Nutrition and Dietetics bulletin

September 2026

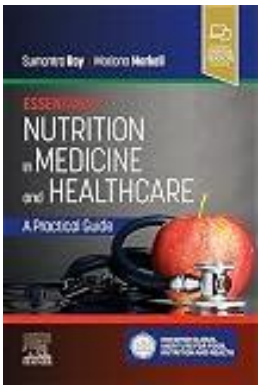
The aim of this current awareness bulletin is to provide a digest of recent articles on Nutrition and Dietetics

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Cardiovascular

Self-Care Behaviors and Dietary Habits Among Patients with Heart Failure: A Cross-Sectional Study
Anastasia A. Chatziefstratiou et al
Nutrients 18 (17) 2745
10.3390/nu18172745

A Plant-Based Diet and Cardiovascular Disease, Coronary Heart Disease, and Stroke: A Systematic Review and Meta-Analysis of Prospective Cohort Studies
Youngyo Kim et al
Nutrients 18 (17) 2779
10.3390/nu18172779

Low-Grade Chronic Inflammation and Atherosclerotic Cardiovascular Risk: The Beneficial Role of Specific Nutritional Approaches
Claudia Giglione et al
Nutrients 18 (17) 2834
10.3390/nu18172834

Whole Grain Oats and Barley Products Modify Lipoproteins and Cardiometabolic Risk Markers in Adults: A 6-Week, Double-Blind, Parallel Design, Randomized Controlled Feeding Trial
Kim S. Stote et al
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10.3390/nu18172873

Sea Buckthorn in Cardiovascular and Metabolic Health: Evidence for the Role of the Leaves
Aleksandra Kordas et al
Nutrients 18 (18) 3009
10.3390/nu18183009

Targeting the Gut Microbiome in Cardiovascular Disease: Current Therapeutic Strategies and Future Perspectives
Diana Elena David et al
Nutrients 18 (18) 3091
10.3390/nu18183091

Modifiable Lifestyle Factors in Cardiovascular Disease Prevention: Current Evidence and Future Directions
Patrick Benjamin et al
Nutrients 18 (18) 3104
10.3390/nu18183104

Diabetes

Whole-Grain Staple Replacement and Cardiometabolic Phenotypes in Adults at High Risk of Type 2 Diabetes: An Extended Randomized-Trial Analysis with NHANES and Country-Level Context
Weihua Dong et al
Nutrients 18 (17) 2758
10.3390/nu18172758

Loss of Nocturnal Dipping in Type 2 Diabetes Mellitus According to Diabetic Kidney Disease: The Role of Vitamin D Levels
João Soares Felício et al
Nutrients 18 (17) 2807
10.3390/nu18172807

Dietary Polyphenols in Type 2 Diabetes: A Metabolite-Centric Review of Human Evidence
Celia María Curieses Andrés et al
Nutrients 18 (17) 2856
10.3390/nu18172856

Associations of Diabetes-Related Distress, Disordered-Eating Risk, and Self-Perceived Health with Glycemic Outcomes in Adolescents with Type 1 Diabetes: An Exploratory Cross-Sectional Study
Marta García-Poblet et al
Nutrients 18 (17) 2916
10.3390/nu18172916

Bedtime Snack Composition and Overnight Glycemic Profiles in Children and Adolescents with Type 1 Diabetes Using Multiple Daily Injections: A Randomized Crossover Study
Didem Günes Kaya et al
Nutrients 18 (17) 2924
10.3390/nu18172924

Joint Association of Hydration Status and Sleep Quality with Type 2 Diabetes Mellitus in a Population-Based Study
Miaolin Han et al
Nutrients 18 (17) 2929
10.3390/nu18172929

Therapeutic Potential of Selected Flavonoids as Natural Antidiabetic Agents
Klaudia Stocerz et al
Nutrients 18 (18) 2944
10.3390/nu18182944

Dietary Fiber Supplementation Reduces Systolic Blood Pressure in High-Risk Patients with Type 2 Diabetes and Hypertension: A Secondary Analysis of a Randomized Trial
José Luis Pino-Villalón et al
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10.3390/nu18182945

Foods as Modulators of GLP-1 Secretion
Halina Tkaczenko et al
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Effects of Curcumin Supplementation on Inflammatory Biomarkers in Adults with Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
Claudio Ignacio Pérez et al
Nutrients 18 (18) 3028
10.3390/nu18183028

Food Allergy

Prenatal, Perinatal and Postnatal Exposures and Clinical Factors of Food Allergy Prevention: A Review for the First 1000 Days of Life from the SIAIP Primary and Secondary Prevention of Allergic Diseases Commission
Angela Klain et al
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Genotype-Specific Clinical Response to a Lactose-Free Diet in Adult Patients Evaluated for Lactose Intolerance: Implications for Clinical Assessment
Roxana Elena Mirică et al
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Nutritional Monitoring and Intervention in Paediatric Inflammatory Bowel Disease
Lauren Arpe et al
Nutrients 18 (17) 2786
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Pectin and Kaolin as Adjunctive Metabolic Therapy for Maintaining Remission in Ulcerative Colitis: Biological Rationale, Current Evidence and Future Clinical Perspectives
John K. Triantafillidis et al
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What Do Patients with Celiac Disease Miss the Most Since Starting a Gluten-Free Diet? A Multicenter International Online Survey of Patients and Physicians
Carolina Ciacci et al
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Food Allergies and Eating Disorders: An Exploration of Screening Prevalence and Associated Factors Among Adults
Jessica Hine et al
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Early-Life Nutrition: The Interplay of Nutritional, Microbial, Genetic, and Environmental Factors in Food Allergy Development and Prevention
Maria Rogalidou et al
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Celiac Disease Management in School Environments: An Interdisciplinary Narrative Review of Operational, Psychosocial, and Nutritional Barriers
Alexandra Mpakosi et al
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Dietary Approaches in Eosinophilic Esophagitis
Tarek Arraf et al
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Gastroenterology

Probiotic–Herb–Peptide Combined Formula Alleviates Alcoholic Liver Damage Associated with Modulation of the Gut–Liver Axis and Ferroptosis
Yining Wang et al
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10.3390/nu18172790

Accumulation and Time-Dependent Changes in Unfavorable Eating Behaviors and the Risk of Incident Metabolic Dysfunction-Associated and Alcohol-Related/Associated Steatotic Liver Disease: A Retrospective Cohort Study
Tatsuya Fukuda et al
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General

Oral Candida spp. Colonisation, the Immunoexpression of Selected Cytokines in Oral Mucosa Cells and Vitamin D3 Serum Levels in Patients with Different Severities of Psoriasis: A Case–Control Study
Mariola Marchlewicz et al
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The Role of Intermittent Fasting in Rheumatoid Arthritis—A Scoping Review
Martyna Winiarska et al
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10.3390/nu18172803

Examining Demographic Variables Associated with Fruit and Vegetable Intake and Skin Yellowness
Anna K. Jansson et al
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Development and Feasibility Study of Sustainable ePlate: A Web-Based Serious Game for Multidimensional Sustainable Healthy Diet Interventions in Schools
Elena Patra et al
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Bioavailability of Nutrients from Animal-Derived Foods Versus Other Sources of Foods: A Comprehensive Literature Review
Mariusz Rudy
Nutrients 18 (17) 2882
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Nicotinamide Supplementation in Glaucoma: A Systematic Review of Human Studies
Andrea Giudiceandrea et al
Nutrients 18 (17) 2885
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Association of Preoperative Fasting Strategy with Postoperative Inflammatory–Nutritional Trajectories and Clinical Outcomes Following Hepatobiliary Surgery: A Retrospective Cohort Study
Hyun-Jung Kwon et al
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Opinions of European Dietitians About Communications Promoting Healthy Eating: An International Comparative Study
Paweł Bryła et al
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Evaluating Dietary Assessment Methods in Adults with Cystic Fibrosis in the Modulator Era: A Comparison of Food Frequency Questionnaires and Three-Day Food Diaries

Cian Greaney et al
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Retinal and Choroidal Vascular Changes Associated with Vitamin D Deficiency
Tudor Corneliu Taras et al
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Dietary and Formulation Potential of Natural Oils and Fats in Ocular Health and Disease: Mechanisms, Evidence, and Future Directions
Jiexin Bai et al
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Plant-Based Diets in Adolescence: Cardiometabolic Benefits, Developmental Risks, and the Role of Fortification
Bianca Simionescu et al
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Associations Between Chocolate Consumption and Cardiometabolic Risk Markers Across Metabolic Profiles: Insights from a Population-Based Study
Beatriz Martín-Carro et al
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Leucine-Enriched Essential Amino Acids in Clinical Practice: A Narrative Review
Kenji Nagao et al
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CHL Attenuates MIA-Induced Osteoarthritis by Regulating Inflammatory, Catabolic, and Anabolic Pathways Associated with Cartilage and Subchondral Bone Degeneration
Sanjay et al
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Microbiome-Derived Metabolic Signaling in the Gut–Skin Axis: Implications for Nutricosmetics and Healthy Skin Aging
Jihye Lee et al
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The Role of Diet in Functional Dyspepsia
Luisa Bertin et al
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The Impact of Prescription Barriers to Special Low Protein Foods and Protein Substitutes on PKU Care: Findings from a National Survey of Metabolic Dietitians
Martina Tosi et al
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Maternal/Neonatal

Factors Associated with Dietary Behaviour During Pregnancy: An Insight from the SaperePer Cohort
Samar El Sherbiny
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Barriers and Enablers Influencing Dietetic Practice in the Management of Polyendocrine Metabolic Ovarian Syndrome
Jaye Lange et al
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10.3390/nu18183010

Mental Health/Eating Disorders

Nutritional Rehabilitation and Medical Stabilization of Adolescents with Anorexia Nervosa: Length-of-Stay Predictors, Cardiovascular Recovery, Refeeding Safety, and Psychiatric Comorbidity Burden
Saba F. Elhag et al
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Personalised Nutraceutical Treatment Guided by MTHFR Genotype in Mental Health: A Retrospective Cohort Study
Cristina Beer et al
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Longitudinal Analysis of Associations Between Dietary Patterns and Incident Suicidal Ideation
Yulian Kang et al
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The Relationship Between Combined Lifestyle Behaviors and Mental Illness in Emerging Adults: A Narrative Review
Noelle Armstrong et al
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Does Omega-3 Help After All in Autism Spectrum Disorder? An Update Systematic Review and Meta-Analysis of Randomized Trials
Inmaculada Sánchez-García et al
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Dietary Omega-3 Fatty Acid Intake, Anxiety, and Depression Among University Students in the UK: An Exploratory Cross-Sectional Study
Mine Mumcu et al
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Prevalence and Clinical Correlates of Autistic Traits Across Eating Disorder Diagnoses: A Retrospective Analysis of Clinical Service Data
Adia Meyer et al
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Beyond Dietary Identity: Habitual Food Consumption, Lifestyle Characteristics, and Mental Health in Adults Following Plant-Based Diets
Tamara Kuswik et al
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Chrono-Nutritional Disruption as a Potential Modifiable Factor in Bipolar Disorder
Marianna Mazza et al
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Dual Effects of ADHD Pharmacotherapy on Nutrition: A Scoping Review of Appetite, Eating Behavior, and Growth Across the Lifespan
Jens-Mirco Engbrink et al
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Eating Disorders in the Context of Gastrointestinal Diseases—A Narrative Review
Agnieszka Kopystecka et al
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Qualitative Feasibility and Usability Study of an Ecological Momentary Assessment (EMA) Smartphone Application in Binge Eating Disorder Treatment
Pauline W. Jansen et al
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Refeeding the Gut in Anorexia Nervosa: Microbiome, Nutritional Rehabilitation and Dietetic Care
Panagiota Margioula et al
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The Impact of Personalized Dietary Interventions on Symptom Severity and Dietary Habits in Female Patients with Affective Disorders: A Pilot Study
Kamil Nikel et al
Nutrients 18 (18) 3060
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Dietary Diversity in Children with Autism Spectrum Disorders, Feeding Difficulties, and Sensory Issues Related to Eating—A Case–Control Study
Martina Grot-Nigowska et al
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Neurogenerative Diseases/Neurology

Effects of a Combined Vitamin D3 and Docosahexaenoic Acid Intervention on Cognitive Function and Blood Pyroptotic Biomarkers in Older Adults with Mild Cognitive Impairment: A 12-Month Randomized, Double-Blind, Placebo-Controlled Trial
Jing Yuan et al
Nutrients 18 (17) 2777
10.3390/nu18172777

Do Children with Drug-Resistant Epilepsy Exhibit the Same Eating Habits and Feeding Difficulties as Their Healthy Peers? A Multifaceted Assessment of Eating Habits, Feeding Behaviors, and Nutritional Status in Pediatric Patients with Drug-Resistant Epilepsy on a Ketogenic Diet Compared with Healthy Children in Lower Silesia
Katarzyna Daria Gołabek et al
Nutrients 18 (17) 2788
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Improving the Outcome of Brain-Injured Patients by Non-Continuous Feeding to Prevent Dysbiosis

Alberto Corriero et al
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Polyunsaturated Fatty Acid Supplementation in Multiple Sclerosis Management: A Scoping Review
Rita Oliveira et al
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Eating-Related Profiles in Multiple Sclerosis: Associations with Coping, Health Locus of Control, and Self-Management
Maciej Wilski et al
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Dietary Patterns, Micronutrient Adequacy, and Metabolic Vulnerability in Alzheimer's Disease: A Critical Narrative Review
Isidora Sierralta et al
Nutrients 18 (18) 3025
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Multi-Component Xinjiang Basil Essential Oil Mitigates Alzheimer's Disease-like Pathology Through Amyloid and Neuroinflammatory Modulation
Sendaer Hailati et al
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Obesity

Hidden Malnutrition in the GLP-1 Era: Micronutrient Status, Protein Adequacy, and Lean Mass as Emerging Nutritional Considerations—A Narrative Review
Tamara Sorić et al
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Immunometabolic Plasticity in Sarcopenic Obesity: Toward a New Paradigm for Precision Immunonutrition
Lucia Malaguarnera
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Effects of Berberine, White Mulberry Leaf Extract and Chromium Picolinate on Body Composition and Insulin Resistance in Adults with Obesity: A Randomized Controlled Trial
Konstantinos Xenos et al

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Is Nutritional–Behavioral Intervention Effective in the Fight Against Obesity?
Agnieszka Momora et al
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The Impact of Metabolic and Bariatric Surgery on Nutritional Status and Sarcopenia: A Narrative Overview of Underlying Mechanisms, Clinical Implications, and Prevention Strategies
Ligia J. Dominguez et al
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Vitamin (B1, B6, B12, D, and Folate) and Mineral (Iron, Selenium, and Magnesium) Status Across the Spectrum of Severe Obesity: An Integrative Multivariate Analysis of Metabolic and Nutritional Profiles
Hannah Sabados et al
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Beneficial Roles of Bioconversion-Derived Metabolites of Dietary Components as Potential Biological Regulators in Obesity and Type 2 Diabetes Mellitus
Heaji Lee et al
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A Food-Based Sequential KETOgenic Nutritional Protocol for Mediterranean Diet Non-Responders with COMPlicated Obesity: A Real-World Observational Study (KETOCOMP)
Maurizio Romano et al
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The NUTRI-OBEDIGITHUM Pathway: Integratingn Personalized Exchange-Based Nutrition into Digitally Enabled Obesity Care and a Retrospective Real-World Cohort Analysis
Clotilde Vázquez et al
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Older People

Effects of a Commercial Fruit, Vegetable and Berry Juice Powder Concentrate on Metabolic Safety and Cardiovascular Health in Older Adults: 6-Month Results of a Randomized Controlled Trial
Tobias Ziegler et al
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Association Between Oral Frailty and Body Mass Index in Late-Stage Older Adults Stratified by Sarcopenia Status
Masaki Hayase et al
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Food-Based Nutrition Care Provided to Older Community-Dwelling Adults with or at Risk of Malnutrition Following Hospital Discharge—A Scoping Review
Alita Rushton et al
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The Gut Microbiome as a Mechanistic Link Between the Planetary Health Diet and Healthy Aging
Tamás Jarecsny et al
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Clinical Translation of Fisetin for Age-Related Diseases: Current Evidence and Future Opportunities
Carolina Sandoval-Caballero et al
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Frailty, Physical Performance, and Molecular Changes in Older Adults Participating in Different Exercise Programs: A 12-Week Preference-Based Non-Randomized Study
Jiahao Li et al
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Nurse-Led Nutritional Screening and Early Identification of Malnutrition Among Hospitalized Older Adults: A Scoping Review
Ayman Mohamed El-Ashry et al
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Oncology

Clinical Implications of Nutritional Consultations and Oral Nutritional Supplementation Refusal in Head and Neck Cancer Patients During Chemoradiotherapy
Aleksandra Krzywon et al
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The Gut–Brain Axis and Dietary Patterns in Shaping Long-TermNeurocognitive and Psychosocial Outcomes in Adolescent andYoung Adult Survivors of Childhood Cancer: A Systematized Narrative Review
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Early Nutritional–Immune Biomarker Trajectories Following Gastrectomy for Gastric Cancer: A Prospective Longitudinal Cohort Study
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Perceived Facilitators and Barriers Inform Young Adult Cancer Survivors' Preferences for Physical Activity and Diet Interventions: A Qualitative Study
Rashida K. Jones et al
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Nutritional Status of Patients with Cancer During Oncological Treatment—A Multicenter Cross-Sectional Study
Anna Lewandowska et al
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The Ketogenic Diet as Adjunctive Strategy in Cancer Treatment—Therapeutic Benefits and Metabolic Risk Using Breast Cancer as an Example
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Combined Arctigenin and Curcumin Treatment Induces Redox and Metabolic Stress, AMPK Phosphorylation, and Apoptotic Signaling in Prostate Cancer Cells
Moon-Kyun Cho et al
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Nutrigenomics and Epigenetic Regulation in Cancer Prevention: Molecular Mechanisms, Dietary Bioactives, and Translational Perspectives
Grigoris Risvas et al
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Paediatric

Sleep, Stress, Circadian Rhythm, and Diet in Pediatric Disorders of Gut–Brain Interaction: A Narrative Review
Hubert Szyller et al
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Efficacy and Safety of Lactobacillus reuteri DSM 17938 in Pediatric Functional Abdominal Pain Disorders: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
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Vitamin D Status in Children with Primary Immunodeficiency Disorders Receiving Vitamin D Supplementation: A Retrospective Cross-Sectional Study
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Renal Nutrition

Cognitive Impairment Across the Spectrum of Chronic Kidney Disease: Clinical Characteristics and Implications for Practice—Is There a Role for Medical Nutritional Therapy?
Mihaela Neicu et al
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The Impact of Ultra-Processed Foods on Chronic Kidney Disease Progression
Ewelina Młynarska et al
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