

# Dietetics

## Current Awareness Bulletin

October 2020

This Current Awareness Bulletin is produced by the Yeovil Academy Library to provide staff with a range of dietetics related resources to support practice. It includes recently published guidelines and research articles, as well as news and policy items.



In order to get the most from this bulletin, you will need an OpenAthens username and password. This will grant full text access to many of the listed resources. To register for an OpenAthens account go to: [openathens.nice.org.uk](https://openathens.nice.org.uk).

## Cochrane Reviews



### [What are the effects of a ketogenic diet for people with drug-resistant epilepsy?](#)

Jane Burch, Agustín Ciapponi  
26 August 2020

### [For people with drug-resistant epilepsy, how do different ketogenic diets compare?](#)

Jane Burch, Agustín Ciapponi  
26 August 2020

### [Can providing pregnant women and new mothers with advice on optimal infant diet/feeding practices prevent early childhood caries?](#)

Andrew B. Schenkel  
9 March 2020

### [For people at risk for developing type 2 diabetes mellitus, how does metformin compare with diet and exercise?](#)

Agustín Ciapponi  
20 April 2020

**For overweight or obese preschool children ( $\leq 6$  years of age), what are the long-term effects ( $\geq 6$  months post intervention) of multicomponent interventions that include diet, physical activity, and behavioral components?**

Jane Burch, Sera Tort

6 April 2020

## Secondary Evidence



**1. [A systematic review of reviews identifying UK validated dietary assessment tools for inclusion on an interactive guided website for researchers: www.nutritools.org. \(Full text\)](#)**

Health researchers may struggle to choose suitable validated **dietary** assessment tools (DATs) for their target population. The aim of this review was to identify and collate information on validated **UK** DATs and validation studies for inclusion on a website to support researchers to choose appropriate DATs. Design (...)  
: A systematic review of reviews of DATs was undertaken.

**[Full text: YDH](#)**

**2020 [Critical reviews in food science and nutrition PubMed abstract](#)**

**2. [An antenatal wish list: A qualitative systematic review and thematic synthesis of UK dietary advice for weight management and food borne illness. \(Abstract\)](#)**

To understand **UK** women's experiences of antenatal **dietary** advice for risk of food borne illness and weight gain. A systematic review and thematic synthesis of peer-reviewed qualitative studies. PubMed, MEDLINE, CINAHL and PMC databases were searched for articles published from January 2008 to June 2018.

**[Full text: YDH](#)**

**2020 [Midwifery](#)**

**3. [Evidence Brief: Virtual Diet Programs for Diabetes](#)**

While they have important limitations, studies of Virta Health and other virtual diet programs suggest that selected populations with type 2 diabetes may lower HbA1c, lose weight, reduce medication use, or reverse diabetes after participating in an intensive program based on a ketogenic diet or other diets.

**2020 [Veterans Affairs Evidence-based Synthesis Program Reports](#)**

**4. [A response to the comments by Ms Adams on our paper "Treatment of obesity, with a dietary component, and eating disorder risk in children and adolescents: A systematic review with meta-analysis". \(Full text via LibKey\)](#)**

Rates of childhood obesity are forecast to increase in the coming years. With disordered eating behaviors becoming 1 more prevalent among young people, there is growing concern from eating disorder (ED) professionals regarding the impact of obesity treatment programs on ED risk. This systematic review aimed to address this knowledge gap within the scientific literature.

**2020 [Obesity reviews : an official journal of the International Association for the Study of Obesity PubMed abstract](#)**

5. [Reply to 'Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies'. \(Abstract\)](#)

2020 [Molecular psychiatry](#)

6. [Effect of dietary cholesterol intake on the risk of esophageal cancer: a meta-analysis. \(Full text\)](#)

[Full text: YDH](#)

2020 [The Journal of international medical research](#) [PubMed abstract](#)

7. [Multiple outcomes in a meta-analysis of dietary patterns and colorectal cancer. \(Full text\)](#)

[Full text: YDH](#)

2020 [European journal of clinical nutrition](#) [PubMed abstract](#)

8. [Letter regarding "Association between dietary inflammatory index and upper aerodigestive tract cancer risk: A systematic review and dose-response meta-analysis". \(Abstract\)](#)

2020 [Oral oncology](#)

## Point of Care

UpToDate<sup>®</sup> is accessible via the links section of the library intranet [YCloud](#) page or via the [library blog](#). It can also be accessed at [uptodate.com/login](#) with an OpenAthens username and password. To register for an OpenAthens account [click here](#).

[Healthy diet in adults](#)

Literature review current through: Sep 2020. | This topic last updated: Dec 11, 2019.

[Dietary recommendations for toddlers, preschool, and school-age children](#)

Literature review current through: Sep 2020. | This topic last updated: Aug 04, 2020.

[Obesity in adults: Dietary therapy](#)

Literature review current through: Sep 2020. | This topic last updated: Jul 12, 2020.

If you would like help obtaining any of the articles, please contact the Library.

## NICE Healthcare Databases

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### [UK Internet antenatal dietary advice: a content accuracy and readability analysis.](#)

Author(s) Sidnell ; Nestel, Penelope

Source British Journal of Nutrition; Nov 2020; vol. 124 (no. 10); p. 1061-1068

Language English

Publication Date Nov 2020

DOI [10.1017/S0007114520002135](#)

ISSN 00071145

The aim of the study was to assess the accuracy and readability of Internet prenatal nutrition advice. Between August and December 2018, 130 Internet pages returned from Google searches on foods to avoid, foods to eat and supplements use were compared with UK government advice for pregnant women. Readability was assessed using the Flesch Readability Ease (FRE) tool.

### [Dietary Approaches to Stop Hypertension \(DASH\) diet and associated socio-economic inequalities in the UK.](#)

Author(s) Patel ; Alicandro, Gianfranco; La Vecchia, Carlo

Source British Journal of Nutrition; Nov 2020; vol. 124 (no. 10); p. 1076-1085

Language English

Publication Date Nov 2020

DOI [10.1017/S0007114520001087](#)

ISSN 00071145

The Dietary Approaches to Stop Hypertension (DASH) diet is an effective measure in the prevention and treatment of CVD. We evaluated recent trends in socio-economic differences in the DASH score in the UK population, using education, occupation and income as proxies of socio-economic position (SEP). We analysed data on 6416 subjects aged 18 years and older collected in the National Diet and Nutrition Survey (2008–2016). The DASH score was calculated using sex-specific quintiles of DASH items.

[Available in full text at The British journal of nutrition from Unpaywall](#)

### [Corrigendum...Martin-McGill KJ, Lambert B, Whiteley VJ, et al. Understanding the core principles of a 'modified ketogenic diet': a UK and Ireland perspective. Journal of Human Nutrition & Dietetics. 2019;32\(3\):385-390.](#)

Source Journal of Human Nutrition & Dietetics; Oct 2020; vol. 33 (no. 5); p. 738-738

Language English

Publication Date Oct 2020

DOI [10.1111/jhn.12751](#)

ISSN 09523871

A correction is presented to the article "This work was supported by the NIHR GOSH BRC" which appeared in the previous issue.

[Available in full text at Journal of Human Nutrition and Dietetics from Wiley Online Library Medicine and Nursing Collection 2020](#)

[Available in full text at Journal of Human Nutrition and Dietetics from Unpaywall](#)

[Socio-demographic characteristics, diet and health among food insecure UK adults: cross-sectional analysis of the International Food Policy Study.](#)

Author(s) Yau ; White, Martin; Hammond, David; White, Christine; Adams, Jean

Source Public Health Nutrition; Oct 2020; vol. 23 (no. 14); p. 2602-2614

Language English

Publication Date Oct 2020

DOI [10.1017/S1368980020000087](#)

ISSN 13689800

Objective: To estimate food insecurity (FI) prevalence among UK adults and investigate associations with socio-demographic characteristics, diet and health. Design: Weighted cross-sectional survey data. FI was measured using the USDA Adult Food Security Survey Module. Data were analysed using adjusted logistic regression models. Setting: United Kingdom.

[Available in full text at Public Health Nutrition from Unpaywall](#)

[Basic and clinical science posters: Diet, obesity, exercise and inflammation...Diabetes UK Professional Conference 2020.](#)

Source Diabetic Medicine; Sep 2020; vol. 37 ; p. 44-45

Language English

Publication Date Sep 2020

DOI [10.1111/dme.8\\_14245](#)

ISSN 07423071

The article presents the discussion on diet, obesity, exercise, and inflammation. Topics include stimulated c-peptide being associated with improved glycemic control after exercise in individuals with type 1 diabetes; high-fat diet pattern associated with subsequent changes in HbA1c during an intensive diet and physical activity intervention; and cardiorespiratory fitness in patients with type 2 diabetes and non-alcoholic fatty liver disease.

[Available in full text at Diabetic Medicine from Wiley Online Library Medicine and Nursing Collection 2020](#)

[Clinical care and other categories posters: Diet, obesity, exercise and inflammation...Diabetes UK Professional Conference 2020](#)

Source Diabetic Medicine; Sep 2020; vol. 37 ; p. 87-89

Language English

Publication Date Sep 2020

DOI [10.1111/dme.30\\_14245](#)

ISSN 07423071

The article presents the discussion on diet, obesity, exercise, and inflammation. Topics include total dietary replacement and remission of type 2 diabetes as perspectives of Kuwaiti dietitians; low calorie diets for treating obesity and type 2 diabetes; and real-world evaluation of a remote digitally enabled type 2 diabetes remission programme.

[Available in full text at Diabetic Medicine from Wiley Online Library Medicine and Nursing Collection 2020](#)

[Comparing supermarket loyalty card data with traditional diet survey data for understanding how protein is purchased and consumed in older adults for the UK, 2014-16.](#)

Author(s) Green ; Watson, Anthony W.; Brunstrom, Jeffrey M.; Corfe, Bernard M.; Johnstone, Alexandra M. [et al.](#)

Source Nutrition Journal; Aug 2020; vol. 19 (no. 1); p. 1-10

Language English

Publication Date Aug 2020

DOI [10.1186/s12937-020-00602-3](#)

ISSN 14752891

Our study provides novel insights into how protein is purchased and consumed by ageing adults in the UK. Supermarket loyalty card data can reveal patterns of protein purchasing that when combined with traditional sources of dietary intake may enhance our understanding of dietary behaviours.

[Available in full text at Nutrition journal from BioMed Central](#)

[Available in full text at Nutrition journal from Europe PubMed Central - Open Access](#)

[More full-text links...](#)

[Dietary education provision within a cardiac rehabilitation programme in the UK: a pilot study.](#)

Author(s) Moore ; Tsakirides, Costas; Rutherford, Zoe; Swainson, Michelle G; Birch, Karen M [et al.](#)

Source British Journal of Cardiac Nursing; Aug 2020; vol. 15 (no. 8); p. 1-12

Language English

Publication Date Aug 2020

DOI [10.12968/bjca.2020.0012](#)

ISSN 17496403

The present study findings suggest that two 30-minute dietary education sessions did not positively influence energy intakes and nutrient intakes, while habitual physical activity levels were not significantly increased as a result of the cardiac rehabilitation programme. Future research should explore means of optimising nutrition and habitual physical activity within UK cardiac rehabilitation.

[Available in full text at British Journal of Cardiac Nursing from MAG Online Library](#)

[Nutrition Support...British Dietetic Association Research Symposium, 4 December 2019, Birmingham, UK](#)

Source Journal of Human Nutrition & Dietetics; Jun 2020; vol. 33 ; p. 35-41

Language English

Publication Date Jun 2020

DOI [10.1111/jhn.12780](#)

ISSN 09523871

[Available in full text at Journal of Human Nutrition and Dietetics from Wiley Online Library Medicine and Nursing Collection 2020](#)

[Available in full text at Journal of Human Nutrition and Dietetics from Unpaywall](#)

[The role of bread in the UK diet: An update.](#)

Author(s) Lockyer ; Spiro, A.

Source Nutrition Bulletin; Jun 2020; vol. 45 (no. 2); p. 133-164

Language English

Publication Date Jun 2020

DOI [10.1111/nbu.12435](#)

ISSN 14719827

The mandatory fortification of flour with folic acid, a strategy used successfully in >60 other countries as a means of reducing neural tube defects (NTDs), is currently being considered and may be an important public health initiative. The variety of fibre types in bread such as arabinoxylan, oligosaccharides and resistant starch, as well as other bioactives including polyphenols, are an area of emerging interest in relation to nutrition and health. This paper gives an overview of the current contribution of bread to nutrient intakes and considers trends which may change the role of bread in our diet going forward.

[Available in full text at Nutrition Bulletin from Wiley Online Library Medicine and Nursing Collection 2020](#)

[NuBrain: UK consortium for optimal nutrition for healthy brain ageing.](#)

Author(s) Stevenson ; Shannon, O. M.; Minihaue, A. M.; Adamson, A.; Burns, A. [et al.](#)

Source Nutrition Bulletin; Jun 2020; vol. 45 (no. 2); p. 223-229

Language English

Publication Date Jun 2020

DOI [10.1111/nbu.12429](#)

ISSN 14719827

This article introduces the newly established Medical Research Council-funded NuBrain consortium, the vision of which is to provide a step change in research in the area by developing novel approaches and techniques to further understand the complex interactions between diet and brain health and how we can support appropriate behaviour changes in the population. NuBrain will form a new, sustainable and internationally field-leading research consortium with multidisciplinary and complementary areas of expertise to address the fundamental research challenges in this area.

[Available in full text at Nutrition Bulletin from Wiley Online Library Medicine and Nursing Collection 2020](#)

[Available in full text at Nutrition Bulletin from Unpaywall](#)

[Whole grain intake compared with cereal fibre intake in association to CVD risk factors: a cross-sectional analysis of the National Diet and Nutrition Survey \(UK\).](#)

Author(s) Barrett ; Amoutzopoulos, Birdem; Batterham, Marijka J; Ray, Sumantra; Beck, Eleanor J

Source Public Health Nutrition; Jun 2020; vol. 23 (no. 8); p. 1392-1403

Language English

Publication Date Jun 2020

DOI [10.1017/S1368980019004221](#)

ISSN 13689800

Similar inverse associations between whole grain and cereal fibre intakes to CVD risk factors suggest the relevance of cereal fibre in the protective effects of whole grains. However, whole grain associations often remained significant after adjusting for cereal fibre intake, suggesting additional constituents may be relevant. Intervention studies are needed to compare cereal fibre intake from non-whole grain sources to whole grain intake.

[Associations between dietary macronutrients and blood lipids in the UK Biobank study.](#)

Author(s) Kelly ; Watling, C.; Tong, T.Y.N.; Piernas, C.; Fensom, G. [et al.](#)

Source Proceedings of the Nutrition Society; May 2020; vol. 73 (no. Oce3); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120007685](#)

ISSN 00296651

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Dietary choices of Indian immigrants living in the UK and the native population in India are negatively influenced by time constraints: A qualitative study.](#)

Author(s) Sharma ; Abayomi, J.C.; Relph, N.; Leadbetter, P.

Source Proceedings of the Nutrition Society; May 2020; vol. 73 (no. Oce3); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120007235](#)

ISSN 00296651

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Nutrition in pregnancy: testing the effects of the diet of the poorest socioeconomic group in Scotland on the liver of pregnant rats.](#)

Author(s) Hay ; Dasgin, H.; Rees, W.D.

Source Proceedings of the Nutrition Society; May 2020; vol. 73 (no. Oce3); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120007491](#)

ISSN 00296651

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[The associations between phosphatidylethanolamine N-methyltransferase gene, dietary choline intake and anxiety and depression in healthy UK adults.](#)

Author(s) Harrison ; Foster-Brown, C.; Kelaiditis, C.; Mavrommatis, Y.; Pilic, L.

Source Proceedings of the Nutrition Society; May 2020; vol. 73 (no. Oce3); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120007703](#)

ISSN 00296651

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Current intakes of Interesterified fats in the UK diet and the dietary impact of their substitution with functionally equivalent alternatives.](#)

Author(s) Bruce ; Hall, Wendy; Francis, Lucy; Mills, Charlotte; Berry, Sarah

Source Proceedings of the Nutrition Society; May 2020; vol. 79 (no. OCE2); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120004000](#)

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Diet-quality and its association with cardiovascular diseases and cancer incidence and all-cause mortality: a prospective cohort study from UK Biobank.](#)

Author(s) Petermann-Rocha ; Gray, Stuart R.; Pell, Jill; Celis-Morales, Carlos

Source Proceedings of the Nutrition Society; May 2020; vol. 79 (no. OCE2); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120000208](#)

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Dietary and lifestyle patterns in UK postpartum women.](#)

Author(s) Myrissa ; Stevens, Rebecca; Kelaiditi, Eirini

Source Proceedings of the Nutrition Society; May 2020; vol. 79 (no. OCE2); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120003900](#)

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Modelling the dietary impact of health-related claims on food labels in the UK.](#)

Author(s) Kaur ; Scarborough, Peter; Rayner, Mike

Source Proceedings of the Nutrition Society; May 2020; vol. 79 (no. OCE2); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120002748](#)

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Percentage contribution of reference recipes to Food Groups for Irish and UK Food Based Dietary Guidelines.](#)

Author(s) Abouhajar ; Dolan, Michael; O'Kelly, Damian; Kennedy, Aileen; Younger, Katherine [et al.](#)

Source Proceedings of the Nutrition Society; May 2020; vol. 79 (no. OCE2); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120000373](#)

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Sensitivity to change of the UK Diabetes and Diet Questionnaire in a specialist weight management service.](#)

Author(s) England ; Leary, Sam; Thompson, Catherine; Lorimer, Claire; Andrews, Rob

Source Proceedings of the Nutrition Society; May 2020; vol. 79 (no. OCE2); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120006163](#)

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[The development of a short food frequency questionnaire to assess diet quality in UK adolescents.](#)

Author(s) Shaw ; Crozier, Sarah; Strommer, Sofia; Inskip, Hazel; Barker, Mary [et al.](#)

Source Proceedings of the Nutrition Society; May 2020; vol. 79 (no. OCE2); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120004607](#)

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[UK internet antenatal dietary advice: a content accuracy and readability analysis.](#)

Author(s) Sidnell ; Nestel, Penelope

Source Proceedings of the Nutrition Society; May 2020; vol. 79 (no. OCE2); p. 1-1

Language English

Publication Date May 2020

DOI [10.1017/S0029665120002438](#)

[Available in full text at Proceedings of the Nutrition Society from Unpaywall](#)

[Dietary education provision within a cardiac rehabilitation programme in the UK: a pilot study](#)

Author(s) Moore, Chelsea E; Tsakirides, Costas; Rutherford, Zoe; Swainson, Michelle G; Birch, Karen M [et al.](#)

Source British Journal of Cardiac Nursing; 2020; vol. 15 (no. 8); p. 1

Publication Date 2020

DOI [10.12968/bjca.2020.0012](#)

The present study findings suggest that two 30-minute dietary education sessions did not positively influence energy intakes and nutrient intakes, while habitual physical activity levels were not significantly increased as a result of the cardiac rehabilitation programme. Future research should explore means of optimising nutrition and habitual physical activity within UK cardiac rehabilitation.

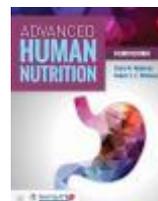
## Library Resources

The books listed below are a selection of those that can be found at the library. To search the library catalogue in full, visit [swims.nhs.uk](#).

[Advanced human nutrition \(4th ed\) \(2019\)](#)

*Medeiros, Denis M.; Wildman, Robert E. C.*

[Medeiros, Denis M. \(Author\)](#) [WD10](#) Book



[Advanced nutrition and dietetics in obesity \(2018\)](#)

*Hankey, Catherine; Whelan, Kevin*

[Hankey, Catherine \(Editor\)](#) [WD110](#) Book



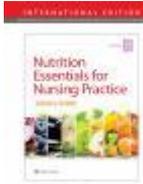
[Advanced nutrition and dietetics in nutrition support \(2018\)](#) [Hickson, Mary \(Editor\)](#) [WD205](#) Book

*Hickson, Mary; Smith, Sarah; Whelan, Kevin*



[Nutrition essentials for nursing practice \(8th ed\) \(2018\)](#) [Dudek, Susan G. \(Author\)](#) [WD185](#) Book

*Dudek, Susan G.*



[Public health nutrition \(2nd ed\) \(2018\)](#) [Buttriss, Judith L. \(Editor\)](#) [WD22](#) Book

*Buttriss, Judith L.; Nutrition Society*



## In the News

### **NHS** choices

#### Behind the Headlines

#### [‘No safe caffeine level’ while pregnant or trying for a baby](#)

25 August, 2020

Women who are pregnant or trying to conceive should be advised to avoid caffeine, according to researchers from Iceland, who have carried out a review of the available evidence. They warned that the evidence suggested that maternal caffeine consumption was associated with negative pregnancy outcomes and that there was no...

#### [‘Clear link’ between Covid-19 complications and obesity](#)

27 July, 2020

Being overweight puts people at greater risk of severe complications and death from Covid-19, a new review of UK and international evidence has found.

#### [Analysis: latest guidance on enteral tube feeding in Covid-19 patients](#)

16 April, 2020

Nurses involved in the placement of feeding tubes in a patient confirmed or suspected of having Covid-19 must be provided with enhanced protective gear, due to the heightened risk of infection, according to new UK guidance developed with input from nutrition nurse specialists. The British Association for Parenteral and Enteral...

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This current awareness bulletin contains an inexhaustive selection of information that has not been critically appraised by library staff. It is therefore the responsibility of the reader to appraise this information for accuracy and relevance.

For further information or support please contact **Tom Welham, Yeovil Academy Library, Level 4, Yeovil District Hospital, Higher Kingston, Yeovil, BA21 4AT; tel 01935 38(4495) or 01935 38(4697), [library@ydh.nhs.uk](mailto:library@ydh.nhs.uk)** or visit the library blog at [yeovilacademylibrary.com](http://yeovilacademylibrary.com)