Welcome to this edition of *Dietetics Update*. The aims of this publication are:

- To bring together a range of recently-published research reports, articles and electronic resources to help Dieticians keep up-to-date with research and practice.

- To remind readers of *Dietetics Update* of the services available from the Library Service – we can supply you with 1:1 or small group training in literature searching skills; obtain full-text articles for you; or provide you with evidence searching services, to help you with professional development, research, service delivery and development.

- To respond to your information needs – if you have any suggestions on the type of information sources you would find helpful in future editions of *Dietetics Update*, then please let us know - contact details below.

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Please send your feedback or suggestions for the update to anne.webb12@nhs.net
The following abstracts are taken from a selection of recently published papers (June – December 2016)

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**STROKE:**

**Dietary flavonoid intake and incident coronary heart disease: the REasons for Geographic and Racial Differences in Stroke (REGARDS) study.**

**Author(s):** Goetz, Margarethe E.; Judd, Suzanne E.; Safford, Monika M.; Hartman, Terryl J.; McClellan, William M.; Vaccarino, Viola

**Source:** American Journal of Clinical Nutrition; Nov 2016; vol. 104 (no. 5); p. 1236-1244

**Publication Date:** Nov 2016

**Publication Type(s):** Academic Journal

Available in full text at American Journal of Clinical Nutrition - from EBSCOhost

**Database:** CINAHL

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**Dietary glycemic index, glycemic load, and refined carbohydrates are associated with risk of stroke: a prospective cohort study in urban Chinese women.**

**Author(s):** Danxia Yu; Xianglan Zhang; Xiao-Ou Shu; Hui Cai; Honglan Li; Ding Ding; Zhen Hong; Yong-Bing Xiang; Yu-Tang Gao; Wei Zheng; Gong Yang

**Source:** American Journal of Clinical Nutrition; Nov 2016; vol. 104 (no. 5); p. 1345-1351

**Publication Date:** Nov 2016

**Publication Type(s):** Academic Journal

Available in full text at American Journal of Clinical Nutrition - from EBSCOhost

**Database:** CINAHL

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**Changes in Quadriceps Muscle Thickness, Disease Severity, Nutritional Status, and C-Reactive Protein after Acute Stroke.**

**Author(s):** Nozoe, Masafumi; Kanai, Masashi; Kubo, Hiroki; Kitamura, Yuka; Yamamoto, Miho; Furuichi, Asami; Takashima, Sachie; Mase, Kyoshi; Shimada, Shinichi

**Source:** Journal of Stroke & Cerebrovascular Diseases; Oct 2016; vol. 25 (no. 10); p. 2470-2474

**Publication Date:** Oct 2016
Publication Type(s): Academic Journal

Abstract: Background: Lower leg muscle wasting is common in stroke patients; however, patient characteristics in the acute phase are rarely studied. This study aimed to examine the relationship between changes in quadriceps muscle thickness and disease severity, nutritional status, and C-reactive protein (CRP) levels after acute stroke. Methods: Thirty-one consecutive patients with acute intracerebral hemorrhage or ischemic stroke had quadriceps muscle thickness measured in the paretic and nonparetic limbs within 1 week after admission (first week) and 2 weeks after the first examination (last week) using ultrasonography. We also determined the relationship between the percentage change in muscle thickness and disease severity, nutritional status, and CRP levels on admission. Results: There was a significant correlation between changes in muscle thickness for both paretic and nonparetic sides and National Institutes of Health Stroke Scale (NIHSS) scores (paretic limb: \( r = -.46, P = .01 \); nonparetic limb: \( r = -.54, P = .002 \), respectively); however, there was no significant correlation with nutritional status on admission. Quadriceps muscle thickness was reduced more in the CRP-positive (\( \geq .3 \) mg/dL) patients than in the CRP-negative (<.3 mg/dL) patients in the nonparetic limb (positive: -21.4 \( \pm 12.1 \), negative: -11.4 \( \pm 16.4\% \); \( P = .039 \)), but not in the paretic limb (positive: -23.4 \( \pm 9.0 \), negative: -19.1 \( \pm 15.7 \); \( P = .27 \)). Conclusions: A high NIHSS score and a positive CRP on admission were both significantly correlated with decreased quadriceps muscle thickness after acute stroke. Nutritional status on admission was not correlated with changes in quadriceps muscle thickness for these patients.

Database: CINAHL
Abstract: Background: High blood pressure (BP) is the leading risk factor for stroke. Data on the association of physical activity (PA), fruit and vegetable (F&V) consumption, and dietary sodium with hypertension are lacking in Hispanic communities. In the current report, we provide data on the association between changes in these stroke behavioral risk factors and BP change. Methods: Participants were recruited from participating Catholic churches in Nueces County, Texas. BP was measured, and self-reported validated scales of F&V consumption, dietary sodium, and PA were collected at baseline and at 12 months. Linear mixed models were used to examine the associations between tertiles of improvement in the 3 behavior outcomes and BP change, adjusted for demographic characteristics. The association between the binary measure of at least 5 mmHg diastolic blood pressure (DBP) or 10 mmHg systolic blood pressure (SBP) reduction and behavior change was estimated with multilevel logistic regression models. Results: Of 586 participants, 66% were female and 82% were Mexican American (MA), and the mean age was 54 years. High compared with low change in PA was significantly associated with DBP change (P = .022), and high compared with low change in F&V intake was significantly associated with SBP change (P = .032). For the binary changes in DBP or SBP, there was a borderline association of PA (P = .054); all other variables were not associated (P > .10). Conclusions: PA and F&V consumption are potential stroke prevention targets in predominantly MA populations.

Database: CINAHL

Monounsaturated Fatty Acid Intake and Stroke Risk: A Meta-analysis of Prospective Cohort Studies.

Author(s): Cheng, Pengfei; Wang, Jingxia; Shao, Weihua

Source: Journal of Stroke & Cerebrovascular Diseases; Jun 2016; vol. 25 (no. 6); p. 1326-1334

Publication Date: Jun 2016

Publication Type(s): Academic Journal

Abstract: Background: We performed a meta-analysis aiming to clarify the relationship between monounsaturated fatty acid (MUFA) intake and stroke risk. Methods: Relevant studies were identified by searching relevant databases through January 2016. We included cohort studies that reported relative risks (RRs) with 95% confidence intervals (CIs) for the association between MUFA intake and stroke risk. A random-effects model was used to derive composite RR estimates for stroke. Results: Ten prospective cohort studies including 314,511 nonoverlapping individuals and 5827 strokes were included. Higher MUFA intake was not associated with risk of overall stroke (RR = .86 [95% CI, .74-.1.00]) and risk of ischemic stroke (RR = .92 [95% CI, .79-1.08]), but was associated with a reduced risk of hemorrhagic stroke (RR = .68 [95% CI, .49-.96]). In subgroup analyses, higher MUFA intake was associated with a reduced risk of stroke for a follow-up duration of 14 years or more (RR = .77 [95% CI, .68-.87]), for males (RR = .79 [95% CI, .69-.91]), for 24-hour recall (RR = .74 [95% CI, .63-.86]), and for a quality score of more than 8 stars (RR = .78 [95% CI, .61-.98]). Conclusions: There is no significant evidence for concluding that dietary MUFA is associated with a reduced risk of overall stroke. However, higher MUFA intake seems to be associated with a reduced risk of hemorrhagic stroke but not ischemic stroke. Duration of MUFA intake and sex are considered as factors affecting the relationship between MUFA
intake and stroke risk. Further studies are needed to evaluate the relationship between specific food sources of MUFA (i.e., plant versus animal) and stroke risk.

**Database:** CINAHL

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**High Nutritional-Related Risk on Admission Predicts Less Improvement of Functional Independence Measure in Geriatric Stroke Patients: A Retrospective Cohort Study.**

**Author(s):** Kokura, Yoji; Maeda, Keisuke; Wakabayashi, Hidetaka; Nishioka, Shinta; Higashi, Sotaro

**Source:** Journal of Stroke & Cerebrovascular Diseases; Jun 2016; vol. 25 (no. 6); p. 1335-1341

**Publication Date:** Jun 2016

**Publication Type(s):** Academic Journal

**Abstract:** Background: The aim of the present study was to establish whether high nutritional-related risk on admission predicts less improvement of Functional Independence Measure (FIM) in geriatric stroke patients. Methods: We performed a retrospective cohort study of patients admitted for stroke at 5 major hospitals in the Noto district of Japan from July 2009 to June 2013. Patients were divided into 2 groups according to Geriatric Nutritional Risk Index (GNRI) at admission. Patient characteristics were compared between the low GNRI (<92) and high GNRI (≥92) groups. We assessed nutritional status using GNRI and activities of daily living using the FIM. Results: A total of 540 participants (mean age, 80 years; interquartile range, 75-85 years) were included in the present study. Patients were admitted because of cerebral infarction (394 patients), intracerebral hemorrhage (123 patients), and subarachnoid hemorrhage (23 patients). Univariate analysis of FIM gain demonstrated significant differences between groups. Multivariate analysis of FIM gain adjusting for confounding factors demonstrated age (β = -.139; 95% confidence interval [CI] = -.629 to -.140), cerebral infarction (β = -.264; 95% CI = -12.956 to -6.729), National Institutes of Health Stroke Scale (β = -.180; 95% CI = -.688 to -.248), and GNRI score (β = .089; 95% CI = .010-.347) as independent factors associated with FIM gain (P < .05 for all). Conclusions: GNRI at admission may independently predict FIM gain. Poor nutritional status is a predictor of lower FIM improvement in geriatric stroke patients.

**Database:** CINAHL

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**Guidelines for Adult Stroke Rehabilitation and Recovery: A Guideline for Healthcare Professionals From the American Heart Association/American Stroke Association.**

**Author(s):** Winstein, Carolee J.; Stein, Joel; Arena, Ross; Bates, Barbara; Cherney, Leora R.; Cramer, Steven C.; Deruyter, Frank; Eng, Janice J.; Fisher, Beth; Harvey, Richard L.; Lang, Catherine E.; MacKay-Lyons, Marilyn; Ottenbacher, Kenneth J.; Pugh, Sue; Reeves, Mathew J.; Richards, Lorie G.; Stiers, William; Zorowitz, Richard D.

**Source:** Stroke (00392499); Jun 2016; vol. 47 (no. 6)

**Publication Date:** Jun 2016

**Publication Type(s):** Academic Journal

Available in full text at Stroke - from Highwire Press
Available in full text at Stroke - from Ovid

Abstract: Purpose: The aim of this guideline is to provide a synopsis of best clinical practices in the rehabilitative care of adults recovering from stroke. Methods: Writing group members were nominated by the committee chair on the basis of their previous work in relevant topic areas and were approved by the American Heart Association (AHA) Stroke Council's Scientific Statement Oversight Committee and the AHA's Manuscript Oversight Committee. The panel reviewed relevant articles on adults using computerized searches of the medical literature through 2014. The evidence is organized within the context of the AHA framework and is classified according to the joint AHA/American College of Cardiology and supplementary AHA methods of classifying the level of certainty and the class and level of evidence. The document underwent extensive AHA internal and external peer review, Stroke Council Leadership review, and Scientific Statements Oversight Committee review before consideration and approval by the AHA Science Advisory and Coordinating Committee. Results: Stroke rehabilitation requires a sustained and coordinated effort from a large team, including the patient and his or her goals, family and friends, other caregivers (eg, personal care attendants), physicians, nurses, physical and occupational therapists, speech-language pathologists, recreation therapists, psychologists, nutritionists, social workers, and others. Communication and coordination among these team members are paramount in maximizing the effectiveness and efficiency of rehabilitation and underlie this entire guideline. Without communication and coordination, isolated efforts to rehabilitate the stroke survivor are unlikely to achieve their full potential. Conclusions: As systems of care evolve in response to healthcare reform efforts, postacute care and rehabilitation are often considered a costly area of care to be trimmed but without recognition of their clinical impact and ability to reduce the risk of downstream medical morbidity resulting from immobility, depression, loss of autonomy, and reduced functional independence. The provision of comprehensive rehabilitation programs with adequate resources, dose, and duration is an essential aspect of stroke care and should be a priority in these redesign efforts. (Stroke.2016;47:e98-e169. DOI: 10.1161/STR.0000000000000098.).

Database: CINAHL

CANCER:

Dietary patterns and risk of colorectal adenoma: a systematic review and meta-analysis of observational studies.

Author(s): Godos, J.; Bella, F.; Torrisi, A.; Sciacca, S.; Galvano, F.; Grosso, G.

Source: Journal of Human Nutrition & Dietetics; Dec 2016; vol. 29 (no. 6); p. 757-767

Publication Date: Dec 2016

Publication Type(s): Academic Journal

Available in full text at Journal of Human Nutrition and Dietetics - from John Wiley and Sons

Database: CINAHL
Rehabilitation Nutrition for Possible Sarcopenic Dysphagia After Lung Cancer Surgery.

**Author(s):** Hidetaka Wakabayashi; Rimiko Uwano

**Source:** American Journal of Physical Medicine & Rehabilitation; Jun 2016; vol. 95 (no. 6)

**Publication Date:** Jun 2016

**Publication Type(s):** Academic Journal

**Database:** CINAHL

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Diet, body size, physical activity and risk of prostate cancer: An umbrella review of the evidence.

**Author(s):** Markozannes, Georgios; Tzoulaki, Ioanna; Karli, Dimitra; Evangelou, Evangelos; Ntzani, Evangelia; Gunter, Marc J.; Norat, Teresa; Ioannidis, John P.; Tsilidis, Konstantinos K.

**Source:** European Journal of Cancer; Dec 2016; vol. 69 ; p. 61-69

**Publication Date:** Dec 2016

**Publication Type(s):** Academic Journal

**Database:** CINAHL

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A prospective study comparing prophylactic gastrostomy to nutritional counselling with a therapeutic feeding tube if required in head and neck cancer patients undergoing chemoradiotherapy in Thai real-world practice.

**Author(s):** Pramyothin, P.; Manyanont, S.; Trakarnsanga, A.; Petsuksiri, J.; Ithimakin, S.

**Source:** Journal of Human Nutrition & Dietetics; Dec 2016; vol. 29 (no. 6); p. 768-776

**Publication Date:** Dec 2016

**Publication Type(s):** Academic Journal

Available in full text at Journal of Human Nutrition and Dietetics - from John Wiley and Sons

**Database:** CINAHL

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Prophylactic Feeding Tubes in Head and Neck Cancers #318.

**Author(s):** Hardy, Samuel; Haas, Krista; Vanston, Vincent J.; Angelo, Mark

**Source:** Journal of Palliative Medicine; Dec 2016; vol. 19 (no. 12); p. 1343-1344

**Publication Date:** Dec 2016

**Publication Type(s):** Academic Journal

**Database:** CINAHL

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Effect of diet on mortality and cancer recurrence among cancer survivors: a systematic review and meta-analysis of cohort studies.
Inhibitory effect of quercetin on colorectal lung metastasis through inducing apoptosis, and suppression of metastatic ability.

**Author(s):** Kee, Ji-Ye; Han, Yo-Han; Kim, Dae-Seung; Mun, Jeong-Geon; Park, Jibong; Jeong, Mi-Young; Um, Jae-Young; Hong, Seung-Heon

**Source:** Phytomedicine; Dec 2016; vol. 23 (no. 13); p. 1680-1690

**Publication Date:** Dec 2016

**Publication Type(s):** Academic Journal

**Abstract:**
Background: Quercetin is a major dietary flavonoid found in various fruits, vegetables, and grains. Although the inhibitory effects of quercetin have previously been observed in several types of cancer cells, the anti-metastatic effect of quercetin on colorectal metastasis has not been determined. Purpose: This study investigated whether quercetin exhibits inhibitory effect on colorectal lung metastasis. Study Design: The effects of quercetin on cell viability, mitogen-activated protein kinases (MAPKs) activation, migration, invasion, epithelial-mesenchymal transition (EMT) and lung metastasis were investigated. Methods: We investigated the effect of quercetin on metastatic colon cancer cells using WST assay, Annexin V assay, real-time RT-PCR, western blot analysis and gelatin zymography. The anti-metastatic effect of quercetin in vivo was confirmed in a colorectal lung metastasis model. Results: Quercetin inhibited the cell viability of colon 26 (CT26) and colon 38 (MC38) cells and induced apoptosis through the MAPKs pathway in CT26 cells. Expression of EMT markers, such as E-, N-cadherin, β-catenin, and snail, were regulated by non-toxic concentrations of quercetin. Moreover, the migration and invasion abilities of CT26 cells were inhibited by quercetin through expression of matrix metalloproteinases (MMPs) and tissue inhibitor of metalloproteinases (TIMPs) regulation. Quercetin markedly decreased lung metastasis of CT26 cells in an experimental in vivo metastasis model. Conclusion: In conclusion, this study demonstrates for the first time that quercetin can inhibit the survival and metastatic ability of CT26 cells, and it can subsequently suppress colorectal lung metastasis in the mouse model. These results indicate that quercetin may be a potent therapeutic agent for the treatment of metastatic colorectal cancer.

**Database:** CINAHL

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**Association between sucrose intake and acute coronary event risk and effect modification by lifestyle factors: Malmö Diet and Cancer Cohort Study.**

**Author(s):** Warfa, K.; Drake, I.; Wallström, P.; Engström, G.; Sonestedt, E.

**Source:** British Journal of Nutrition; Nov 2016; vol. 116 (no. 9); p. 1611-1620

---
Nitrates from Drinking Water and Diet and Bladder Cancer Among Postmenopausal Women in Iowa.

**Author(s):** Jones, Rena R.; Weyer, Peter J.; DellaValle, Curt T.; Inoue-Choi, Maki; Anderson, Kristin E.; Cantor, Kenneth P.; Krasner, Stuart; Robien, Kim; Freeman, Laura E. Beane; Silverman, Debra T.; Ward, Mary H.

**Source:** Environmental Health Perspectives; Nov 2016; vol. 124 (no. 11); p. 1751-1758

**Publication Date:** Nov 2016

Evaluation of a Modified Italian European Prospective Investigation into Cancer and Nutrition Food Frequency Questionnaire for Individuals with Celiac Disease.

**Author(s):** Mazzeo, Teresa; Roncoroni, Leda; Lombardo, Vincenza; Tomba, Carolina; Elli, Luca; Sieri, Sabina; Grioni, Sara; Bardella, Maria T.; Agostoni, Carlo; Doneda, Luisa; Brighenti, Furio; Pellegrini, Nicoletta

**Source:** Journal of the Academy of Nutrition & Dietetics; Nov 2016; vol. 116 (no. 11); p. 1810-1816

**Publication Date:** Nov 2016

A Randomized Controlled Trial to Increase Navy Bean or Rice Bran Consumption in Colorectal Cancer Survivors.

**Author(s):** Borresen, Erica C.; Brown, Dustin G.; Harbison, Greg; Taylor, Lynn; Fairbanks, Amanda; O'Malia, Joanne; Bazan, Marlon; Rao, Sangeeta; Bailey, Susan M.; Wdowik, Melissa; Weir, Tiffany L.; Brown, Regina J.; Ryan, Elizabeth P.

**Source:** Nutrition & Cancer; Nov 2016; vol. 68 (no. 8); p. 1269-1280

**Publication Date:** Nov 2016
Dietary Patterns for Women With Triple-negative Breast Cancer and Dense Breasts.
Author(s): Go, Yukyung; Chung, Minsung; Park, Yongsoon
Source: Nutrition & Cancer; Nov 2016; vol. 68 (no. 8); p. 1281-1288
Publication Date: Nov 2016
Publication Type(s): Academic Journal
Database: CINAHL

Fruit and Vegetables Consumption: A Pointer for Cholangiocarcinoma Prevention in Northeast Thailand, the Highest Incidence Area in the World.
Author(s): Songserm, Nopparat; Woradet, Somkiattiyos; Charoenbut, Pattaraporn
Source: Nutrition & Cancer; Nov 2016; vol. 68 (no. 8); p. 1289-1294
Publication Date: Nov 2016
Publication Type(s): Academic Journal
Database: CINAHL

Diet Quality of Breast Cancer Survivors after a Six-Month Weight Management Intervention: Improvements and Association with Weight Loss.
Author(s): Christifano, Danielle N.; Fazzino, Tera L.; Sullivan, Debra K.; Befort, Christie A.
Source: Nutrition & Cancer; Nov 2016; vol. 68 (no. 8); p. 1301-1308
Publication Date: Nov 2016
Publication Type(s): Academic Journal
Database: CINAHL

Sweet Potato Peels and Cancer Prevention.
Author(s): Oluyori, Abimbola Peter; Shaw, Arun Kumar; Olatunji, Gabriel Ademola; Rastogi, Preeti; Meena, Sanjeev; Datta, Dipak; Arora, Ashish; Reddy, Sammajay; Puli, Saidha
Source: Nutrition & Cancer; Nov 2016; vol. 68 (no. 8); p. 1330-1337
Publication Date: Nov 2016
Publication Type(s): Academic Journal
Database: CINAHL

Seed Oil of Brucea javanica Induces Cell Cycle Arrest and Apoptosis via Reactive Oxygen Species-Mediated Mitochondrial Dysfunction in Human Lung Cancer Cells.
Maternal diet quality before pregnancy and risk of childhood leukaemia.

Author(s): Singer, Amanda W.; Carmichael, Suzan L.; Selvin, Steve; Fu, Cecilia; Block, Gladys; Metayer, Catherine

Source: British Journal of Nutrition; Oct 2016; vol. 116 (no. 8); p. 1469-1478

Publication Date: Oct 2016

Publication Type(s): Academic Journal

Database: CINAHL


Author(s): Lassed, Somia; Deus, Cláudia M.; Lourenço, Nuno; Dahdouh, Abderrezak; Rizvanov, Albert A.; Oliveira, Paulo J.; Zama, Djamila


Publication Date: Oct 2016

Publication Type(s): Academic Journal

Available in full text at BioMed Research International - from ProQuest
Available in full text at BioMed Research International - from EBSCOHost
Available in full text at BioMed Research International - from EBSCOHost

Database: CINAHL

Natural and Synthetic Flavonoids: Structure-Activity Relationship and Chemotherapeutic Potential for the Treatment of Leukemia.

Author(s): Menezes, José C. J. M. D. S.; Orlikova, Barbora; Morceau, Franck; Diederich, Marc

Source: Critical Reviews in Food Science & Nutrition; Oct 2016; vol. 56

Publication Date: Oct 2016

Publication Type(s): Academic Journal

Abstract: Flavonoids and their derivatives are polyphenolic secondary metabolites with an extensive spectrum of pharmacological activities, including antioxidants, antitumor, anti-inflammatory, and antiviral activities. These flavonoids can also act as chemopreventive agents by their interaction with different proteins and can play a vital role in chemotherapy, suggesting a positive correlation between a lower risk of cancer and a flavonoid-rich diet.
These agents interfere with the main hallmarks of cancer by various individual mechanisms, such as inhibition of cell growth and proliferation by arresting the cell cycle, induction of apoptosis and differentiation, or a combination of these mechanisms. This review is an effort to highlight the therapeutic potential of natural and synthetic flavonoids as anticancer agents in leukemia treatment with respect to the structure–activity relationship (SAR) and their molecular mechanisms. Induction of cell death mechanisms, production of reactive oxygen species, and drug resistance mechanisms, including p-glycoprotein efflux, are among the best-described effects triggered by the flavonoid polyphenol family.

Database: CINAHL

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A Prospective Analysis of Meat Mutagens and Colorectal Cancer in the Nurses' Health Study and Health Professionals Follow-up Study.

**Author(s):** Le, Ngoan Tran; Michels, Fernanda Alessandra Silva; Song, Mingyang; Zhang, Xuehong; Bernstein, Adam M.; Giovannucci, Edward L.; Fuchs, Charles S.; Ogino, Shuji; Chan, Andrew T.; Sinha, Rashmi; Willett, Walter C.; Wu, Kana

**Source:** Environmental Health Perspectives; Oct 2016; vol. 124 (no. 10); p. 1529-1536

**Publication Date:** Oct 2016

**Publication Type(s):** Academic Journal

Available in full text at Environmental Health Perspectives - from National Library of Medicine

Available in full text at Environmental Health Perspectives - from EBSCOhost

Available in full text at Environmental Health Perspectives - from EBSCOhost

Available in full text at Environmental Health Perspectives - from EBSCOhost

Database: CINAHL

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Cancer and diet: What's the connection? Your dietary habits can promote cancer or protect against it.

**Source:** Harvard Men's Health Watch; Oct 2016; vol. 21 (no. 3); p. 1-2

**Publication Date:** Oct 2016

**Publication Type(s):** Periodical

Available in full text at Harvard Health Publications. Harvard Men's Health Watch - from ProQuest

Available in full text at Harvard Men's Health Watch - from EBSCOhost

Available in full text at Harvard Men's Health Watch - from EBSCOhost

Database: CINAHL

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**Author(s):** Puckett, Mary; Neri, Antonio; Underwood, J.; Stewart, Sherri
The provision of nutritional advice in patients with cancer.

**Author(s):** McGinley, Edel

**Source:** Journal of Community Nursing; Oct 2016; vol. 30 (no. 5); p. 60-63

**Publication Date:** Oct 2016

**Publication Type(s):** Academic Journal

Available in full text at Journal of Community Nursing - from ProQuest
Available in full text at Journal of community nursing - from EBSCOhost

**Database:** CINAHL

Association between dietary fibre intake with cancer and all-cause mortality among 15740 adults: the National Health and Nutrition Examination Survey III.

**Author(s):** Chan, C. W.; Lee, P. H.

**Source:** Journal of Human Nutrition & Dietetics; Oct 2016; vol. 29 (no. 5); p. 633-642

**Publication Date:** Oct 2016

**Publication Type(s):** Academic Journal

Available in full text at Journal of Human Nutrition and Dietetics - from John Wiley and Sons

**Database:** CINAHL

Lycopene Consumption and Risk of Colorectal Cancer: A Meta-Analysis of Observational Studies.

**Author(s):** Wang, Xin; Yang, Hui-Hui; Liu, Yan; Zhou, Quan; Chen, Zi-Hua

**Source:** Nutrition & Cancer; Oct 2016; vol. 68 (no. 7); p. 1083-1096

**Publication Date:** Oct 2016

**Publication Type(s):** Academic Journal

**Database:** CINAHL

Alcohol and Dietary Folate Intake and Promoter CpG Island Methylation in Clear-Cell Renal Cell Cancer.

**Author(s):** Schouten, Leo J.; Deckers, Ivette A. G.; van den Brandt, Piet A.; Baldewijns, Marcella M. L. L.; van Engeland, Manon
Association Between Nutritional Status, Inflammatory Condition, and Prognostic Indexes with Postoperative Complications and Clinical Outcome of Patients with Gastrointestinal Neoplasia.

Author(s): Costa, Milena Damasceno de Souza; Vieira de Melo, Camila Yandara Sousa; Amorim, Ana Carolina Ribeiro de; Cipriano Torres, Dilênia de Oliveira; dos Santos, Ana Célia Oliveira

Source: Nutrition & Cancer; Oct 2016; vol. 68 (no. 7); p. 1108-1114
Publication Date: Oct 2016
Publication Type(s): Academic Journal
Database: CINAHL

Dietary Associations with a Breast Cancer Risk Biomarker Depend on Menopause Status.

Author(s): Hidaka, Brandon H.; Carlson, Susan E.; Kimler, Bruce F.; Fabian, Carol J.

Source: Nutrition & Cancer; Oct 2016; vol. 68 (no. 7); p. 1115-1122
Publication Date: Oct 2016
Publication Type(s): Academic Journal
Database: CINAHL

Detailed Dietary Assessment in Patients with Inoperable Tumors: Potential Deficits for Nutrition Care Plans.

Author(s): Vidra, Nikoletta; Kontogianni, Meropi D.; Schina, Evaggelia; Gioulbasanis, Ioannis

Source: Nutrition & Cancer; Oct 2016; vol. 68 (no. 7); p. 1131-1139
Publication Date: Oct 2016
Publication Type(s): Academic Journal
Database: CINAHL

A Phenolic Extract Obtained from Methyl Jasmonate-Treated Strawberries Enhances Apoptosis in a Human Cervical Cancer Cell Line.

Author(s): Spagnuolo, Carmela; Flores, Gema; Russo, Gian Luigi; Ruiz del Castillo, Maria Luisa

Source: Nutrition & Cancer; Oct 2016; vol. 68 (no. 7); p. 1140-1150
Publication Date: Oct 2016
Involvement of Regulatory T Cells and Their Cytokines Repertoire in Chemopreventive Action of Fish Oil in Experimental Colon Cancer.

Author(s): Agnihotri, Navneet; Singh, Ajit Pal; Bhatnagar, Archana
Source: Nutrition & Cancer; Oct 2016; vol. 68 (no. 7); p. 1181-1191

Anticancer Activity of Buttermilk Against SW480 Colon Cancer Cells is Associated with Caspase-Independent Cell Death and Attenuation of Wnt, Akt, and ERK Signaling.

Author(s): Kuchta-Noctor, Anna M.; Murray, Brian A.; Stanton, Catherine; Devery, Rosaleen; Kelly, Phil M.
Source: Nutrition & Cancer; Oct 2016; vol. 68 (no. 7); p. 1234-1246

Meal patterns across ten European countries - results from the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study.

Author(s): Huseinovic, E; Winkvist, A; Slimani, N; Park, M K; Freisling, H; Boeing, H; Buckland, G; Schwingshackl, L; Weiderpass, E; Rostgaard-Hansen, A L; Tjønneland, A; Affret, A; Boutron-Ruault, M C; Fagherazzi, G; Katzke, V; Kühn, T; Naska, A; Orfanos, P; Trichopoulou, A; Pala, V
Source: Public Health Nutrition; Oct 2016; vol. 19 (no. 14); p. 2769-2780

Abstract: Objective: To characterize meal patterns across ten European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study. Design: Cross-sectional study utilizing dietary data collected through a standardized 24 h diet recall during 1995-2000. Eleven predefined intake occasions across a 24 h period were assessed during the interview. In the present descriptive report, meal patterns were analysed in terms of daily number of intake occasions, the proportion reporting each intake occasion and the energy contributions from each intake occasion. Setting: Twenty-seven centres across ten European countries. Subjects: Women (64 %) and men (36 %) aged 35-74 years (n 36 020). Results: Pronounced differences in meal patterns emerged both across centres within the same country and across different countries, with a trend for fewer intake occasions per day in Mediterranean countries.
compared with central and northern Europe. Differences were also found for daily energy intake provided by lunch, with 38-43% for women and 41-45% for men within Mediterranean countries compared with 16-27% for women and 20-26% for men in central and northern European countries. Likewise, a south-north gradient was found for daily energy intake from snacks, with 13-20% (women) and 10-17% (men) in Mediterranean countries compared with 24-34% (women) and 23-35% (men) in central/northern Europe. Conclusions: We found distinct differences in meal patterns with marked diversity for intake frequency and lunch and snack consumption between Mediterranean and central/northern European countries. Monitoring of meal patterns across various cultures and populations could provide critical context to the research efforts to characterize relationships between dietary intake and health.

Database: CINAHL

When life gives you lemons: The effectiveness of culinary group intervention among cancer patients.

Author(s): Barak-Nahum, Ayelet; Haim, Limor Ben; Ginzburg, Karni

Source: Social Science & Medicine; Oct 2016; vol. 166; p. 1-8

Publication Date: Oct 2016

Publication Type(s): Academic Journal

Database: CINAHL

Metabolism and Diabetes:

Nutrition facts panel use is associated with higher diet quality and lower glycated hemoglobin concentrations in US adults with undiagnosed prediabetes.

Author(s): Kollannoor-Samuel, Grace; Shebl, Fatma M.; Hawley, Nicola L.; Pérez-Escamilla, Rafael

Source: American Journal of Clinical Nutrition; Dec 2016; vol. 104 (no. 6); p. 1639-1646

Publication Date: Dec 2016

Publication Type(s): Academic Journal

Available in full text at American Journal of Clinical Nutrition - from EBSCOhost

Database: CINAHL


Author(s): Benavides-Vaello, Sandra; Brown, Sharon A.

Source: Journal of Clinical Nursing; Aug 2016; vol. 25 (no. 15/16); p. 2367-2377

Publication Date: Aug 2016
**Publication Type(s):** Academic Journal  
Available in full text at [Journal of Clinical Nursing](#) - from John Wiley and Sons  
**Database:** CINAHL

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**Diabetes diagnosis and nutrition facts label use among US adults, 2005-2010.**  
**Author(s):** An, Ruopeng  
**Source:** Public Health Nutrition; Aug 2016; vol. 19 (no. 11); p. 2149-2156  
**Publication Date:** Aug 2016  
**Publication Type(s):** Academic Journal  
**Abstract:** Objective: To assess the role of diabetes diagnosis as a potential teachable moment in nutrition facts label use among US adults. Design: Logistic regression analyses were conducted to examine the relationship between diabetes diagnosis status (diagnosed diabetes, undiagnosed diabetes, diagnosed prediabetes, undiagnosed prediabetes, no diabetes or prediabetes) and self-reported nutrition facts label use, adjusted by individual characteristics and survey design. Setting: Study sample came from the National Health and Nutrition Examination Survey 2005-2010 waves. Subjects: A total of 5110 US adults aged 20 years and older were included in the analyses. Diabetes/prediabetes was identified by fasting plasma glucose and glycated Hb testing. Results: People with diagnosed diabetes/prediabetes were substantially more likely to report nutrition facts label use when making daily food purchase decisions compared with those with undiagnosed diabetes/prediabetes, whereas the prevalence of nutrition facts label use was similar between people with undiagnosed diabetes/prediabetes and those without diabetes/prediabetes. The adjusted prevalence (95 % CI) of any and regular nutrition facts label use was 85·93 (82·91, 88·95) % and 55·60 (50·04, 61·16) % among those with diagnosed diabetes, respectively, in comparison to 71·50 (59·64, 83·37) % and 32·88 (19·11, 46·65) % among those with undiagnosed diabetes. Analogously, the adjusted prevalence (95 % CI) of any and regular nutrition facts label use was 81·16 (75·27, 87·06) % and 45·28 (37·28, 53·29) % among those with diagnosed prediabetes, respectively, in comparison to 72·83 (68·06, 77·59) % and 39·95 (34·02, 45·89) % among those with undiagnosed prediabetes. Conclusions: As a potential teachable moment, diabetes diagnosis may positively impact nutrition facts label use and motivate diabetic patients to manage their condition through making healthier food choices.  
**Database:** CINAHL

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**Oral physiology, nutrition and quality of life in diabetic patients associated or not with hypertension and beta-blockers therapy.**  
**Author(s):** Pereira, L. J.; Foureaux, R. C.; Pereira, C. V.; Alves, M. C.; Campos, C. H.; Rodrigues Garcia, R. C. M.; Andrade, E. F.; Gonçalves, T. M. S. V.  
**Source:** Journal of Oral Rehabilitation; Jul 2016; vol. 43 (no. 7); p. 511-518  
**Publication Date:** Jul 2016  
**Publication Type(s):** Academic Journal  
Available in full text at [Journal of Oral Rehabilitation](#) - from John Wiley and Sons

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NUTRITION RESEARCH ON DIET, SUPPLEMENTS, AND EATING PATTERNS IN DIABETES AND PRE-DIABETES.

Source: Diabetes; Jun 2016; vol. 65
Publication Date: Jun 2016
Publication Type(s): Academic Journal
Available in full text at Diabetes - from EBSCOhost
Available in full text at Diabetes - from Highwire Press
Available in full text at Diabetes - from Highwire Press
Database: CINAHL

REHABILITATION:

Outcome of Rehabilitation and Swallowing Therapy after Percutaneous Endoscopic Gastrostomy in Dysphagia Patients.

Author(s): Toh Yoon, Ezekiel; Hirao, Jun; Minoda, Naoko; Toh Yoon, Ezekiel Wong
Source: Dysphagia (0179051X); Dec 2016; vol. 31 (no. 6); p. 730-736
Publication Date: Dec 2016
Publication Type(s): Academic Journal
Abstract: The objective of this study was to investigate the outcomes of rehabilitation (with swallowing therapy) after percutaneous endoscopic gastrostomy (PEG) in patients with neurogenic dysphagia. Forty-seven patients (29 males and 18 females) who were transferred to the rehabilitation ward of our hospital after receiving PEG tube placements during a 5-year period were enrolled in this study. Patients' demographic data, comorbidities, nutritional statuses, and laboratory biomarkers before the PEG procedure were collected. Rehabilitation (with swallowing therapy) outcomes such as changes in Functional Independence Measure (FIM) and dysphagia grade (using Fujishima's classification) were evaluated. Significant improvements in FIM scores and dysphagia grades after rehabilitation therapy were observed. Twenty-seven patients (57.4%) were discharged with some oral intake and 10 patients (21.3%) were discharged PEG-free (defined as the PEG tube not being used or removed). Factors associated with being discharged with some oral intake were increase in FIM score (adjusted OR 1.10, 95% CI 1.02-1.19) and higher baseline dysphagia grade (adjusted OR 1.88, 95% CI 1.04-3.39). Factors associated with being discharged PEG-free were longer rehabilitation period (OR 1.03, 95% CI 1.01-1.04), absence of respiratory disorders (OR 0.12, 95% CI 0.03-0.35), and increase in FIM score (OR 1.17, 95% CI 1.08-1.28). Changes in dysphagia grade were significantly correlated with changes in FIM score (r (2) = 0.46, p < 0.0001), indicating that improvement of FIM scores through general rehabilitation therapy may play an important role in the treatment of dysphagia.

Database: CINAHL
Nutritional intervention as part of functional rehabilitation in older people with reduced functional ability: a systematic review and meta-analysis of randomised controlled studies.

Author(s): Beck, A. M.; Dent, E.; Baldwin, C.
Source: Journal of Human Nutrition & Dietetics; Dec 2016; vol. 29 (no. 6); p. 733-745
Publication Date: Dec 2016
Publication Type(s): Academic Journal
Available in full text at Journal of Human Nutrition and Dietetics - from John Wiley and Sons
Database: CINAHL

Cardiac Rehabilitation Participants Receiving Nutrition Therapy on Mediterranean Dietary Pattern Significantly Improve Eating Behaviors.

Author(s): Fay, B.A.; Rhodes, K.; Meyers, S.; Bryant, J.; Rubenfire, M.
Source: Journal of the Academy of Nutrition & Dietetics; Sep 2016; vol. 116
Publication Date: Sep 2016
Publication Type(s): Academic Journal
Database: CINAHL

Effects of protein intake on physical functioning and muscle strengthening, when consumed after an exercise program, in seniors living in residential care.

Author(s): Hashmi, Bushra; Fones, Sonia; Holbrook, Peter
Source: Canadian Journal of Dietetic Practice & Research; Sep 2016; vol. 77 (no. 3)
Publication Date: Sep 2016
Publication Type(s): Academic Journal
Available in full text at Canadian Journal of Dietetic Practice and Research - from ProQuest
Available in full text at Canadian Journal of Dietetic Practice & Research - from EBSCOhost
Database: CINAHL

What is the Optimal Amount of Protein to Support Post-Exercise Skeletal Muscle Reconditioning in the Older Adult?

Author(s): Churchward-Venne, Tyler; Holwerda, Andrew; Phillips, Stuart; Loon, Luc
Source: Sports Medicine; Sep 2016; vol. 46 (no. 9); p. 1205-1212
Publication Date: Sep 2016
Publication Type(s): Academic Journal
Database: CINAHL
Dietary intakes in geriatric orthopaedic rehabilitation patients: Need to look at food consumption not just provision.

**Author(s):** Bannerman, Elaine; Cantwell, Linda; Gaff, Lisa; Conroy, Aishling; Davidson, Isobel; Jones, Jacklyn

**Source:** Clinical Nutrition; Aug 2016; vol. 35 (no. 4); p. 892-899

**Publication Date:** Aug 2016

**Publication Type(s):** Academic Journal

**Database:** CINAHL

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Consumption of fruit and vegetables and risk of frailty: a dose-response analysis of 3 prospective cohorts of community-dwelling older adults.

**Author(s):** García-Esquinas, Esther; Rahi, Berna; Peres, Karine; Colpo, Marco; Dartigues, Jean-François; Bandinelli, Stefania; Feart, Catherine; Rodríguez-Artalejo, Fernando

**Source:** American Journal of Clinical Nutrition; Jul 2016; vol. 104 (no. 1); p. 132-142

**Publication Date:** Jul 2016

**Publication Type(s):** Academic Journal

Available in full text at American Journal of Clinical Nutrition - from EBSCOhost

**Database:** CINAHL

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Dietary Protein Intake and Lean Muscle Mass in Survivors of Childhood Acute Lymphoblastic Leukemia: Report From the St. Jude Lifetime Cohort Study.

**Author(s):** Boland, Alexandra M.; Gibson, Todd M.; Lu Lu; Kaste, Sue C.; DeLany, James P.; Partin, Robyn E.; Lancot, Jennifer Q.; Howell, Carrie R.; Nelson, Heather H.; Chemaillty, Wassim; Ching-Hon Pui; Robison, Leslie L.; Mulrooney, Daniel A.; Hudson, Melissa M.; Ness, Kirsten K.

**Source:** Physical Therapy; Jul 2016; vol. 96 (no. 7); p. 1029-1038

**Publication Date:** Jul 2016

**Publication Type(s):** Academic Journal

Available in full text at Physical Therapy - from EBSCOhost

Available in full text at Physical Therapy - from ProQuest

Available in full text at Physical Therapy - from Highwire Press

Available in full text at Physical Therapy - from EBSCOhost

**Database:** CINAHL
Pulmonary rehabilitation and oral nutritional supplement enriched with beta-hydroxy-beta-methylbutyrate for bronchiectasis participants: A prospective, randomised study.

Author(s): Kokura, Yoji; Maeda, Keisuke; Wakabayashi, Hidetaka
Source: Clinical Nutrition; Jun 2016; vol. 35 (no. 3); p. 767-768
Publication Date: Jun 2016
Publication Type(s): Academic Journal
Database: CINAHL

CARDIOVASCULAR:

Potato consumption and risk of cardiovascular disease: 2 prospective cohort studies.
Author(s): Larsson, Susanna C.; Wolk, Alicja
Source: American Journal of Clinical Nutrition; Nov 2016; vol. 104 (no. 5); p. 1245-1252
Publication Date: Nov 2016
Publication Type(s): Academic Journal
Available in full text at American Journal of Clinical Nutrition - from EBSCOhost
Database: CINAHL

Raw Water Consumption Does Not Affect All-Cause or Cardiovascular Mortality: A Secondary Analysis.
Author(s): Loomba, Rohit S.; Aggarwal, Saurabh; Arora, Rohit R.
Source: American Journal of Therapeutics; Nov 2016; vol. 23 (no. 6)
Publication Date: Nov 2016
Publication Type(s): Academic Journal
Abstract: Previous studies have examined water quality and its association with all-cause and cardiovascular mortality. However, there is a lack of data regarding association between the amount of water consumption and risk of mortality. We used the third National Health and Nutrition Examination Survey (NHANES III) database and its subsequent follow-up data. Only patients older than 45 years who reported amount of average water consumption and for whom follow-up mortality data were available were included in the study. Patients were stratified into following groups of average daily raw water consumption: (1) no water consumption, (2) ≤2 cups, (3) >2 to ≤ 4 cups, (4) >4 to ≤6 cups, (5) >6 to ≤8 cups, and (6) ≥8 cups. End points studied were all-cause mortality, ischemia-related mortality, congestive heart failure-related mortality, and stroke-related mortality. Baseline characteristics were compared using t tests and Mann-Whitney U tests. Odds ratios, 95% confidence intervals, and P values were calculated for univariate analysis using >6 cups to ≤8 cups of water a day group as reference. Multivariate analysis was then performed adjusting for various factors. P values of less than 0.05 were considered statistically significant. A total of 7666 patients were ultimately included in the study. Multivariate analysis demonstrated no significant differences in all-cause, ischemia-related,
heart failure-related, or stroke-related mortality among various raw water intake groups when compared with the reference group. The significance noted for all-cause mortality in >2 glasses to ≤4 glasses a day group in the univariate analysis was not seen with multivariate analysis (odds ratio: 0.747; 95% confidence interval: 0.437-1.276; P = 0.285). Daily raw water consumption does not seem to impact all-cause mortality or cause-specific cardiovascular mortality.

**Database:** CINAHL

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**OTHER:**

**Association Between Carbohydrate Nutrition and Successful Aging Over 10 Years.**

**Author(s):** Gopinath, Bamini; Flood, Victoria M.; Kifley, Annette; Louie, Jimmy C. Y.; Mitchell, Paul

**Source:** Journals of Gerontology Series A: Biological Sciences & Medical Sciences; Oct 2016; vol. 71 (no. 10); p. 1335-1340

**Publication Date:** Oct 2016

**Publication Type(s):** Academic Journal

**Abstract:** Background: We prospectively examined the relationship between dietary glycemic index (GI) and glycemic load (GL), carbohydrate, sugars, and fiber intake (including fruits, vegetable of breads/cereals fiber) with successful aging (determined through a multidomain approach).

Methods: A total of 1,609 adults aged 49 years and older who were free of cancer, coronary artery disease, and stroke at baseline were followed for 10 years. Dietary data were collected using a semiquantitative Food Frequency Questionnaire. Successful aging status was determined through interviewer-administered questionnaire at each visit and was defined as the absence of disability, depressive symptoms, cognitive impairment, respiratory symptoms, and chronic diseases (eg, cancer and coronary artery disease).

Results: In all, 249 (15.5%) participants had aged successfully 10 years later. Dietary GI, GL, and carbohydrate intake were not significantly associated with successful aging. However, participants in the highest versus lowest (reference group) quartile of total fiber intake had greater odds of aging successfully than suboptimal aging, multivariable-adjusted odds ratio (OR), 1.79 (95% confidence interval [CI] 1.13-2.84). Those who remained consistently below the median in consumption of fiber from breads/cereal and fruit compared with the rest of cohort were less likely to age successfully, OR 0.53 (95% CI 0.34-0.84) and OR 0.64 (95% CI 0.44-0.95), respectively.

Conclusions: Consumption of dietary fiber from breads/cereals and fruits independently influenced the likelihood of aging successfully over 10 years. These findings suggest that increasing intake of fiber-rich foods could be a successful strategy in reaching old age disease free and fully functional.

**Database:** CINAHL

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'When operating a cafeteria, sales come before nutrition' - finding barriers and facilitators to serving reduced-sodium meals in worksite cafeterias.

**Author(s):** Sohyun Park; Jounghee Lee; Park, Sohyun; Lee, Jounghee
Objective: The present study was conducted to examine barriers to and facilitators of serving reduced-sodium meals (RSM) in worksite cafeterias. Design: We conducted in-depth interviews with key stakeholders in food catering companies. Setting: Food catering companies at various customer sites in South Korea. Subjects: A total of nineteen interviews with twenty-five participants from ten catering companies were conducted. Sixteen on-site dietitians and nine managers from the catering companies' headquarters participated in the interviews. Results: Four main themes emerged from the interviews. First, key stakeholders' psychosocial characteristics (perception, intention and knowledge) are important in serving RSM in worksite cafeterias. Second, skills and techniques related to measuring sodium content and preparing RSM were emphasized by the interviewees. Third, the lack of various delicious low-sodium menus is a barrier to serving RSM. Lastly, a number of environmental factors were addressed, which include social support for reduced-sodium diets (a facilitator) and pressure to maintain profit margins (a barrier), that contribute to serving meals with less salt. Based on these factors, various recommendations for future sodium reduction policies and programmes were suggested. Conclusions: It is important to implement population-wide sodium reduction as a means of preventing CVD and stroke. The study provided important facilitators of and barriers to serving RSM in worksite cafeterias, which could be helpful in developing environmental interventions that promote low-sodium diets.

**Database:** CINAHL

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The role of anti-inflammatory and pro-inflammatory foods in asthma: a population based study.

**Author(s):** McComber, T.; Revie, C.; Taylor, J.; Montelpare, W.; Veugelers, P.

**Source:** Canadian Journal of Dietetic Practice & Research; Sep 2016; vol. 77 (no. 3)

**Publication Date:** Sep 2016

**Publication Type(s):** Academic Journal

Available in full text at Canadian Journal of Dietetic Practice and Research - from ProQuest

Available in full text at Canadian Journal of Dietetic Practice & Research - from EBSCOhost

**Database:** CINAHL

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Association between gross motor function and nutritional status in children with cerebral palsy: a cross-sectional study from Colombia.

**Author(s):** Herrera-Anaya, Elizabeth; Angarita-Fonseca, Adriana; Herrera-Galindo, Víctor M; Martínez-Marín, Rocío D P; Rodríguez-Bayona, Cindy N

**Source:** Developmental Medicine & Child Neurology; Sep 2016; vol. 58 (no. 9); p. 936-941

**Publication Date:** Sep 2016

**Publication Type(s):** Academic Journal
Abstract: Aim: To determine the association between gross motor function and nutritional status in children with cerebral palsy (CP) residing in an urban area in a developing country. Method: We conducted a cross-sectional study in 177 children (ages 2-12y, 59.3% male) with a diagnosis of CP who were attending rehabilitation centres in Bucaramanga, Colombia (2012-2013). A physiotherapist evaluated patients using the Gross Motor Function Classification System (GMFCS, levels I to V). Nutritional status was evaluated by nutritionists and classified according to the World Health Organization growth charts. We used linear and multinomial logistic regression methods to determine the associations. Results: There were 39.5%, 6.8%, 5.6%, 16.4%, and 31.6% patients classified in levels I to V respectively. The mean adjusted differences for weight-for-age, height-for-age, BMI-for-age, and height-for-weight z-scores were significantly larger for children classified in levels II to V compared with those in level I. The children classified in levels IV and V were more likely to have malnutrition (adjusted odds ratio [OR] 5.64; 95% confidence interval [CI] 2.27-14.0) and stunting (OR 8.42; 95% CI 2.90-24.4) than those classified in GMFCS levels I to III. Interpretation: Stunting and malnutrition are prevalent conditions among paediatric patients with CP, and both are directly associated with higher levels of gross motor dysfunction.

Database: CINAHL

I-Arginine supplementation does not enhance blood flow and muscle performance in healthy and physically active older women.

Author(s): Aguiar, Andreo; Balvedi, Mario; Buzzachera, Cosme; Altimari, Leandro; Lozovoy, Marcell; Bigliassi, Marcelo; Januário, Renata; Pereira, Rafael; Sanches, Vanda; Silva, Douglas; Muraoka, Guilherme

Source: European Journal of Nutrition; Sep 2016; vol. 55 (no. 6); p. 2053-2062

Publication Date: Sep 2016

Publication Type(s): Academic Journal

Database: CINAHL

Uptake of Dietary Sodium Restriction by Overweight and Obese Patients After Cardiac Revascularization.

Author(s): Young, Lufei; Barnason, Susan

Source: Rehabilitation Nursing; May 2016; vol. 41 (no. 3); p. 149-157

Publication Date: May 2016

Publication Type(s): Academic Journal

Available in full text at Rehabilitation Nursing - from John Wiley and Sons

Database: CINAHL
Effects on Health Outcomes of a Mediterranean Diet With No Restriction on Fat Intake: A Systematic Review and Meta-analysis.

Author(s): Bloomfield, Hanna E.; Koeller, Eva; Greer, Nancy; MacDonald, Roderick; Kane, Robert; Wilt, Timothy J.

Source: Annals of Internal Medicine; Oct 2016; vol. 165 (no. 7); p. 491-501

Publication Date: Oct 2016

Publication Type(s): Academic Journal

Available in full text at Annals of Internal Medicine - from EBSCOhost

Abstract: Background: Mediterranean diets may be healthier than typical Western diets. Purpose: To summarize the literature comparing a Mediterranean diet with unrestricted fat intake with other diets regarding their effects on health outcomes in adults. Data Sources: Ovid MEDLINE, CINAHL, and the Cochrane Library from 1990 through April 2016. Study Selection: Controlled trials of 100 or more persons followed for at least 1 year for mortality, cardiovascular, hypertension, diabetes, and adherence outcomes, as well as cohort studies for cancer outcomes. Data Extraction: Data extracted by 1 investigator was verified by another. Two reviewers assessed risk of bias and strength of evidence. Data Synthesis: Two primary prevention trials found no difference in all-cause mortality between diet groups. One large primary prevention trial found that a Mediterranean diet resulted in a lower incidence of major cardiovascular events (hazard ratio [HR], 0.71 [95% CI, 0.56 to 0.90]), breast cancer (HR, 0.43 [CI, 0.21 to 0.88]), and diabetes (HR, 0.70 [CI, 0.54 to 0.92]). Pooled analyses of primary prevention cohort studies showed that compared with the lowest quantile, the highest quantile of adherence to a Mediterranean diet was associated with a reduction in total cancer mortality (risk ratio [RR], 0.86 [CI, 0.82 to 0.91]; 13 studies) and in the incidence of total (RR, 0.96 [CI, 0.95 to 0.97]; 3 studies) and colorectal (RR, 0.91 [CI, 0.84 to 0.98; 9 studies]) cancer. Of 3 secondary prevention studies reporting cardiovascular outcomes, 1 found a lower risk for recurrent myocardial infarction and cardiovascular death with the Mediterranean diet. There was inconsistent, minimal, or no evidence pertaining to any other outcome, including adherence, hypertension, cognitive function, kidney disease, rheumatoid arthritis, and quality of life. Limitations: Few trials; medium risk-of-bias ratings for many studies; low or insufficient strength of evidence for outcomes; heterogeneous diet definitions and components. Conclusion: Limited evidence suggests that a Mediterranean diet with no restriction on fat intake may reduce the incidence of cardiovascular events, breast cancer, and type 2 diabetes mellitus but may not affect all-cause mortality. Primary Funding Source: Department of Veterans Affairs, Veterans Health Administration, Office of Research and Development, Quality Enhancement Research Initiative. (PROSPERO: CRD42015020262).

Database: CINAHL


Author(s): Kamiloglu, Senem; Toydemir, Gamze; Boyacioglu, Dilek; Beekwilder, Jules; Hall, Robert D.; Capanoglu, Esra

Source: Critical Reviews in Food Science & Nutrition; Oct 2016; vol. 56

Publication Date: Oct 2016
Abstract: The role of antioxidants in human nutrition has gained increased interest, especially due to their associated health beneficial effects for a number of chronic diseases, including cardiovascular diseases and certain types of cancer. Fruits and vegetables are perishable and difficult to preserve as fresh products. Dried fruits and vegetables can be easily stored, transported at relatively low cost, have reduced packing costs, and their low water content delays microbial spoilage. Air-, freeze-, microwave- and sun-drying are among the most thoroughly studied drying methods. This review provides an overview of recent findings on the effects of different drying techniques on major antioxidants of fruits and vegetables. In particular, changes in ascorbic acid, carotenoids, flavonoids, phenolic acids, total phenolics, and antioxidant activity are discussed in detail.

Database: CINAHL

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