: A Nationally Representative Cross-Sectional Study

Young-Suk Jung et al
Nutrients 18 (13) 2055
10.3390/nu18132055

Effect of Probiotic Supplementation on Gut Microbiota in Children with Autism: A Pilot Randomised Controlled Trial

Sachin Agrawal et al
Nutrients 18 (13) 2079
10.3390/nu18132079

Food Insecurity and Binge Eating: Exploring Reward-Based Eating, Psychological Distress, and Diet Quality as Underlying Mechanisms

Chelsea Arnold et al
Nutrients 18 (13) 2126
10.3390/nu18132126

Mindful Eating, Orthorexic Tendency, and Mediterranean Diet Adherence Identify Weight-Related Eating Profiles in Young Adults

Giuseppina Augimeri et al
Nutrients 18 (13) 2183
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Psychiatric Symptoms Associated with Non-Celiac Gluten Sensitivity: A Focused Narrative Review

Dragica Pavlovic et al
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10.3390/nu18142272

Probiotic Supplementation in Children and Adolescents with ADHD: A Systematic Review and Meta-Analysis of ADHD-Related and Emotional–Behavioral Outcomes

Yizhen Yan et al
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10.3390/nu18142357



Avoidant/Restrictive Food Intake Disorder-Related Symptoms and Food Neophobia in Children with Food Allergy: A Mixed-Methods Study of Frequency Estimates, Diet Quality, and Food-Related Psychological Experiences

Rita Nocerino et al
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10.3390/nu18142399

Neurogenerative Diseases/Neurology

Vitamin D Signaling in Neurodegenerative Disorders: Mechanisms, Therapeutic Potential, and Clinical Implications

Naveen Soni et al
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10.3390/nu18132082

Relationships Between High Dietary Inflammatory Index Scores and Intestinal and Blood–Brain Barrier Integrity in the Context of Neurodegenerative Diseases

Dariusz Szukiewicz et al
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10.3390/nu18132106

Neuroprotective Effects of Sorghum Polyphenol in Alzheimer’s Disease: In Vitro and In Silico Analyses

Rasheed A. Abdulraheem et al
Nutrients 18 (13) 2121
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Beyond Ketosis: Dietary Therapies and the Microbiota–Gut–Brain Axis in Epilepsy

Valentina Biagioli et al
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The Dynamic Coenzyme Network of B Vitamins in Nutritional Neuropathy and Neuropsychiatric Vulnerability: A Mechanistic Narrative Review

Yonghyun Yoon et al
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Metabolomic Profiling of Plasma in Children with Drug-Resistant Epilepsy: The Effect of the Ketogenic Diet on Energy and Amino Acid Pathways

Marta Cieslak et al
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Neuroprotective Effects of Distilled Extract of Zanthoxylum piperitum in Parkinson's Disease Models

Su Bin Park et al

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Association of Vitamin C Supplementation and Genetic Susceptibility with Multiple Sclerosis Risk: A Prospective Population-Based Cohort Study

Andrea Nova et al

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10.3390/nu18142367

Obesity

Beyond GLP-1 Agonists: Plant-Derived Bioactive Compounds as Adjunctive Strategies for Obesity Management

Aurelian Vasile et al

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10.3390/nu18142266

Understanding Obesity as a Multisystem Disease: Advancing Research, Redefining Diagnostic Criteria, and Establishing Modern Therapeutic Approaches

Hala Abdallah et al

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Beyond BMI: Personalized Nutrition in Obesity, Normal-Weight Obesity, Metabolic Syndrome, and MASLD

Aldona Wierzbicka-Rucinska

Nutrients 18 (14) 2345

10.3390/nu18142345

NordicWalking Combined with Time-Restricted Eating Is Associated with Changes in Gut Microbiota Composition in Adults with Obesity—Pilot Study

Alicja Nowak-Zaleska et al

Nutrients 18 (14) 2373

10.3390/nu18142373

Older People

Factors Affecting Mandibular Movement During Mastication in Nursing Home Residents: A Two-Year Follow-Up Study

Enri Nakayama et al

Nutrients 18 (13) 2060

10.3390/nu18132060



Patterns of Ultra-Processed Food Consumption and Cognitive Performance in Older Adults: A Population-Based Cross-Sectional Analysis from Northern Italy

Federica Prinelli et al
Nutrients 18 (13) 2074
10.3390/nu18132074

Protein Consumption and Cognitive Health in Aging: Associations with Sarcopenia and Dietary Options, a Narrative Review

David McCarthy et al
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Oncology

Phenolic-Rich Extracts from Artichoke By-Products Promote Apoptosis in Human Colorectal Cancer Cell Lines

Rosa Calvella et al
Nutrients 18 (13) 2077
10.3390/nu18132077

Baseline Nutritional Status and Early Treatment Response in Oropharyngeal Cancer: A Prospective Cohort Study by HPV Status (FIS 19 Study)

Maryam Choulli et al
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The Impact of Dietary Guidance During Cancer Treatment on Quality of Life

Vera Ósk Guðjónsdóttir et al
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DASH, Mediterranean, and Plant-Based Diets and Cancer Risk in Women: A Narrative Review Based on Diet Quality Indices

Iwona Lasek et al
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Ketogenic Diet in the Treatment of Malignant Gliomas: A Systematic Review

Michela Persiani et al
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Palliative Care Team Involvement Is Associated with Changes in Nutrition Impact Symptoms and Eating-Related Distress in Patients with Advanced Cancer: A Multicenter Prospective Observational Study



Koji Amano et al
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Vitamin D Deficiency in Leukemia: Implications for Pathophysiology, Treatment, and Supportive Care

Zahra Eskandari et al
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Association Between Composite Dietary Antioxidant Index and Depressive Symptoms in Breast Cancer Patients: The Role of Oxidative Stress Biomarkers in a Cross-Sectional Study

Ran Wang et al
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Urolithins at the Crossroads of Gut Inflammation and Cancer—A Narrative Review

Anna Duda-Madej et al
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Dietary Adherence, Orthorexia Nervosa Risk, Physical Activity Levels, and Body Image Satisfaction in Patients with Neuroendocrine Tumors: A Cross-Sectional Study

Giovanni Guarascio et al
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Integrating Nutrition and Exercise to Mitigate Cardiometabolic Risk and Enhance Outcomes in Lung Cancer During the Era of Immunotherapy and Targeted Therapy

Giuseppina Gallucci et al
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Lycopene, Carotenoids, and Retinoids in Cancer Chemoprevention: Molecular Mechanisms and Clinical Implications

Ecem Kalemoglu et al
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Perioperative Immunonutrition in Patients Undergoing Lung Cancer Surgery: Current Evidence and Future Perspectives

Alicja Werblinska et al
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Paediatric

Liquid Cow's Milk Consumption and Linear Growth Outcomes in Infancy and Childhood: A Systematic Review

Jacksaint Saintila et al
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Validation of a Nutrition Screening Tool in Critically Ill Children

Anna Burneske et al
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Parenteral & Enteral Nutrition

Changes in Anthropometric and Biochemical Parameters Following High-Protein and High-Density Enteral Nutrition in Chronically Ventilated Patients: A Retrospective Study

Jenny Nahman Sichin et al
Nutrients 18 (13) 2076
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Non-Inferiority of a Ready-to-Drink Enteral Formula on Nutritional Status in Patients with Head and Neck Cancer: A Randomized Controlled Trial

Manupol Tangthongkum et al
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Clinical Outcomes on Home Parenteral Support for Patients with Benign Chronic Intestinal Failure: Systematic Review and Meta-Analysis

Maja Eckhardt et al
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Quality of Life of Patients on Home Parenteral Nutrition Using Portable Infusion Pumps: A Cross-Sectional Study

Mirosław Perlinski et al
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Renal Nutrition

Kidney Transplantation and the Gut–Kidney Axis: Microbial, Metabolic, and Nutritional Implications for Graft and Patient Outcomes

Leon Smółka et al



Nutrients 18 (13) 2056
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Hyperfiltration in Obesity: The Vicious Link Between Visceral Fat, Proteinuria, and Sodium Excretion

Mariana Di Lorenzo et al
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The Challenges of Establishing an Optimal Link Between Nutritional Requirements, Dietary Knowledge and Culinary Skills in Chronic Kidney Disease: An Exploratory Review of the Literature

Jorge Casaña Mohedo et al
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