



Nutrition and Dietetics bulletin

May 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

The Mediterranean Diet and Cardiovascular Protection: Biochemical Mechanisms with Emphasis on Platelet-Activating Factor

Paraskevi Detopoulou et al
Nutrients 18 (9) 1320
10.3390/nu18091320

Sexual Dimorphism and Menopausal Transition: A Narrative Review of the Metabolic and Physical Effects of Intermittent Fasting

Alexsandra Rojas Drinnon et al
Nutrients 18 (9) 1344
10.3390/nu18091344

Sarcopenia in Chronic Heart Failure: Pathophysiology, Clinical Consequences, and Emerging Multimodal Therapeutic Strategies

Dominik Kurczynski et al
Nutrients 18 (9)
10.3390/nu18091431

Effects of Oral Berry Supplementation on Blood Pressure in Adults with Hypertension or Elevated Blood Pressure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials

Eduardo Vladimir Guevara Guevara et al
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10.3390/nu18101504



Covid 19/Respiratory

The Gut–Lung Axis in Allergic Asthma: A Narrative Review of Microbial Dysbiosis, Immune Regulation, and Nutritional Modulation

Chi-Kun Chiang et al

Nutrients 18 (9) 1336

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A Review of the Properties of Clinically Evaluated Plant-Derived Agents in the Treatment of Respiratory Infections

Alexandra S. Alexandrova et al

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Vitamin D Supplementation in Children with Asthma: An Umbrella Review

Jianzhao Liu et al

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10.3390/nu18101560

Harnessing Botanical Extracts for Asthma Therapy: A Scoping Review of Molecular Mechanisms and the Strategic Utility of Experimental Models (2005–2025)

Jae-Won Lee et al

Nutrients 18 (10) 1604

10.3390/nu18101604

Diabetes

Effects of Dietary Fruit and Vegetable Consumption on Prediabetes: A Systematic Review and Meta-Analysis

Seung-Hee Hong et al

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10.3390/nu18091391

Vitamin D in Type 2 Diabetes Mellitus According to Diabetic Kidney Disease Stage: What Is the Target in Clinical Practice?

João Soares Felício et al

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10.3390/nu18091408

Carbohydrate Knowledge in People with Type 1 and Type 2 Diabetes in the NutriNet-Santé Cohort Study



Sopio Tatu et al
Nutrients 18 (9) 1415
10.3390/nu18091415

BMI and Prognostic Nutritional Index Are Independently and Positively Associated with Three Year Glycemic Change in Non-Diabetic Adults: A Community-Based Cohort Study

Yuting Yu et al
Nutrients 18 (9) 1459
10.3390/nu18091459

Facilitators and Barriers of Adherence to Time-Restricted Eating in Individuals with Type 2 Diabetes: A Qualitative Study

Brooke L. Devlin et al
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10.3390/nu18091467

Dietary Modulation of Inflammatory and Oxidative Pathways in Type 2 Diabetes: Biomarkers and Cardiorenal Outcomes

Carlo Domenico Maida et al
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Glycemic Control and Insulin Requirement According to Enteral Formula Type in Critically Ill Patients with Type 2 Diabetes: A Retrospective Comparative Study

Serpil Ekin et al
Nutrients 18 (10) 1615
10.3390/nu18101615

Food Allergy

Types and Outcomes of Dietary Interventions in IBS: A Scoping Review

Bodil Ohlsson et al
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10.3390/nu18091334

Structural Characterization of an Acidic Polysaccharide from Walnut Green Husks and Its Therapeutic Potential in DSS-Induced Ulcerative Colitis

Sanawar Mansur et al
Nutrients 18 (9) 1351
10.3390/nu18091351



The Hidden Burden of Food Hypersensitivity: Exploring Perceived Stress and Fatigue Symptoms in Children with Food Allergies and Intolerances

Roxana Maria Martin-Hadmas et al

Nutrients 18 (9) 1371

10.3390/nu18091371

Psychological Dimensions of Food Allergy: A Biopsychosocial and Neuropsychological Perspective

Audrey Dunn Galvin

Nutrients 18 (10) 1556

10.3390/nu18101556

Effects of γ -Aminobutyric Acid (GABA) Supplementation on Symptoms, Quality of Life, Intestinal Permeability, Systemic Inflammation and Gut Microbiota in Patients with IBS-D: A Randomized, Double Blind, Placebo-Controlled, Crossover Pilot Study

Christian Lambiase et al

Nutrients 18 (10) 1569

10.3390/nu18101569

Avoidant/Restrictive Food Intake Disorder Is Common in Adult and Pediatric Patients with Celiac Disease and Non-Celiac Gluten Sensitivity

Micaela Atkins et al

Nutrients 18 (10) 1585

10.3390/nu18101585

Heat Processing Reduces IgE Binding but Not Basophil Sensitivity to Pea Proteins in Pea-Allergic Children

Malgorzata Teodorowicz et al

Nutrients 18 (10) 1612

10.3390/nu18101612

Gastroenterology

Effects of Animal-Based Foods on Metabolic Outcomes in Adults with MASLD and Comorbidities: A Systematic Review of Randomized Controlled Trials (2020–2026)

Joanna Michalina Jurek et al

Nutrients 18 (10) 1508

10.3390/nu18101508

General



The Role of Microbiome and Diet on Disease Activity and Immune-Inflammatory Status in Rheumatoid Arthritis

Aleksandra Rodziewicz et al

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Implementation and Applications of Artificial Intelligence in Nutrition: A Systematic Review of Use in Practice and Research

Celia Fabiola Vásquez-García et al

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The Impact of Sugar Source on the Relationships Between Free Sugars Intake and Health: A Secondary Analysis

Jennifer A. Peregoy et al

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10.3390/nu18091323

Lentil-Derived Bioactives for Gastrointestinal Health: Potential Complementary Interactions Among Peptides, Resistant Starch, and Polyphenols

Xingye Wei et al

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10.3390/nu18091348

The Association Between Adherence to the Dutch Healthy Diet Index and Glaucoma Prevalence—The Maastricht Study

Yu Yu et al

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The Therapeutic Potential of Polyphenols in Modulating Barrier Lipids, Microbiome Interactions, and Inflammatory Pathways in Atopic Dermatitis

Karolina Blady et al

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Perceptions of Artificial Nutrition and Hydration at the End of Life Among Healthcare Professionals, Medical Students, and Lay Respondents: A Cross-Sectional Comparative Survey

Mircea Stoian et al

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10.3390/nu18091404

Industrial Food Systems as Environmental Drivers of Women's Health and Childhood Obesity: A Cross-National Ecological Study

Myriam Angélica Castiblanco-Amaya et al

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Sulforaphane in Cutaneous Disorders and Skin Injury: Mechanisms, Evidence, and Clinical Perspectives

Hua Liu et al

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An Experiment in Personalized Shopping for Optimal Health, with Integration of Nutrigenetics and Gut Microbiome Information

Veronica Fernandes et al

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Protein and Micronutrient Intake After Two Years of Sapropterin Treatment in PKU

Ozlem Yilmaz Nas et al

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10.3390/nu18101549

Dietary Patterns and Age-Related Macular Degeneration: A Matched Case-Control Study

Mougni Mohamed Azalati et al

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Intermittent Fasting: Health Impacts and Therapeutic Potential

Cristina Manuela Drăgoi et al

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Learning About Healthy Nutrition by Doing: Experiential Approaches in School-Based Nutrition Education

Arianna Bisogno et al

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Glutathione in Our Diet and Its Role in the Body: From Disease Prevention to Anti-Aging

Vijole Bradauskien et al
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Maternal/Neonatal

Maternal Nutrition During Pregnancy and Fetal Outcome, Short and Long-Term Health Effects: A Narrative Review

Maria Elena Capra et al
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10.3390/nu18091375

Mental Health/Eating Disorders

From Plate to Mind: Scientific Perspectives on Foods That May Influence Anxiety and Depression

Antoniya Hachmeriyan et al
Nutrients 18 (9) 1318
10.3390/nu18091318

Uncertainty Meets Disordered Eating and Body Image: A Transdiagnostic Network Study Across Depressive, Anxiety and Anorexia Nervosa Symptoms Including a Control Group

Roser Granero et al
Nutrients 18 (9) 1370
10.3390/nu18091370

Eating Disorders in Cystic Fibrosis

Sabina Sabharwal
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10.3390/nu18091374

The Psychological Dimensions of Dieting: A Two-Phase Study on Body Appreciation, Nutritional Awareness and Mental Well-Being

Paula Sophia Cozma et al
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10.3390/nu18091405

Diet–Microbiome–Brain Axis and Mental Health: Biological Mechanisms and Nutritional Implications

Diana Utu et al



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Gut-Derived Metabolic Imbalance in Autism Spectrum Disorder: Toward the Concept of a Metabolic Subtype

Ju Young Son et al
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Associations Between Diet, Metabolic Profile, and Cognitive Function in Men with Schizophrenia and Healthy Controls: Evidence from a Comparative Study

Krzysztof Krysta et al
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The Impact of Fear of Missing out (FoMO) on Addictive Eating: A Moderated Mediation Model

Janelle A. Skinner et al
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From Family Patterns to Eating Disorder Risk: The Role of Social Media, Appearance Ideals, and Body Image Among Emerging and Young Adults

Lior Gendelman et al
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Influence of Eating Behavior and Dietary Patterns on Gut Microbiota Formation in Children with Autism Spectrum Disorder

Natalia A. Smolko et al
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Association Between Anxiety and Suicidal Ideation, and Dietary Patterns

Mir Jun et al
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Dietary Carbohydrates and ADHD Symptoms: A Systematic Review

Gabriela Georgieva Panayotova et al



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10.3390/nu18101625

Neurogenerative Diseases/Neurology

Dysphagia Risk and Its Association with Nutritional Status in Multiple Sclerosis: A Preliminary Study

Nicole Vanessa Franchina Vergel et al
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10.3390/nu18091315

Magnesium in Neurocritical Care: Clinical Relevance, Status Assessment, and Practical Implications for Outcomes—A Narrative Review

Stefano Marelli et al
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Ultraprocessed Food Intake, Cognition, and Executive Function in Adults: A Systematic Review

Marina Wöbbeking-Sánchez et al
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The Effects of Carnosine on Cognitive Function and Mental Health—A Systematic Review and Meta-Analysis

Yung-Fang Hsiao et al
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The Gut Microbiota as a Mediator Linking the MIND Diet to Alzheimer's Disease

Fatemeh Ramezani et al
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Dietary Polyphenols in Brain Aging: Molecular Mechanisms and Implications for Neurodegeneration

Noémi Mózes et al
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King Oyster Mushroom, Pleurotus eryngii, Inhibits Microglia Activation via the Interplay of NLRP3 to Alleviate Neuroinflammation

Isabelle Aurore Hininger-Favier et al

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Ketogenic Diet-Based Therapy for Fatigue in Patients with Multiple Sclerosis

Francesca Filippi et al

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Associations of Physical Activity, Muscle Mass and Protein-Rich Food Consumption with Functional Fitness in Individuals with Multiple Sclerosis

Elżbieta Cieśla et al

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Myoinositol and Selenium (MYSE) Supplementation Is Associated with Favorable Changes in Thyroid Parameters and Migraine Outcomes in Patients with Migraine and Hashimoto's Thyroiditis: A Retrospective Cohort Study

Cherubino Di Lorenzo et al

Nutrients 18 (10) 1554

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Feasibility and Tolerability of Ketogenic Interventions in Amyotrophic Lateral Sclerosis—A Dose-Finding Case Series

Christine Herrmann et al

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Mechanisms of Exercise-Mediated Regulation of the Gut–Brain Axis in Parkinson's Disease

Xiaofan Men et al

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Obesity



Toward Precision Obesity Pharmacotherapy: Using the Eating Behavior Phenotype Scale (EFCA) in Real-World Clinical Practice

Ronaldo José Pineda-Wieselberg et al

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Preoperative Very-Low-Calorie Ketogenic Diet Versus Low-Calorie Diet in Bariatric Surgery: A Prospective Comparative Study

Farnaz Rahimi et al

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Identifying Critical Age Periods for the Prevention of Metabolic Complications in Obesity: An Integrative Analysis of Body Composition, Biochemical Profiles and Nutritional Recommendations in 29,544 Adults

Irina A. Lapik et al

Nutrients 18 (10) 1533

10.3390/nu18101533

Older People

Explore the Optimal Treatment Regimen Across Combinations of Variate Protein Sources and Exercise Modalities and Its Associated Factors in Older Adults: A Network Meta-Analysis and Meta-Regression of Randomized Controlled Trials

Che-Li Lin et al

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Co-Production of Behavior Change Intervention Promoting an Anti-Inflammatory Diet for Frailty Prevention in Community-Dwelling Older Adults

Weida Lyu et al

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Sustaining Muscle, Cardiovascular Health, and the Environment: Is Plant-Based Protein the Key?

Teresa Cannito et al

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Intermittent Fasting and Healthy Aging in Older Adults: A Systematic Review of Cardiometabolic, Mental Health and Cognitive Outcomes with a Network Meta-Analysis of Anthropometric Measures

Sergio Couto-Alfonso et al

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Oncology

Impact of Nutritional Supplements and Antioxidants in the Treatment of Breast Cancer: A Systematic Review

Daniel Uribe-Ramírez et al

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The Combined Effect of Dietary and Behavioral Risk Factors in Gastric Cancer: A Case-Control Study Using a Healthy Lifestyle Index in Fujian, China

Monica Wangari et al

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Identifying Patients with Colorectal Cancer Likely to Benefit from a Trimodal Prehabilitation Prior to Surgery

Nóra Suszták et al

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Effectiveness of a Comprehensive Program Including a Novel Concentrated High-Protein, High-Calorie Oral Nutritional Supplement to Enhance Nutritional and Morphofunctional Recovery in Malnourished Patients with Cancer: The ONAVIDA Study

José Manuel García-Almeida et al

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The Gut Microbiota in Hematologic Malignancies: Mechanisms, Clinical Associations, and Translational Opportunities

Santino Caserta et al

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Diagnostic Performance and Agreement of MST and NUTRISCORE Compared with GLIM Criteria in Ambulatory Cancer Patients: Results from the OncoNutridos Study

Carmen Ripa et al

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Melatonin and Selected Phytochemicals: A Promising Combination to Target Altered Metabolism in Cancer

Wamidh H. Talib et al

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Nutrition Recommendations for People Living After Cancer: A Systematic Review and Critical Appraisal of Clinical Practice Guidelines

Lauren Ducat et al

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Dietary Phytochemicals in Cancer Therapy—From Mechanistic Insights to Combination Strategies

Ching-Hsein Chen et al

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Dietary Antioxidants and Redox Signaling in Cancer Prevention: Mechanistic Insights and Metabolic Inflammation

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Leveraging Dietary Interventions to Benefit Patients with Hematologic Malignancies and Clonal Hematopoiesis

Camille Brzechffa et al

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U-Shaped Association Between β -Carotene Intake and Suicidal Ideation in Cancer Survivors: Evidence from a Nationally Representative Sample

Hyejin Tae et al

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Synbiotics as a Microbiome-Based Strategy in Colorectal Cancer

Lucia Maria Procopciuc et al

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Curcumin and Cancer-Related Inflammation

Kaitlyn LeBlanc et al

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Paediatric

Folic Acid Level of Children with Atopy/Asthma and Children Without Chronic Allergic Disease—Should We Consider Nutritional Fortification?

Marijana Rogulj et al

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Beyond Single Behaviors: A Systems Perspective on Physical Activity, Nutrition, and Lifestyle in Children's Health

Agnieszka Kozioł-Kozakowska et al

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Beyond BMI: A Systematic Review and Meta-Analysis of mHealth Interventions for Pediatric Obesity Management

Ema Burlacu et al

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Early Gut Microbiota and Neurodevelopmental Trajectories: Implications for Pediatric Neuropsychiatric Vulnerability—A Narrative Review

Vasile Valeriu Lupu et al

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Critical Nutrients in Ketogenic Diets for Infants and Children Under Ten Years of Age—A Hypothetical Study

Marc Assmann et al
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Nutrition Support for Children with Paediatric Intestinal Pseudo-Obstruction (PIPO) in the United Kingdom—An Explorative Survey by the British Society of Paediatric Gastroenterology, Hepatology and Nutrition (BSPGHAN)

Alessandra Mari et al
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Parental & Enteral Nutrition

Adoption of an Early Enteral Nutrition Feeding Protocol in Patients Receiving an Allogeneic Stem Cell Transplant

Nikki Spurgeon et al
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Renal Nutrition

Dietary Fibre and Chronic Kidney Disease: A Systematic Review of Effects on Inflammation, Uraemic Toxins, Nutritional Status, Kidney Function, and Gut–Liver–Kidney Axis Mechanisms

Anna Gabriela Mojak et al
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Sarcopenia in Kidney Transplantation: Bridging Pathophysiology to Patient-Centered Care

Anna Pisacreta et al
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Circulating Short-Chain Fatty Acid Levels in Chronic Kidney Disease: A Systematic Review and Meta-Analysis

Devika Thakur et al
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Targeting the Gut–Kidney–Heart Axis in Chronic Kidney Disease: The Mediterranean Diet as a Strategy to Reduce Uremic Toxins and Cardiovascular Risk

Josipa Radic et al

Nutrients 18 (9) 1451

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Patient Perceptions of Dietary Supplement Use and Kidney Stone Disease

David D. Kim et al

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Is Adapted Physical Exercise an Innovative Adjuvant Approach to Combine with Low-Protein Diet in Chronic Kidney Disease?

Arianna Murri et al

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