

Lincolnshire Community Health Services



United Lincolnshire Teaching Hospitals

Nutrition and Dietetics bulletin

January 2025

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

If you would like to request any of the articles included in this bulletin, or be put onto the distribution list, please contact: library.grantham@ulh.nh.uk

For more information on Library and Knowledge Services please go to: www.nhslincslibrary.uk

Cardiovascular

Emerging Biomarkers and Determinants of Lipoprotein Profiles to Predict CVD Risk: Implications for Precision Nutrition

Catherine J. Andersen et al Nutrients 17 (1) 42

Evaluation of the Effects of Mulberry Leaf Extracts Morus alba L. on Cardiovascular, Renal, and Platelet Function in Experimental Arterial Hypertension

Masoud Akbari Aghdam et al Nutrients 17 (1) 49

Probiotics: A Potential Strategy for Preventing and Managing Cardiovascular Disease

Anallely López-Yerena et al Nutrients 17 (1) 52

A Personalized Approach to Vitamin D Supplementation in Cardiovascular Health Beyond the Bone: An Expert Consensus by the Italian National Institute for Cardiovascular Research

Anna Vittoria Mattioli et al Nutrients 17 (1) 115

Covid/ Respiratory

The Link Between Dysbiosis, Inflammation, Oxidative Stress, and Asthma— The Role of Probiotics, Prebiotics, and Antioxidants Paulina Kleniewska et al Nutrients 17 (1) 16







Relationship Between Vitamin D Levels with In-Hospital Complications and Morphofunctional Recovery in a Cohort of Patients After Severe COVID-19 Across Different Obesity Phenotypes

Víctor J. Simón-Frapolli et al Nutrients 17 (1) 110

Herbal and Dietary Supplements as Adjunctive Treatment for Mild SARS-CoV-2 Infection in Italy

Anna Licata et al Nutrients 17 (2) 230

Diabetes

Dietary Polyphenols as Potential Therapeutic Agents in Type 2 Diabetes Management: Advances and Opportunities

Sisir Kumar Barik et al Advances in Nutrition 16 (1) 100346

Assessing the Consumption of Ultra-Processed Foods in People with Diabetes: Is a Specific NOVA Questionnaire Always Necessary?

Giovanna D'Abbronzo et al Nutrients 17 (1) 1

Nutraceuticals and Supplements in Management of Prediabetes and Diabetes

Giuseppe Derosa et al Nutrients 17 (1) 14

Role of Medical Nutrition Therapy as Treatment of Sarcopenia in Older People with Type 2 Diabetes

Alessia Gaglio et al Nutrients 17 (1) 172

Milk and yogurt consumption and its association with cardiometabolic risk factors in patients with type 2 diabetes: The Fukuoka Diabetes Registry Masahito Yoshinari et al

Nutrition, Metabolism and Cardiovascular Diseases 35 (1) 103772







Protective Role of Dietary Polyphenols in the Management and Treatment of Type 2 Diabetes Mellitus

Monika Martiniakova et al Nutrients 17 (2) 275

Food Allergy

Plasma Bacterial Metabolites in Crohn's Disease Pathogenesis and Complications Anna Deskur et al

Nutrients 17 (1) 74

Celiac Disease and Liver Damage: The Gut–Liver Axis Strikes Back (Again)? A Retrospective Analysis in the Light of a Literature Review

Aurelio Seidita et al Nutrients 17 (1) 85

Clinical Presentations of Celiac Disease: Experience of a Single Italian Center

Chiara Maria Trovato et al Nutrients 17 (1) 129

Exploring Gut Microbiota Imbalance in Irritable Bowel Syndrome: Potential Therapeutic Effects of Probiotics and Their Metabolites María José García Mansilla et al Nutrients 17 (1) 155

Lactose intolerance – A practical approach, Part 1 RB McFee Disease-a-Month 70 (12) 101823

Lactose Intolerance – A practical approach, Part 2 An approach to foods Michael Mallary

Disease-a-Month 70 (12) 101824

Non-Celiac Gluten/Wheat Sensitivity—State of the Art: A Five-Year Narrative Review

Francesca Manza et al Nutrients 17 (2) 220







Celiac Disease: A Transitional Point of View Ernesto Aitella et al Nutrients 17 (2) 234

Food Is Medicine: Diet Assessment Tools in Adult Inflammatory Bowel Disease Research

Vibeke Andersen et al Nutrients 17 (2) 245

Eosinophilic Esophagitis and Cow's Milk: Mechanisms, Challenges, and Treatment Perspectives

Giulio Dinardo et al Nutrients 17 (2) 265

Very-Low-Absorbable Geraniol for the Treatment of Irritable Bowel Syndrome: A "Real-World" Open-Label Study on 1585 Patients Chiara Ricci et al

Nutrients 17 (2) 328

Gastroenterology

Functional Gastrointestinal Disorders and Childhood Obesity: The Role of Diet and Its Impact on Microbiota Valeria Calcaterra et al

Nutrients 17 (1) 123

Dietary Influences on Gut Microbiota and Their Role in Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

Sevag Hamamah et al Nutrients 17 (1) 143

Consumption of plant sterols-enriched soy milk with a healthy dietary pattern diet lowers blood pressure in adults with metabolic syndrome: A randomized controlled trial

Yujing Xu et al Nutrition, Metabolism and Cardiovascular Diseases 35 (1) 103773

General







Health-Promoting and Functional Properties of Fermented Milk Beverages with Probiotic Bacteria in the Prevention of Civilization Diseases Milena Alicja Stachelska et al

Nutrients 17 (1) 9

Educational Intervention Boosts Dietitians' Knowledge of the Safety and Approval of Low- and No-Calorie Sweeteners

Alissa A. Nolden et al Nutrients 17 (1) 32

Nutritional Dermatology: Optimizing Dietary Choices for Skin Health Sandi Assaf et al

Nutrients 17 (1) 60

Common Questions and Misconceptions About Energy Drinks: What Does the Scientific Evidence Really Show?

Jose Antonio et al Nutrients 17 (1) 67

Recent Updates and Advances in the Association Between Vitamin D Deficiency and Risk of Thrombotic Disease

Amirhossein Faghih Ojaroodi et al Nutrients 17 (1) 90

Biological and Nutritional Applications of Microalgae

Sümeyye Sarıta et al Nutrients 17 (1) 93

Metabolic Dysfunction-Associated Steatotic Liver Disease and the Risk of Chronic Periodontitis: A Nationwide Cohort Study Bo-Kyung Shine et al

Nutrients 17 (1) 125

High-Fat Diet, Epigenetics, and Atherosclerosis: A Narrative Review Vikrant Rai Nutrients 17 (1) 127

Assessing the Nutrient Composition of a Carnivore Diet: A Case







Study Model

Sylvia Goedeke et al Nutrients 17 (1) 140

Vitamin D Supplementation in Critically III—Narrative Review

Lenko Saric et al Nutrients 17 (1) 156

Watching Television While Eating Increases Food Intake: A Systematic Review and Meta-Analysis of Experimental Studies Dresshti Garg et al

Nutrients 17 (1) 166

Investigation and Assessment of Al's Role in Nutrition—An Updated Narrative Review of the Evidence

Hanin Kassem et al Nutrients 17 (1) 190

Vitamin B12: A cornerstone of cognitive and metabolic well-being in young adults

Deepanshi Sharma et al Obesity Medicine 53 100563

Diet Quality and Caloric Accuracy in Al-Generated Diet Plans: A Comparative Study Across Chatbots Hüsna Kaya Kaçar et al Nutrients 17 (2) 206

Prescribed Hospital Diet Influence on Dietary Intake of Hospitalised Patients: A Cross-Sectional Study Joana Gameiro et al

Nutrients 17 (2) 261

Relationship Between the Gut Microbiome, Tryptophan-Derived Metabolites, and Osteoarthritis-Related Pain: A Systematic Review with Meta-Analysis Erika Meléndez-Oliva et al Nutrients 17 (2) 264

Page 6 of 14







Vitamin D: Evidence-Based Health Benefits and Recommendations for Population Guidelines

William B. Grant et al Nutrients 17 (2) 277

Enhanced Vitamin C Delivery: A Systematic Literature Review Assessing the Efficacy and Safety of Alternative Supplement Forms in Healthy Adults Philip C. Calder et al

Nutrients 17 (2) 279

Nutritional Support in the ICU

Jean Reignier et al British Medical Journal 2025 388 e077979

Photoprotective Effects of Phytochemicals on Blue Light-Induced Retinal Damage: Current Evidence and Future Perspectives

Wan-Ju Yeh et al Nutrients 17 (2) 331

The Role of Meat Lipids in Nutrition and Health: Balancing Benefits and Risks

José A. M. Prates Nutrients 17 (2) 350

Dietary Interventions, Supplements, and Plant-Derived Compounds for Adjunct Vitiligo Management: A Review of the Literature Michael J. Diaz et al

Nutrients 17 (2) 357

Maternal/Neonatal

Nutritional Strategies Prescribed During Pregnancy and Weight Gain in Women with Gestational Diabetes Mellitus: A Systematic Review of Observational Studies

Maria Elionês de Oliveira Araújo et al Nutrients 17 (1) 43

The Role of Nutrient Supplements in Female Infertility: An Umbrella Review and Hierarchical Evidence Synthesis

Chhiti Pandey et al Nutrients 17 (1) 57







Risk-Prioritised Versus Universal Medical Nutrition Therapy for Gestational Diabetes: A Retrospective Observational Study

Roslyn A Smith et al Nutrients 17 (2) 294

Diet, Advanced Maternal Age, and Neonatal Outcomes: Results from the GESTAGE Study

Maria Puche-Juarez et al Nutrients 17 (2) 321

Association Between Protein-Rich Foods, Nutritional Supplements, and Age of Natural Menopause and Its Symptoms

Yilin Yang et al Nutrients 17 (2) 356

Mental Health/Eating Disorders

Predisposing Potential Risk Factors for Severe Anorexia Nervosa in Adolescents

Elena Bozzola et al Nutrients 17 (1) 21

Ketogenic Diet as a Nutritional Metabolic Intervention for Obsessive– Compulsive Disorder: A Narrative Review

Astrid Lounici et al Nutrients 17 (1) 31

Dietary Iron Intake and Mental and Behavioral Disorders Due to Use of Tobacco: A UK Biobank Study

Xueting Qi et al Nutrients 17 (1) 39

Depression and Accelerated Aging: The Eveningness Chronotype and Low Adherence to the Mediterranean Diet Are Associated with Depressive Symptoms in Older Subjects

José V. Sorlí et al Nutrients 17 (1) 104







The Impact of Social Media on Eating Disorder Risk and Self-Esteem Among Adolescents and Young Adults: A Psychosocial Analysis in Individuals Aged 16–25

Sylwia Jaruga-Sekowska et al Nutrients 17 (2) 219

Multidimensional Assessment of Orthorexia Nervosa: A Case-Control Study Comparing Eating Behavior, Adherence to the Mediterranean Diet, Body Mass Index, Psychological Symptoms, and Autonomic Arousal Sara Guidotti et al Nutrients 17 (2) 317

A Review of Food-Related Social Media and Its Relationship to Body Image and Disordered Eating Bethany A. Roorda et al

Nutrients 17(2) 342

The Treatment Experiences of Vegetarians and Vegans with an Eating Disorder: A Qualitative Study Courtney P. McLean et al Nutrients 17 (2) 345

Neurogenerative Diseases/ Neurology

The protective effect of vitamin B12 on neuropsychiatric symptoms in dementia-free older adults in a multi-ethnic population Yingqi Liao et al Clinical Nutrition 44 25-32

Mechanistic and Therapeutic Insights into Flavonoid-Based Inhibition of Acetylcholinesterase: Implications for Neurodegenerative Diseases Natalia Cichon et al

Nutrients 17 (1) 78

Nutritional and Microbiota-Based Approaches in Amyotrophic Lateral Sclerosis: From Prevention to Treatment Francesca Cuffaro et al

Nutrients 17 (1) 102







Sex Disparity in the Nutrition-Related Determinants of Mild Cognitive Impairment: A Case–Control Study Mengjie He et al Nutrients 17 (2) 248

Dietary Intake, Mediterranean and Nordic Diet Adherence in Alzheimer's Disease and Dementia: A Systematic Review

Christiana C. Christodoulou et al Nutrients 17 (2) 336

The Interplay Between Gut Microbiota, Adipose Tissue, and Migraine: A Narrative Review

Valentina Biagioli et al Nutrients 17 (2)

Obesity

Effect of Cashew Nut Consumption on Biomarkers of Copper and Zinc Status in Adolescents with Obesity: A Randomized Controlled Trial Thaynan dos Santos Dias et al

Nutrients 17 (1) 163

Effectiveness of Early Versus Late Time-Restricted Eating Combined with Physical Activity in Overweight or Obese Women Sarra Miladi et al

Nutrients 17 (1) 169

Hypothalamic obesity: from basic mechanisms to clinical perspectives Jesús Argente et al

Lancet Diabetes and Endocrinology 13 (1) 57-68

Guidance on Energy Intake Based on Resting Energy Expenditure and Physical Activity: Effective for Reducing Body Weight in Patients with Obesity

Tomoko Handa et al Nutrients 17 (2) 202

Impact of Time-Restricted Eating and High-Intensity Exercise on Nutrient Intake in Women with Overweight/Obesity: Secondary Analysis of a Randomized Controlled Trial







Kamilla L. Haganes et al Nutrients 17 (2) 218

Older People

Effects of Longer-Term Mixed Nut Consumption on Lipoprotein Particle Concentrations in Older Adults with Overweight or Obesity

Kevin M. R. Nijssen et al Nutrients 17 (1) 8

Oral Frailty and Its Relationship with Physical Frailty inOlder Adults: A Longitudinal Study Using the Oral Frailty Five-Item Checklist Hiroshi Kusunoki et al

Nutrients 17 (1) 17

Exploring the effect of different diet types on ageing and age-related diseases

Emmanuel O. Mensah et al Nutrition 129 11259

Trends in Dehydration in Older People: Identifying Landmark Scientific Contributions

Olga Masot et al Nutrients 17 (2) 204

Malnutrition and Frailty Are Associated with a Higher Risk of Prolonged Hospitalization and Mortality in Hospitalized Older Adults

Hsiang-Kuang Tseng et al Nutrients 17 (2) 221

The Relationship Between a Mediterranean Diet and Frailty in Older Adults: NHANES 2007–2017

Danae C. Gross et al Nutrients 17 (2) 326

Oncology

Indices of healthy and unhealthy plant-based diets and the risk of selected digestive cancers

Federica Turati et al Clinical Nutrition 44 76-85







The Effect of Nutritional Intervention in Nutritional Risk Screening on Hospitalised Lung Cancer Patients

Raquel Oliveira et al Nutrients 17 (1) 6

Gut Microbiota Interacts with Dietary Habits in Screenings for Early Detection of Colorectal Cancer Ana Vega-Rojas et al

Nutrients 17 (1) 84

Dietary Macronutrient Composition and Risk of Radiation-Induced Acute Skin Toxicity in Women with Breast Cancer: Results from the ATHENA Project

Sukshma Sharma et al Nutrients 17 (1) 136

Nutritional Status of Patients with Neoplasms Undergoing Ambulatory Chemotherapy and Associated Factors

Luiz Claudio Barreto Silva Neto et al Nutrients 17 (1) 168

Nutritional support after hospital discharge reduces long-term mortality in patients after gastric cancer surgery: Secondary analysis of a prospective randomized trial Shanjun Tan et al

Nutrition 129 112597

Role of Epigallocatechin Gallate in Selected Malignant Neoplasms in Women

Anna Markowska et al Nutrients 17 (2) 212

Effect of a Novel Food Rich inMiraculin on the Intestinal Microbiome of Malnourished Patients with Cancer and Dysgeusia

Julio Plaza-Diaz et al Nutrients 17 (2) 246







Sleep Quality, Nutritional Habits, and Physical Activity in Pediatric Cancer Survivors: A Dyadic Analysis Approach

Dylan G. Serpas et al Nutrients 17 (2) 250

Near-Death Quality of Life in Cancer Patients on Home Parenteral Nutrition

Paolo Cotogni et al Nutrients 17 (2) 271

Adherence to the Mediterranean Diet and the Risk of Head and Neck Cancer: A Systematic Review and Meta-Analysis of Case–Control Studies Nader Zalaquett et al Nutrients 17(2) 287

Paediatric

Fecal Calprotectin Determination in a Cohort of Children with Cow's Milk Allergy Caterina Anania et al Nutrients 17 (1) 194

Parental & Enteral Nutrition

Comparison of Early Enteral Nutrition Versus Early Parenteral Nutrition in Critically III Patients: A Systematic Review and Meta-Analysis Seung Min Baik et al Nutrients 17 (1) 10

An Assessment of Intermittent and Continuous Enteral Feeding in Critically III Children Merve Misirlioglu et al

Nutrients 17 (2) 301

Renal Nutrition

Renal Outcomes and Other Adverse Effects of Cannabinoid Supplementation Ewelina Młynarska et al Nutrition 17 (1) 59







Therapeutic Potential of Ketogenic Interventions for Autosomal-Dominant Polycystic Kidney Disease: A Systematic Review Donglai Li et al Nutrients 17 (1) 145

Stroke

Hyperhomocysteinemia: Underlying Links to Stroke and Hydrocephalus, with a Focus on Polyphenol-Based Therapeutic Approaches Carmen Ortiz-Salguero et al Nutrients 17 (1) 40