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.

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**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 (≤ 6 years of age), what are the long-term effects (≥ 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 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

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**Point of Care**

UpToDate® 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

Dietary recommendations for toddlers, preschool, and school-age children

Obesity in adults: Dietary therapy
If you would like help obtaining any of the articles, please contact the Library.

**NICE Healthcare Databases**

**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](https://doi.org/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](https://doi.org/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.

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](https://doi.org/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
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.

Basic and clinical science posters: Diet, obesity, exercise and inflammation...Diabetes UK Professional Conference 2020.

Clinical care and other categories posters: Diet, obesity, exercise and inflammation...Diabetes UK Professional Conference 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.; Minihane, 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
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.

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

Advanced nutrition and dietetics in obesity (2018)
Hankey, Catherine; Whelan, Kevin

Medeiros, Denis M. WD10 Book (Author)
Hankey, Catherine WD110 Book (Editor)
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...
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 or visit the library blog at yeovilacademylibrary.com