



# Nutrition and Dietetics Bulletin February 2024

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#### **Impact of sarcopenia and malnutrition on swallowing function utilizing ultrasonography in patients with acute heart failure: A retrospective cohort study**

Koji Matsuo et al

Clinical Nutrition ESPEN 59 296-306

#### **Breakfast skipping and traits of cardiometabolic health: A mendelian randomization study**

Meng Xia et al

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#### **Regular nutrition consultations reduced risk factors for cardiovascular diseases in adults**

Yi-HsiuChen et al

Nutrition 118 112259



<p><b>Avocado Consumption and Cardiometabolic Health: A Systematic Review and Meta-Analysis</b> Genevieve James-Martin et al Journal of the Academy of Nutrition and Dietetics 124 (2) 233-246</p>
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<p><b>Efficacy of convenience meal-type foods designed for diabetes in the management of metabolic syndrome based on a 3-week trial</b> Do Gyeong Lee et al</p>



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<b>Diabetes-Specific Complete Smoothie Formulas Improve Postprandial Glycemic Response in Obese Type 2 Diabetic Individuals: A Randomized Crossover Trial</b> Pichanun Mongkolsucharitkul et al Nutrients 16 (3) 395
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**Validation of a food frequency questionnaire in the assessment of dietary glycemic index, glycemic load, and protein intake in pregnant women with obesity**

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**Exploring Lifestyle and Dietary Patterns in Pregnancy and Their Impact on Health: A Comparative Analysis of Two Distinct Groups 10 Years Apart**

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**The Role of the Glycemic Index and Glycemic Load in the Dietary Approach of Gestational Diabetes Mellitus**

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**Close Adherence to a Mediterranean Diet during Pregnancy Decreases Childhood Overweight/Obesity: A Prospective Study**

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**Sunflower seed extract supplementation reduces body fat in adults with obesity: A double-blind, randomized, placebo-controlled trial**

Ha-Na Kim et al

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**The Association between Obesity and Reduced Weight-Adjusted Bone Mineral Content in Older Adults: A New Paradigm That Contrasts with the Obesity Paradox**

Antonino De Lorenzo

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**The Combined Effects of High-Intensity Interval Exercise Training and Dietary Supplementation on Reduction of Body Fat in Adults with Overweight and Obesity: A Systematic Review**

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**The Malnutrition Awareness Scale for community-dwelling older adults: Development and psychometric properties**

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**Relationship between nutritional status and clinical outcomes among older individuals using long-term care services: A systematic review and meta-analysis**

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**Adherence to a Mediterranean Diet Is Inversely Associated with Anxiety and Stress but Not Depression: A Cross-Sectional Analysis of Community-Dwelling Older Australians**

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## Stroke

### **The Validity of Quadriceps Muscle Thickness as a Nutritional Risk Indicator in Patients with Stroke**

Motoki Maruyama et al  
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