



Nutrition and Dietetics bulletin

March 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

**Microbiome-Based Therapeutics for Salt-Sensitive Hypertension:
A Scoping Review**

Abdulwhab Shremo Msdi et al
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**The Role of the Planetary Diet in Managing Metabolic Syndrome and
Cardiovascular Disease: A Narrative Review**

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**Cardiometabolic Effects of Nigella sativa in Postmenopausal Women with
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The Role of Dietary Education in Cardiac Rehabilitation

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**Nutrition, Lifestyle, and Environmental Factors in Lung Homeostasis and
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Diabetes



Unraveling the link between magnesium and diabetic neuropathy: Evidence from in vitro to clinical studies

Kannika Smithiseth

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Study Protocol, Menu Design, and Rationale for a Study Testing the Effects of a Whole Fruit-Rich Diet on Glycemic Control, Liver Fat, Pancreatic Fat, and Cardiovascular Health in Adults with Type 2 Diabetes

Cody J. Hanick et al

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Machine Learning Models Integrating Dietary Indicators Improve the Prediction of Progression from Prediabetes to Type 2 Diabetes Mellitus

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Innovative Educational Tools Facilitating Lifestyle and Nutritional Interventions in Type 1 Diabetes Mellitus

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Impact of Physical Activity and Dietary Habits on Mental Well-Being in Patients with Diabetes Mellitus

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Primary Prevention of Type 2 Diabetes Mellitus in the European Union: A Systematic Review of Interventional Studies

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Food Allergy

Association between nutrient intake and inflammatory bowel disease risk: Insights from NHANES data and dose-response analysis

Nuoya Xiong M.M et al

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Mediterranean Diet Adherence in Celiac Patients: A Nested Cross-Sectional Study

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Addressing Nutritional Knowledge Gaps in Inflammatory Bowel Disease: A Scoping Review

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A Low Dietary Quality Index in a Newly Diagnosed Inflammatory Bowel Disease Cohort: Results from a Case—Control Study

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The Epithelial Barrier Hypothesis in Food Allergies: The State of the Art

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Vitamin D in Irritable Bowel Syndrome: Exploring Its Role in Symptom Relief and Pathophysiology

Ioanna Aggeletopoulou et al
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Mapping Research Trends on Intestinal Permeability in Irritable Bowel Syndrome with a Focus on Nutrition: A Bibliometric Analysis

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The Impact of Dietary Counseling on the Nutritional Status of Pediatric Patients with Non-IgE-Mediated Gastrointestinal Food Allergies: A Non-Randomized, Prospective Intervention Study

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Quality of Life in Children with Celiac Disease: An Observational Study

Anna Rozensztrauch et al
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Gastroenterology

Improving gut microbiome through diet rich in dietary fibre and polyphenols: The case for orange peels

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The Detrimental Impact of Ultra-Processed Foods on the Human Gut Microbiome and Gut Barrier

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Solid-State Fermented Cereals: Increased Phenolics and Their Role in Attenuating Liver Diseases

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Clinical Insights into Non-Alcoholic Fatty Liver Disease and the Therapeutic Potential of Flavonoids: An Update

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Nutrition therapy for critically ill patients - Five key problems

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Unhealthy plant-based diet associates with frailty risk predominantly in men with low income from the UK Biobank cohort

Kerstin Schorr et al
Journal of Nutrition, Health and Aging 29 100463

Association of dietary calcium intake with risk of falls in community-dwelling middle-aged and older adults

Kosuke Asano et al
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Relationships Between Diet and Geographic Atrophy Progression in the Age-Related Eye Diseases Studies 1 and 2



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Low Mediterranean Diet Adherence Is Associated with Poor Socioeconomic Status and Quality of Life: A Cross-Sectional Analysis

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The Social, Behavioral, and Psychological Predictors of Young Women's Food Choices: A Scoping Review

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Natural Products in the Management of Gastroesophageal Reflux Disease: Mechanisms, Efficacy, and Future Directions

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Complementary Feeding and Infant Gut Microbiota: A Narrative Review

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Prenatal Physical Activity, Pre-Pregnancy BMI, and Their Relationship with Gestational Diabetes: A Retrospective- Prospective Single-Center Study

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Maternal Obesity and Neurodevelopment of the Offspring

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Moderate Chili Consumption During Pregnancy Is Associated with a Low Risk of Gestational Diabetes (GDM)

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Copper, Zinc, and Selenium Levels During Pregnancy and Their Relationship with Pre-Eclampsia Risk: A Systematic Review

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Mental Health/Eating Disorders

Autism, ADHD, and Their Traits in Adults with Obesity: A Scoping Review

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Meat Consumption and Depression: An Updated Systematic Review and Meta-Analysis

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Psychobiotics Ameliorate Depression and Anxiety Status in Surgical Oncology Patients: Results from the ProDeCa Study

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The Impact of Gut Microbiota on the Development of Anxiety Symptoms—A Narrative Review

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Adherence to the Mediterranean Diet and Risk of Depression: A Cohort Study in Chinese Community Residents

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Eating Disorder Risk Among Adolescents: The Influence of Dietary Patterns, Physical Activity, and BMI

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Much More than Nutrients: The Protective Effects of Nutraceuticals on the Blood–Brain Barrier in Diseases

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Gut over Mind: Exploring the Powerful Gut–Brain Axis

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Impact of Vegan and Vegetarian Diets on Neurological Health: A Critical Review

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Exploring the Efficacy and Safety of Nutritional Supplements in Alzheimer's Disease

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The Erythrocyte Fatty Acid Profile in Multiple Sclerosis Is Linked to the Disease Course, Lipid Peroxidation, and Dietary Influence

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Conditions for Nutritional Care of Elderly Individuals with Dementia and Their Caregivers: An Exploratory Study

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Body Composition and Its Outcomes and Management in Multiple Sclerosis: Narrative Review

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Obesity

A New Mediterranean Lifestyle Pyramid for Children and Youth: A Critical Lifestyle Tool for Preventing Obesity and Associated Cardiometabolic Diseases in a Sustainable Context

Rosa Casas et al
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Effects of ketogenic and low-carbohydrate diets on the body composition of adults with overweight or obesity: A systematic review and meta-analysis of randomised controlled trials

Leona Yuen-Ling Leung et al
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Almond snacking modestly improves diet quality and waist circumference but not psychosocial assessments and other cardiometabolic markers in overweight, middle-aged adults: A randomized, crossover trial

Vernon Uganiza Rayo et al
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Application of personalized nutrition counselling according to glycemic response in obese adults: A randomized dietary intervention study

Joeun Kim M.S et al
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Preventing and Managing Pre- and Postoperative Micronutrient Deficiencies: A Vital Component of Long-Term Success in Bariatric Surgery

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Older People

Promotion of Healthy Aging Through the Nexus of Gut Microbiota and Dietary Phytochemicals

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The Role of Nutrition and Other Lifestyle Patterns in Mortality Risk in Older Adults with Multimorbidity

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Benefits of Dietary Supplementation with Specific Silicon-Enriched Spirulina on Arterial Function in Healthy Elderly Individuals: A Randomized, Placebo-Controlled Trial

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Dehydration and Malnutrition—Similar Yet Different: Data from a Prospective Observational Study in Older Hospitalized Patients

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Gnetin C in Cancer and Other Diseases: What Do We Know So Far?

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Effects of 12-Week Anti-Inflammatory Dietary Education on Depressive Symptoms Among Depressed Patients with Breast Cancer Undergoing Adjuvant Chemotherapy: A Randomized Controlled Trial

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Impact of Dietary Supplements on Clinical Outcomes and Quality of Life in Patients with Breast Cancer: A Systematic Review

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Strategies to Maximize the Benefits of Evidence-Based Enteral Nutrition: A Narrative Review

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The Modern Approach to Total Parenteral Nutrition: Multidirectional Therapy Perspectives with a Focus on the Physicochemical Stability of the Lipid Fraction

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The Impact of Home Parenteral Nutrition on Survival and Quality of Life in Patients with Intestinal Failure and Advanced Cancer: A Comprehensive Review

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Clinical Predictors and Prevalence of Enteral Nutrition Intolerance in Acute Pancreatitis: An Updated Systematic Review and Meta-Analysis

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The Potential Role of Advanced Glycation End Products in the Development of Kidney Disease

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Beneficial Effects of Butyrate on Kidney Disease

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Assessment of Vitamin D Metabolism Disorders in Hemodialysis Patients

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The Effects of a Whole-Food Plant-Based Nutrition Education Program on Blood Pressure and Potassium in Chronic Kidney Disease: A Proof-of-Concept Study

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Nutritional Intervention and Musculoskeletal Health in Chronic Kidney Disease

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Nutritional Status, Uremic Toxins, and Metabo-Inflammatory Biomarkers as Predictors of Two-Year Cardiovascular Mortality in Dialysis Patients: A



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Maqui and Chronic Kidney Disease: A Narrative Review on the Potential Nephroprotective Role of Anthocyanins

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