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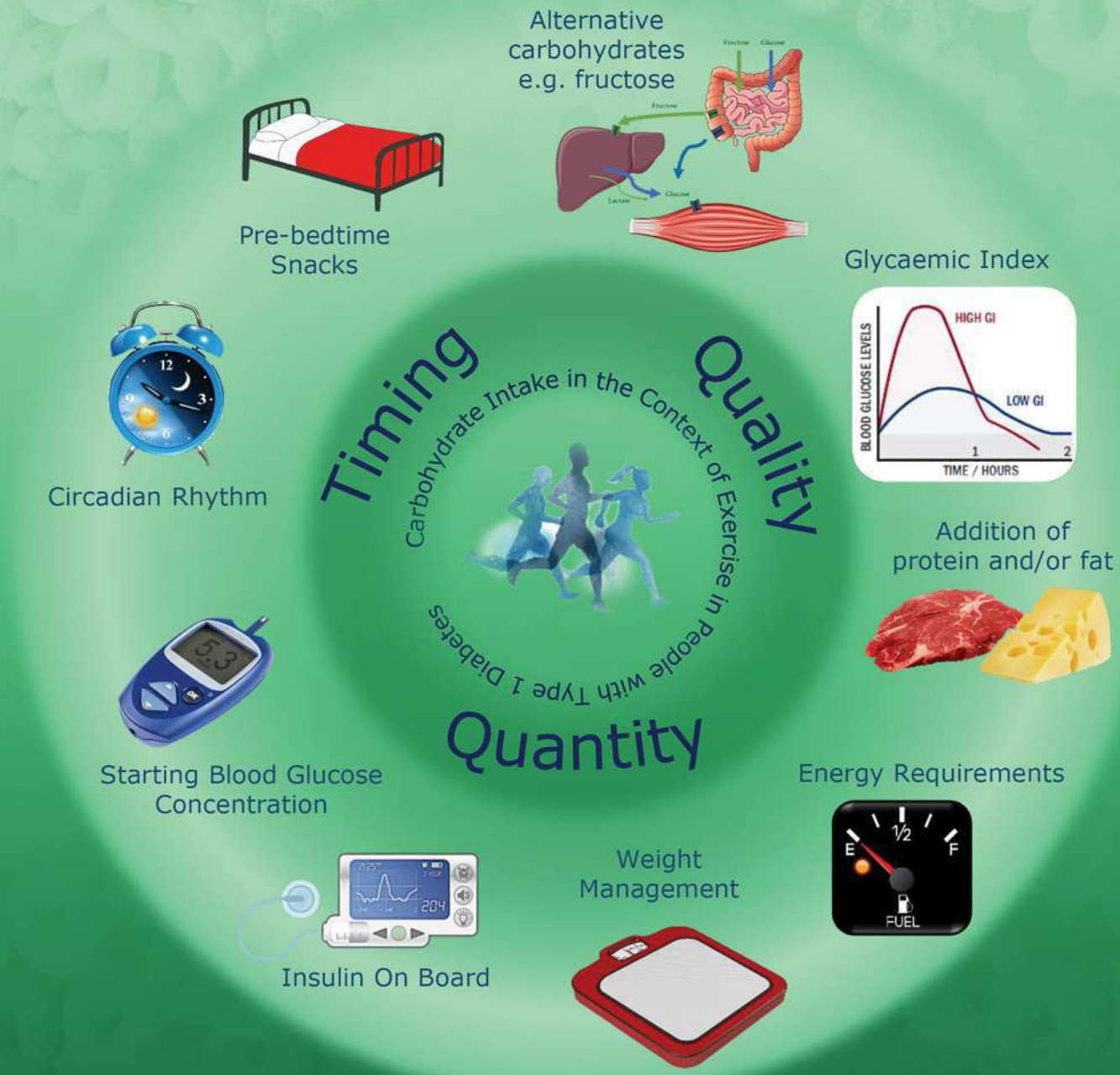

Carbohydrate Intake in the Context of Exercise in People with Type 1 Diabetes

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Website (https://pure.fujita-hu.ac.jp/en/persons/atsushi-suzuki/publications/)
Department of Endocrinology, Diabetes and Metabolism, Fujita Health University, Toyoake, Aichi 4701192, Japan
Interests: type 2 diabetes; osteoporosis; Ca-related disorders including vitamin D deficiency; sarcopenia

Dr. Livia Silvia Augustin
Website (https://moh-it.pure.elsevier.com/en/persons/livia-augustin) SciProfiles (https://sciprofiles.com/profile/1094805)
1. National Cancer Institute 'Istituto Nazionale Tumori Fondazione Giovanni Pascale', Istituto di Ricovero e Cura a Carattere Scientifico (IRCCS), Via Mariano Semmola 1, 80131 Naples, Italy
2. Clinical Nutrition and Risk Factor Modification Center, St. Michael's Hospital, 61 Queen Street East, Toronto, ON M5C 2T2, Canada
Interests: diet; breast cancer survivors; molecular subtypes; recurrence; death; cardiometabolic comorbidities; quality of life
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Diet, Nutrition, and Breast Cancer (/journal/nutrients/special_issues/breast_cancer_diet_nutrition)**

Dr. M. Andrea Azcarate-Peril
Website (https://www.med.unc.edu/cgibd/azcarate-andrea/)
Center for Gastrointestinal Biology and Disease, Division of Gastroenterology and Hepatology, and UNC Microbiome Core, Department of Medicine, School of Medicine, University of North Carolina, Chapel Hill, NC 27599, USA
Interests: Prebiotics; probiotics; galactooligosaccharides (GOS); gut microbiome; Lactobacillus; lactose intolerance

Dr. Dalila Azzout-Marniche
Website (https://www6.jouy.inra.fr/pnca/Presentation-de-l-Unite) SciProfiles (https://sciprofiles.com/profile/1021488)
UMR PNCA, AgroParisTech, INRA, Université Paris-Saclay, Paris, 75005, France
Interests: Physiology, metabolic regulation; protein and amino acids metabolism and requirements; energy metabolism; metabolic dysfunctions; amino acids signalling

Prof. Dr. Lina Badimon
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Cardiovascular ICCC-Program, Research Institute Hospital de la Santa Creu i Sant Pau, IIB-Sant Pau, 08025 Barcelona, Spain
Interests: nutrition; inflammation; thrombosis; atherosclerosis; systems biology and epigenetics

Prof. Dr. Debasis Bagchi
Website (https://anh-usa.org/debasis-bagchi/)
Department of Pharmacological and Pharmaceutical Sciences, College of Pharmacy, University of Houston, Houston, TX 77204, USA
Interests: Cancer; Clinical Nutrition; Pharmacology

Dr. Sébastien BAILLY
Website (https://www.masterai4onehealth.eu/dr-sebastien-bailly/)
HP2 Laboratory, INSERM U1042, Grenoble Alpes University, 38400 Grenoble, France
Interests: statistical; biostatistics applied to clinical research; methodology biostatistics statistics

Prof. Dr. Marica Bakovic
Website (https://www.uoguelph.ca/hhns/people/dr-marica-bakovic) SciProfiles (https://sciprofiles.com/profile/38667)
Department of Human Health and Nutritional Sciences, University of Guelph, 50 Stone Rd E, Guelph, ON N1G 2W1, Canada
Interests: lipids; inflammation; chronic disease; choline; nutrigenomics
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***International Journal of Molecular Sciences*: Nutrigenomics of Risk Factors for Disease (/journal/ijms/special_issues/nutrigenomics)**
Special Issue in ***International Journal of Molecular Sciences*: Nutrigenomics of Risk Factors for Disease 2.0 (/journal/ijms/special_issues/nutrigenomics2018)**

Dr. Sara Baldassano
Website (https://www.researchgate.net/scientific-contributions/Sara-Baldassano-2147643167) SciProfiles (https://sciprofiles.com/profile/237012)
Dipartimento di Scienze e Tecnologie Biologiche Chimiche e Farmaceutiche, Università degli Studi di Palermo, 90133 Palermo PA, Italy
Interests: bone; nutrition; gut; obesity; antioxidant; health and disease biomarkers
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Obesities*: How to Prevent Obesity and Inflammatory Disease (/journal/obesities/special_issues/prevent_obesity)**
Special Issue in ***Genes*: Impact of Physical Exercise and Nutrition on Epigenetic Modulation of Health and Disease (/journal/genes/special_issues/Exercise_Nutrition_Epigenetic)**
Special Issue in ***Nutrients*: Nutrition and Lifestyle as Preventive and Therapeutic Targets for Obesity and Inflammation (/journal/nutrients/special_issues/Therapeutic_Obesity_Inflammation)**

Prof. Dr. Maciej Banach
Website (https://www.mayoclinicproceedings.org/content/banach) SciProfiles (https://sciprofiles.com/profile/554628)
1. Department of Hypertension, Chair of Nephrology and Hypertension, Medical University of Lodz, 93-338 Lodz, Poland
2. Polish Mother's Memorial Hospital Research Institute (PMMHRI), 93-338 Lodz, Poland 3.Cardiovascular Research Centre, University of Zielona Gora, 65-046 Zielona Gora, Poland
Interests: Vitamin D; natural product; vascular biology; atherogenesis; CKD

Prof. Dr. Sebastiano Banni
Website (https://www.unica.it/unica/it/ateneo_s07_ss01.page?contentId=SHD30101) SciProfiles (https://sciprofiles.com/profile/64690)
Department of Biomedical Sciences, University of Cagliari, Monserrato, CA 09042, Italy
Interests: lipid nutrition; fatty acid metabolism; energy metabolism; PPAR system; endocannabinoid system; metabolic flexibility; body composition

Dr. Andrea Baragetti
Website (http://www.disfeb.unimi.it/ecm/home/ricerca/laboratori-ricerca/laboratorio-lipoproteine-immunita-e-aterosclerosi/andrea-baragetti)
SciProfiles (https://sciprofiles.com/profile/497920)
Department of Pharmacological and Biomolecular Sciences, Università degli Studi di Milano, 20133 Milan, Italy
Interests: internal medicine; cardiovascular pharmacology; cardiovascular genomic; translational immunometabolism
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Nutritional Immunometabolism: From Experimental Setting to Clinical Translation (/journal/nutrients/special_issues/Nutritional_Immunometabolism)**
Special Issue in ***Nutrients*: Nutraceutical Approaches to Cardiovascular and Metabolic Diseases: Evidence and Opportunities (/journal/nutrients/special_issues/Nutraceutical_Cardiovascular_Metabolic_Diseases)**

Prof. Dr. Mario Barbagallo

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Department DI.PE.CA, Geriatric Unit, University Hospital AOUP, University of Palermo, Palermo, Italy

Interests: Mediterranean diet; aging; diabetes; hypertension; dementia; magnesium

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Dietary Magnesium for Health and Diseases (/journal/nutrients/special_issues/Magnesium_Health_Diseases)**

Special Issue in ***Nutrients*: Magnesium and Microelements in Older Persons (/journal/nutrients/special_issues/Microelements_Elderly)**

Special Issue in ***Nutrients*: Magnesium: From In Vitro to Clinical Research (/journal/nutrients/special_issues/Magnesium_Clinical_Research)**

Prof. Dr. Iole Tomassini Barbarossa

Website (http://people.unica.it/ioletomassinibarbarossa/) **SciProfiles (https://sciprofiles.com/profile/80513)**

Department of Biomedical Sciences, University of Cagliari, 09124 Cagliari CA, Italy

Interests: taste perception; PROP tasting; individual differences; taste perception modulation; electrophysiological recordings; taste; body composition; nutrition; health

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Taste, Nutrition and Health (/journal/nutrients/special_issues/Taste_Nutrition_Health)**

Special Issue in ***Nutrients*: Implications of Taste and Olfaction in Nutrition and Health (/journal/nutrients/special_issues/Implications_of_Taste_and_Olfaction)**

Prof. Dr. Elena Barbieri

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Department of Biomolecular Sciences, School of Sport, Health and Physical Exercise, University of the Urbino Carlo Bo, Via I. Maggetti, 26, Urbino (PU) 61029 Italy

Interests: exercise; skeletal muscle signalling; skeletal muscle mitochondria; IGF-1 and IGF-1 isoforms; exercise oncology; lifestyle; natural extracts; antioxidant supplement; creatine; hyaluronic acid.

Prof. Dr. Martina Barchitta

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Department of Medical and Surgical Sciences and Advanced Technologies “G.F. Ingrassia”, University of Catania, Via S. Sofia, 87, 95123 Catania, Italy

Interests: nutritional epidemiology; molecular epidemiology; public health; Mediterranean diet; nutrigenetics; nutrigenomics; nutriepigenomics

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Dietary Assessment in Nutritional Epidemiology: Public Health Implications for Promoting Lifelong Health (/journal/nutrients/special_issues/Nutritional_Epidemiology_Lifelong_Health)**

Special Issue in ***Nutrients*: Advanced Topics in Public Health Nutrition (/journal/nutrients/special_issues/Public_Advanced)**

Special Issue in ***Nutrients*: Innovative Strategies, Methods and Tools for Dietary Assessment in Public Health (/journal/nutrients/special_issues/innovative_assessment)**

Dr. Tyler Barker

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1. Precision Genomics, Intermountain Healthcare, Salt Lake City, UT, USA
2. Department of Orthopaedics, University of Utah, Salt Lake City, UT, USA
3. Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT, USA

Interests: osteoarthritis; cachexia; vitamin D; cytokines; systemic inflammation; precision medicine

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Vitamins and Human Health: Systematic Reviews (/journal/nutrients/special_issues/Vitamins_Human_Health_Systematic_Reviews)**

Prof. Dr. Edward D. Barker

Website (https://www.researchgate.net/profile/Edward_Barker)

Institute of Psychiatry, Psychology and Neuroscience, King's College London, London SE1 9NH, UK

Interests: conduct disorder; ADHD; adversity; nutrition

Dr. Michael J. Barratt

Website (https://pathology.wustl.edu/people/michael-barratt-phd/)

Center for Gut Microbiome and Nutrition Research, Washington University School of Medicine, St. Louis, MO 63110, USA

Interests: nutrition; gut microbiome; breast milk gut microbiome and immunity; prebiotics; probiotics; synbiotics

Prof. Dr. Luigi Barrea

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Dipartimento di Medicina Clinica e Chirurgia, Unit of Endocrinology, Federico II University Medical School of Naples, Via Sergio Pansini 5, 80131 Naples, Italy

Interests: vitamin D; Mediterranean diet; obesity; endocrine diseases

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: The Role of Vitamin D in Chronic Diseases (/journal/nutrients/special_issues/vitamind_chronic)**

Special Issue in ***Nutrients*: Gut Microbiota in Human Health and Diseases (/journal/nutrients/special_issues/Gut_Microbiota_Human_Health_Diseases)**

Prof. Dr. José Luis Bartha

Website (https://www.uam.es/ss/Satellite/Medicina/en/1242658130358/1242658456220/persona/detallePDI/Jose_Luis_Bartha_Rasero.htm)

Department of Obstetrics and Gynecology, Hospital Universitario La Paz, 28046 Madrid, Spain

Interests: Maternal and Fetal medicine; maternal nutrition; maternal diabetes; maternal obesity

Dr. Jamie I. Baum

Website (https://nutrition.uark.edu/) **SciProfiles (https://sciprofiles.com/profile/51599)**

Department of Food Science, University of Arkansas, Fayetteville, AR 72704, USA

Interests: skeletal muscle; body composition; energy expenditure; muscle protein synthesis; dietary protein; obesity; chronic disease

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Nutritional Considerations for Skeletal Muscle in Health and Disease (/journal/nutrients/special_issues/Nutritional_Considerations_Skeletal_Muscle)**

Dr. Inmaculada Bautista Castaño

Website (https://www.iuibs.ulpgc.es/nutricion/personal/inmaculada-bautista-castano/) **SciProfiles (https://sciprofiles.com/profile/1398187)**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Instituto de Salud Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria & Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas de Gran Canaria, Spain

Interests: nutrition; obesity; epidemiology; bariatric endoscopy; public health; health-related quality of life

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Nutritional and Endoscopy Intervention in the Obesity Treatment (/journal/nutrients/special_issues/Nutritional_Endoscopy_Obesity)**

Dr. Ana Baylin

Website (https://sph.umich.edu/faculty-profiles/baylin-ana.html) **SciProfiles (https://sciprofiles.com/profile/737670)**

Nutritional Sciences, Epidemiology and Global Health, University of Michigan School of Public Health, 1415 Washington Heights,Ann Arbor, MI 48109, USA

Interests: nutrition; epidemiology; fatty acids; dietary patterns; biomarkers of nutrients; cardiovascular disease; obesity; cardiometabolic risk; global health

Dr. Olivier Beauchet

Website (https://www.mcgill.ca/expmed/dr-olivier-beauchet)

Department of Medicine, Division of Geriatric Medicine, Sir Mortimer B. Davis-Jewish General Hospital and Lady Davis Institute for Medical Research, McGill University, Montreal, QC H3T 1E2, Canada

Interests: age-related gait disorders; cognitive decline; vitamin D; modeling

Dr. Emma Beckett

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Food Science and Human Nutrition, School of Environmental and Life Sciences, The University of Newcastle, NSW 2258, Australia
Interests: nutrigenetics; nutrigenomics; nutritional epigenetics; taste; folate; vitamin D; gene-nutrient-environment interactions
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***International Journal of Environmental Research and Public Health*: Gene-Nutrient-Environment Interactions (/journal/ijerph/special_issues/gene_nutrient_environment)**

Dr. Laurent Béghin
Website1 (http://lille-inflammation-research.org/fr/annuaire/370-beghin-laurent) Website2 (http://cic.chru-lille.fr/presentation-cic-pediatrie/index.html) SciProfiles (https://sciprofiles.com/profile/1263995)
1. Translational Research in Inflammation - Infinite, UMR 1286 Inserm - Lille University, F-59037 Lille, France
2. Clinical Investigation Center CIC1403-Inserm-CHU, Lille, University Hospital, F-59037 Lille, France
Interests: Human nutrition and health; Clinical trial; Public health; Intervention; Indirect calorimetry; Body composition; Physical activity

Dr. Bogdan Beirowski
Website (http://www.buffalo.edu/content/www/bioinformatics/resources/faculty/profile.html?ubit=bogdanbe)
SciProfiles (https://sciprofiles.com/profile/431330)
Hunter James Kelly Research Institute, University at Buffalo, State University of New York, Buffalo, NY, USA
Interests: mTOR and AMPK nutrient; energy sensing; maintain energy homeostasis on cellular level; axon; neurodegeneration; axon degeneration; oligodendrocyte; Schwann cell; diabetic neuropathy

Prof. Dr. Frank Bekes

Wheat storage proteins and quality, CSIRO, Canberra, Australia
Interests: Wheat Quality; Dough Proteins; Improving Processing; Human Health

Dr. Alaa El-Din A. Bekhit
Website (http://www.otago.ac.nz/food-science/staff/otago081253.html) SciProfiles (https://sciprofiles.com/profile/273770)
Department of Food Science, University of Otago, Dunedin 9054, New Zealand
Interests: muscle biochemistry; meat quality; bioactive compounds from food by-products; enzymatic hydrolysis; new product development; ethnic food; halal food
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Antioxidants*: Bioactive Compounds from Food Waste: Bioprocessing and Technological Advancement (/journal/antioxidants/special_issues/Bioactive_Compounds_Bioprocessing)**
Special Issue in ***Foods*: Non-bovine Milk: Novel Sources and Recent Advances in Their Nutrition, Safety, Functionality and Acceptability (/journal/foods/special_issues/non-bovine_milk)**
Special Issue in ***Foods*: Factors that Influence the Nutritional, Sensory and Technological Quality of Meat (/journal/foods/special_issues/sensory_meat_quality)**

Prof. Dr. Massimo Bellini
Website (https://unimap.unipi.it/cercapersone/dettaglio.php?ri=121528&template=dettaglio.tpl)
Gastrointestinal Unit，Department of Translational Sciences and New Technologies in Medicine and Surgery, University of Pisa, 56124 Pisa, Italy
Interests: functional digestive disorders; irritable bowel syndrome; chronic constipation

Prof. Dr. Nick Bellissimo
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School of Nutrition, Faculty of Community Services, Ryerson University, 350 Victoria Street, Toronto, ON M5B 2K3, Canada
Interests: food intake regulation; eating behaviours; pediatrics; exercise physiology; cognitive performance; nutritional physiology; sugars; dietary proteins; exercise- and diet-related energy expenditure; energy imbalances; overweight/obesity; glycemic control; insulin resistance; inflammation
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Foods*: Market Research of Food Systems and Supply Chains (/journal/foods/special_issues/Market_Food)**

Prof. Dr. Dina Bellizzi

Website (https://www.unical.it/portale/strutture/dipartimenti_240/dibest/docenti/bellizzi/) **SciProfiles (https://sciprofiles.com/profile/624464)**

Department of Biology, Ecology and Earth Sciences, University of Calabria, 87036 Rende, Italy

Interests: epigenetics; epigenetic biomarkers; DNA methylation modifications; mitochondrial DNA methylation; aging; nutrition; gut microbiota; microbiome

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Nutrition and Epigenetics (/journal/nutrients/special_issues/Nutrients_Epigenetics)**

Special Issue in ***Nutrients*: Effects of Dietary Interventions on DNA Methylation during Lifecycle (/journal/nutrients/special_issues/Dietary_Interventions_DNA_Methylation)**

Dr. Christian Benedict

Website (https://katalog.uu.se/profile/?id=N9-480) **SciProfiles (https://sciprofiles.com/profile/113232)**

Department of Neuroscience, Uppsala University, Uppsala, Sweden

Interests: meal timing; sleep; sleep deprivation; night shift work; circadian rhythms; time-restricted eating, type 2 diabetes; Alzheimer's disease; obesity

Dr. Vasiliki Benetou

Website (https://dehems.med.uoa.gr/?lang=en) **SciProfiles (https://sciprofiles.com/profile/240514)**

Department of Hygiene, Epidemiology and Medical Statistics, School of Medicine, National and Kapodistrian University of Athens, 115-27 Athens, Greece

Interests: cancer epidemiology; nutritional epidemiology; preventive medicine; public health; chronic diseases

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Nutrition for Cancer Survivors (/journal/nutrients/special_issues/cancer_survivors)**

Prof. Dr. Aloys Berg

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University Freiburg, Institution Sports & Sports Science, Department Nutrition, D-79117 Freiburg, Germany

Interests: Nutritional Biochemistry; Diabetology; Nutrition and Dietetics; sport nutrition; obesity

Dr. Francisco-Javier Bermúdez-Silva

Website (https://endonutri.eu/en/preclinical-research/type-2-diabetes/) **SciProfiles (https://sciprofiles.com/profile/264956)**

Instituto de Investigación Biomédica de Málaga (IBIMA), 29001 Málaga, Spain

Interests: diabetes; islets; inflammation; cannabinoids; EVOO

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Genes*: Advances in Genetics of Regeneration in Metabesity (/journal/genes/special_issues/Genetics_Regeneration_Metabesity)**

Dr. Cristiana Berti

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Paediatric Intermediate Care Unit, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milan, Italy

Interests: Feeding practices; eating behaviour; infants; pregnant women; micronutrients; traditional foods

Prof. Dr. Maira Bes-Rastrollo

Website (https://unav.academia.edu/MairaBesRastrollo) **SciProfiles (https://sciprofiles.com/profile/202242)**

Department of Preventive Medicine and Public Health, Campus Universitario, School of Medicine, University of Navarra, 31008 Pamplona, Spain

Interests: ultra-processed; obesity; diabetes; cohort; longitudinal; Mediterranean diet

Prof. Dr. Albertino Bigiani

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Dipartimento di Scienze Biomediche, Metaboliche e Neuroscienze, Università di Modena e Reggio Emilia, Modena, Italy

Interests: Taste transduction; Sodium reception; Epithelial sodium channel; Taste cells; Salt taste; Ion channels; Membrane excitability; Gustation; Taste

alterations

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Salt Taste, Nutrition, and Health (/journal/nutrients/special_issues/Salt_Taste)**

Dr. Karen Bishop

Website (https://auckland.academia.edu/KarenBishop) **SciProfiles (https://sciprofiles.com/profile/52114)**

Discipline of Nutrition and Dietetics/Auckland Cancer Society Research Centre, Faculty of Medical and Health Sciences, University of Auckland, 85 Park Road, Auckland 1023, New Zealand

Interests: cancer risk/progression modified by nutrition; gene–diet interactions; dietary interventions; medicinal mushrooms; characteristics of heritage tangerine tomatoes

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Polyphenols for Cancer Treatment or Prevention (/journal/nutrients/special_issues/polyphenols_for_cancer)**

Special Issue in ***Nutrients*: The Application of Mushrooms or Mushroom Extracts to Enhance Health (/journal/nutrients/special_issues/mushrooms_enhance_health)**

Dr. Emmanuel Biver

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Division of Bone Diseases, Geneva University Hospitals and Faculty of Medicine, University of Geneva, Geneva, Switzerland

Interests: osteoporosis; dairy products; microbiota

Dr. Ghassan Bkaily

Website (https://www.usherbrooke.ca/recherche/specialistes/?getSpecialist=183345&page=1) **SciProfiles (https://sciprofiles.com/profile/1644665)**

Department of Immunology & Cellular Biology, Université de Sherbrooke, Sherbrooke, PQ J1H 5N4, Canada

Interests: cardiovascular physiology; pathology and pharmacology; hypertension; hypotension; cardiac hypertrophy and heart failure; cardiomyopathy; calcium homeostasis

Dr. Mayte Blay

Website (http://www.bioactivity-food.recerca.urv.cat/en/about/mayte/)

Maria Teresa Blay, Grup de Recerca Mobiofood, Departament de Bioquímica i Biotecnologia Universitat Rovira i Virgili, Tarragona, Spain

Interests: ageing; gut inflamation; insect protein; natural food bioactives (proanthocyanidins)

Dr. Christopher Blesso

Website (http://www.cag.uconn.edu/nutsci/nutsci/hpg/blesso.html) **SciProfiles (https://sciprofiles.com/profile/107299)**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Interests: Sphingolipids; Phospholipids; Cholesterol; Lipoproteins; Obesity; Inflammation; HDL; Polyphenols; Anthocyanins; Atherosclerosis

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Dietary Cholesterol:Is It Related to Chronic Disease (/journal/nutrients/special_issues/dietary_cholesterol)**

Special Issue in ***Nutrients*: Egg Intake and Human Health (/journal/nutrients/special_issues/Egg_Intake_Health)**

Special Issue in ***Nutrients*: Dietary Anthocyanins and Human Health (/journal/nutrients/special_issues/anthocyanins_health)**

Prof. Dr. Simona Bo

Website (https://lsscio.campusnet.unito.it/do/docenti.pl/Alias?simona.bo#tab-profilo)

Department of Medical Sciences, University of Torino, Torino, Italy

Interests: Obesity; lifestyle intervention trials

Prof. Dr. Mona Boaz

Website (https://www.ariel.ac.il/Projects/trp/GeneralInformation.asp?numRec=287&id_lang=1) **SciProfiles (https://sciprofiles.com/profile/614549)**

Chair, Department of Nutrition Sciences, School of Health Sciences, Ariel University, Kiryat Hamada 3, Ramat HaGolan St. 36, Ariel, Israel
Interests: epidemiolgoy; nutrition; obesity; malnutrition; nephrology; type 2 diabetes

Prof. Dr. Murielle Bochud

Website (http://www.iumsp.ch) **SciProfiles (https://sciprofiles.com/profile/499035)**

Institute for Social and Preventive Medicine, Lausanne University Hospital and University of Lausanne, Route de la Corniche 10, 1010 Lausanne, Switzerland
Interests: nutritional epidemiology; public health nutrition; blood pressure; renal function; nutrition biomarkers; sodium; minerals; caffeine

Prof. Dr. Dimitrios P. Bogdanos

Website (https://www.mdpi.com/journal/nutrients/special_issues/immunosuppressants_autoimmune_diseases)
SciProfiles (https://sciprofiles.com/profile/465923)

Department of Rheumatology and clinical Immunology, Faculty of Medicine, University of Thessaly, 41110 Larissa, Greece
Interests: autoimmunity; autoimmune diseases; diet; immunosupression; immunoregulation; microbiome; nutrition; rheumatic diseases
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Antibodies*: Autoantibodies in Systemic Sclerosis (/journal/antibodies/special_issues/Autoantibodies_Systemic_Sclerosis)**
Special Issue in ***Nutrients*: Assessing the Role of Diet and Nutrients in Immunity, Autoimmunity and Cancer (/journal/nutrients/special_issues/immune_diseases)**
Special Issue in ***Nutrients*: The Effect of Nutrition in Healthy and Unhealthy Immune System (/journal/nutrients/special_issues/Nutrition_Healthy_Unhealthy_Immune_System)**

Dr. Clair-Yves Boquien

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French National Institute for Agricultural Research(INRAE) Center Pays de la Loire: Nantes, Pays de la Loire, Human Nutrition Research Center (CRNH-Ouest) Nantes, France
Interests: preterm infant growth; nutritional programming; breast milk
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Nutrition in Early Life and Health Outcome (/journal/nutrients/special_issues/Nutrition_Early_Life_Health_Outcome)**

Prof. Dr. Alessandra Bordoni

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Department of Agro-Food Sciences and Technologies (DISTAL), University of Bologna, piazza Goidanich, 60, 47521 Cesena (FC), Italy
Interests: human nutrition; nutritional biochemistry; fatty acids; in vitro digestion; bioavailability; nutrigenomics; bioactive compounds
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Selected papers from the 1st International Food Bioactives and Health Conference 2016 (/journal/nutrients/special_issues/food_bioactives_health)**
Special Issue in ***Nutrients*: Health Benefits of Fermentation (/journal/nutrients/special_issues/Benefits_Fermentation)**
Special Issue in ***Nutrients*: Polyunsaturated Fatty Acids Intake and Human Health (/journal/nutrients/special_issues/Polyunsaturated_Fatty_Acids)**
Special Issue in ***Nutrients*: FoodOmics 2020 (/journal/nutrients/special_issues/food_omics_2020)**

Prof. Dr. Claudio Borghi

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Department of Medical Sciences, Section of Internal Medicine, University of Bologna, S. Orsola Malpighi University Hospital, 40138 Bologna, Italy
Interests: serum uric acid, cardiovascular disease prevention, clinical epidemiology, randomized clinical trials, pathophysiology
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Effect of Dietary Intake on Uric Acid (/journal/nutrients/special_issues/dietary_uric_acid)**
Special Issue in ***Nutrients*: Diets, Foods and Food Components Effect on Dyslipidemia (/journal/nutrients/special_issues/Diets_Dyslipidemia)**
Special Issue in ***Nutrients*: Definition of Healthy Diet for Healthy People: Data from Epidemiological Studies (/journal/nutrients/special_issues/Diet_Data_Epidemiological_Studies)**

Prof. Dr. Francesca Borrelli
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Interests: chronic kidney disease; hypertension; peritoneal dialysis; hemodialysis; electrolyte disorders

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Interests: Mediterranean diet; ketogenic diet; body composition; obesity; diabetes; prediabetes/metabolic syndrome

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Interests: lipid bioaccessibility; digestion; protein-lipid interactions; lipid structure; antioxydants; natural lipoproteic assembly; targeted nutrition (neonatal, senior nutrition); digestive lipases and proteases

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MACVIA-France, Contre les MAladies Chroniques Pour un VIeillissement Actif en France European Innovation Partnership on Active and Healthy Ageing Reference Site, 34000 Montpellier, France
Interests: allergic rhinitis; allergy; asthma; covid-19; cancer

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Department of Pediatrics, Department of Geriatrics, University of Arkansas for Medical Sciences, Little Rock, AR, USA
Interests: skeletal muscle; exercise; obesity; energy metabolism; substrate metabolism; growth and development; metabolic disturbances
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Nutritional Considerations for Skeletal Muscle in Health and Disease (/journal/nutrients/special_issues/Nutritional_Considerations_Skeletal_Muscle)**

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Interests: mental health; mental diseases; affective disorders; personalized medicine; neuroimaging; neuropsychology
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Nutrients and Brain across the Lifespan (/journal/nutrients/special_issues/brain_nutrients)**
Special Issue in ***Nutrients*: Impact of Nutrients, Physical Exercise and Lifestyle in Gender-Related Major Mental Illnesses: From Perinatal to Menopause (/journal/nutrients/special_issues/nutrients_gender_depression)**
Special Issue in ***Nutrients*: Impact of Nutrients, Physical Exercise and Life Style in Gender Related Major Mental Illnesses: From Perinatal to Menopause (/journal/nutrients/special_issues/nutrients_gender_mental)**

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Interests: nutrition across the lifecycle; dietary assessment; micronutrient status; micronutrient supplementation
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Micronutrients Intake and Status during Pregnancy and Lactation (/journal/nutrients/special_issues/Micronutrients_Pregnancy_Lactation)**

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Interests: functional foods; obesity; hypertension; rat models; food materials science; transformation of food waste into new materials and ingredients; food microstructure; food rheology
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Journal of Clinical Medicine*: Omega-3 Fatty Acids in Health and Disease (/journal/jcm/special_issues/omega-3-fatty-acids)**
Special Issue in ***Marine Drugs*: Marine Natural Products for Cardiovascular Disease (/journal/marinedrugs/special_issues/Marine_Products_Cardiovascular_Disease)**
Special Issue in ***International Journal of Molecular Sciences*: Functional Foods for Obesity—from Mechanisms to Treatments (/journal/ijms/special_issues/functional_foods_obesity)**
Special Issue in ***Foods*: The Recycling of Food Waste and Its Valorisation (/journal/foods/special_issues/food_valorisation)**

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Interests: Phytochemicals; Biomarkers; Bone health; Vitamin D; Stress and physiologic resilience; Women's health; Aging

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Interests: lipid and lipoprotein metabolism; microbiome; obesity; diabetes; atherosclerosis
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Cancers*: Translational Studies of Obesity-Associated Hepatocellular Cancer (/journal/cancers/special_issues/HCC_Cancers)**

Dr. Iain A. Brownlee
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Interests: whole grains; dietary fibre; gastrointestinal physiology; human intervention studies; seaweeds
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Whole Grains and Human Health (/journal/nutrients/special_issues/whole_grains)**
Special Issue in ***Nutrients*: Dietary Intake and Gastrointestinal Physiology (/journal/nutrients/special_issues/gastrointestinal_physiology)**
Special Issue in ***Nutrients*: Potential Health Benefits of Dietary Algae (/journal/nutrients/special_issues/Algae_Health_Benefits)**

Prof. Dr. Antonio Brunetti
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Interests: insulin signaling; insulin resistance; type 2 diabetes mellitus; nutrition
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: The Role of Diet on Insulin Sensitivity (/journal/nutrients/special_issues/Diet_Insulin_Sensitivity)**
Special Issue in ***Endocrines*: Novel Biomarkers in Endocrine and Metabolic Diseases**

Prof. Dr. Oliviero Bruni
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Department of Social and Developmental Psychology, Sapienza University, 00185 Rome, Italy
Interests: sleep disorders in children; electroencephalogram and Cyclic Alternating Pattern in children; sleep patterns in mental retardation; learning disabilities and dyslexia; sleep and cognition in learning impaired children
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Children*: Sleep Disorders in Children with Neurodevelopmental Disorders (/journal/children/special_issues/Sleep_Disorders_Children_Neurodevelopmental_Disorders)**

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Interests: fracture; osteoarthritis; osteoporosis; epidemiology; musculoskeletal disorders; geriatric assessment; vitamin D; sarcopenia; knee osteoarthritis; knee
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: The Role of Vitamins in Muscle Quality, Recovery and Function (/journal/nutrients/special_issues/vitamin_muscle)**

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Interests: Clinical Trial Design; Confounding in observational studies; Classification methods

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Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: New Insights into Nutrition and Brain Health (/journal/nutrients/special_issues/nutrition_brain_health)**

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Interests: dietary assessment; biomarkers; obesity; addictive eating
Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Food Addiction (/journal/nutrients/special_issues/food-addiction)**
Special Issue in ***Children*: Nutrition in the Prevention and Treatment of Children with Chronic Diseases (/journal/children/special_issues/NPTCCD)**
Special Issue in ***Nutrients*: Advancement in Dietary Assessment and Self-Monitoring Using Technology (/journal/nutrients/special_issues/advancement-dietary-assessment-selfmonitoring)**
Special Issue in ***Nutrients*: Food Addiction and Eating Addiction: Scientific Advances and their Clinical, Social and Policy Implications (/journal/nutrients/special_issues/Food_Addiction_Eating_Addiction)**

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Interests: diet and dietary assessment; gut microbiome; body composition; cancer cachexia; nutrition for athletes; nutrition education of health science students
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Gut Microbiome: Profound Implications for Diet and Health (/journal/nutrients/special_issues/Gut_Microbiome_Implications_Diet_Health)**

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Interests: Nutrition; Metabolism; Nutrition Assessment; Clinical Nutrition; Malnutrition Nutritional Medicine; Dietetics; Nutritional Status; Nutritional Biochemistry; Nutritional Requirements; Nutrition Performance
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Individualized Care for Malnourished Cancer Patients (/journal/nutrients/special_issues/individualized_care_cancer)**
Special Issue in ***Nutrients*: Nutrition Therapy for Diarrhea in Cancer and Severe Illness in Patients (/journal/nutrients/special_issues/diarrhea_cancer)**

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Interests: the interplay between nutrition; genes and signalling pathways; particularly those related to muscle adaptation and responses to physical activity
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Nutrient: Gene Interactions (/journal/nutrients/special_issues/gene-interactions)**

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Interests: aging; dietary supplements; exercise; musculoskeletal; health
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Interaction of Amino Acids and Dietary Proteins and Exercise on Muscle Health (/journal/nutrients/special_issues/muscle_health)**
Special Issue in ***Nutrients*: Nutrition for Human Health, Performance and Recovery (/journal/nutrients/special_issues/Performance_Recovery)**
Special Issue in ***Nutrients*: Nutrition, Dietary Supplements and Ergogenic Aids in the Treatment of Sarcopenia and Associated Conditions (/journal/nutrients/special_issues/Supplements_Ergogenic_Aids)**

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Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Influences of Calorie Intake on Aging (/journal/nutrients/special_issues/Calorie_Intake_Aging)**

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Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Nutrition and Metabolism in Rheumatic Diseases (/journal/nutrients/special_issues/Nutrition_and_Metabolism_in_Rheumatic_Diseases)**
Special Issue in ***Vaccines*: Biomarkers and Immune Responses in Rheumatic Diseases: Current Concepts and Future Challenges (/journal/vaccines/special_issues/biomarkers_immune_responses_rheumatic_diseases)**

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Interests: omega 3 fatty acids; muscle; adipose tissue; lipotoxicity; metabolic syndrome
Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: High-Fat High-Saturated Diet (/journal/nutrients/special_issues/High_Fat_Saturated)**
Special Issue in ***Metabolites*: Diet, Metabolites and Adipose Tissue Metabolism (/journal/metabolites/special_issues/Tissue_Metabolism)**

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Interests: mineralocorticoid receptor; obesity; metabolic syndrome; adipocyte dysfunction; ketone bodies; ketogenic diets

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Interests: atherosclerosis; inflammation; obesity; metabolism syndrome; visceral adipose tissue; ectopic fat

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Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Dietary Compounds Impact on Human Gut Microbiome and Gut Health (/journal/nutrients/special_issues/Dietary_Compounds_Impact)**

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Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Health-Promoting Components of Foods in Human Health (/journal/nutrients/special_issues/Health-Promoting_Components_of_Foods)**
Special Issue in ***Nutrients*: Dietary Polyphenols and Their Role in Gut Health (/journal/nutrients/special_issues/Polyphenols_Gut_Health)**

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Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Vitamin C and Human Health (/journal/nutrients/special_issues/vitamin_C_and_human_health)**
Special Issue in ***Nutrients*: Vitamin C in Health and Disease (/journal/nutrients/special_issues/vitamin_c_health_disease)**
Special Issue in ***Antioxidants*: Vitamin C: Current Concepts in Human Physiology (/journal/antioxidants/special_issues/vitamin_C)**
Special Issue in ***Nutrients*: Vitamin C: From Bench to Bedside (/journal/nutrients/special_issues/Vitamin_C_Insights)**
Special Issue in ***Nutrients*: Vitamins C and D: Global and Population Health Perspectives (/journal/nutrients/special_issues/Vitamin_C_D_Global_Health)**

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Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Dietary Factors that Stimulate Changes in Brown and/or White Adipose Tissue Thermogenic Activity (/journal/nutrients/special_issues/diet_adipose)**

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2. Department of Internal Medicine, Hospital Clinic, Institut d'Investigació Biomèdica August Pi i Sunyer (IDIBAPS), University of Barcelona, Villarroel, 170, 08036 Barcelona, Spain
Interests: clinical nutrition; control and prevention; supplementation; chronic disease; dietary patterns; ultra-processed food consumption patterns; balanced diet; cardiometabolic risk; immune system; gut-associated microbiome
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Alcoholic Beverages and Human Health (/journal/nutrients/special_issues/Alcoholic_Beverages_Human_Health)**
Special Issue in ***Nutrients*: Sugary Food Consumption and Its Impact on Health (/journal/nutrients/special_issues/Sugary_Food_Consumption)**
Special Issue in ***Nutrients*: Dietary Pattern and Nutrients Intake on Chronic Diseases (/journal/nutrients/special_issues/nutrient_chronic)**

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Interests: dietary protein; the role of dietary protein in metabolic health; energy metabolism; eating behaviors; skeletal muscle metabolism; macronutrients and food reinforcement; obesity
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: The Impact of Beverages on Ingestive Behavior (/journal/nutrients/special_issues/beverage_ingestive)**

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Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Chocolate and Cocoa in Human Health (/journal/nutrients/special_issues/chocolate-cocoa)**
Special Issue in ***Nutrients*: Flavonoids, Inflammation and Immune System (/journal/nutrients/special_issues/flavonoids-inflammation-immune-system)**
Special Issue in ***Molecules*: Natural Polyphenols and Health (/journal/molecules/special_issues/Natural_Polyphenols)**
Special Issue in ***Nutrients*: New Perspectives in Immunonutrition Research: Studies from the XII ISIN Conference (/journal/nutrients/special_issues/ISIN_conference)**

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Interests: skin health and diseases; carcinogenesis; inflammation; dermatology; psoriasis; atopic dermatitis; bioactive natural products; antioxidants; polyphenols; flavonoids; tissue engineering; signaling pathways; pharmacology; tissue engineering
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Nutraceuticals and the Skin: Roles in Health and Disease (/journal/nutrients/special_issues/nutraceuticals_skin)**
Special Issue in ***Nutrients*: Natural and Synthetic Bioactives for Skin Health, Disease and Management (/journal/nutrients/special_issues/Skin_Health_Management)**
Special Issue in ***Cells*: PI3K/AKT/mTOR Signaling Network in Human Health and Diseases (/journal/cells/special_issues/PI3K_AKT_mTOR)**
Special Issue in ***Nutrients*: Bioactive Natural and Synthetic Products in Human Health and Diseases: Basic, Preclinical and Clinical Studies (/journal/nutrients/special_issues/Natural_Synthetic_Bioactives_Basic)**

Prof. Dr. Queenie Chan
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Department of Epidemiology and Biostatistics, School of Public Health, Imperial College London, UK
Interests: dietary; Cardiovascular Disease Risk; food consumption; 24-h dietary recalls

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Website (https://www6.clermont.inrae.fr/umrf/Collectif2/Pages-personnelles/Christophe-Chassard)

Université Clermont Auvergne, INRAE, UMRF, Aurillac, France
Interests: milk microbiota; gut microbiota; dairy products; chesse

Prof. Dr. Yan Chen
Website (http://english.sinh.cas.cn/people/fs/201808/t20180824_196572.html)
Shanghai Institute of Nutrition and Health, Chinese Academy of Sciences, Shanghai 200031, China
Interests: biology; cell biology; animal models; obesity; type 2 diabetes; metabolic disorders; intermittent dietary restriction; fatty liver; auto-immune diseases

Dr. Oliver Chen
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1. Biofortis Research, Merieux Nutrisciences, Addison, IL, USA
2. Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA, USA
Interests: antioxidants; oxidative stress; polyphenols; flavonoids; glucoregulation; inflammation; tree nuts; berries; whole grains
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Antioxidants*: Interactions between Dietary Flavonoids and Gut Microbiota: Functional Outcomes (/journal/antioxidants/special_issues/functional-outcomes)**
Special Issue in ***Nutrients*: Phytochemicals and Human Health (/journal/nutrients/special_issues/Phytochemicals_Human_Health)**
Special Issue in ***Foods*: Nutraceuticals and Functional Foods: Health Benefits, Impact of Processing and Bioavailability (/journal/foods/special_issues/Nutraceuticals_Functional_Foods)**

Dr. Fang Chen
Website (https://spxy.cau.edu.cn/art/2017/5/31/art_22476_131308.html) SciProfiles (https://sciprofiles.com/profile/1421702)
College of Food Science and Nutritional Engineering, National Engineering Research Centre for Fruits and Vegetables Processing, Key Laboratory of Fruits and Vegetables Processing, Ministry of Agriculture, Engineering Research Centre for Fruits and Vegetables Processing, Ministry of Education, China Agricultural University, Beijing 10083, China
Interests: food nutrition and human health, with a focus on the molecular mechanisms of phytochemical compounds against chronic inflammation; formation, toxicity and intervention of food processing contaminants, especially acrylamide
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: The Perspectives of Plant Natural Products for Mitigation of Obesity (/journal/nutrients/special_issues/Perspectives_Plant_Natural_Products_Mitigation_Obesity)**
Topics: **Fruit and Vegetable Juice Processing and Nutrition (/topics/fruit_vegetable)**

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1. Department of Nutritional Sciences, University of Toronto, Toronto, ON M5B 1W8, Canada
2. Clinical Nutrition and Risk Factor Modification Centre, St. Michael's Hospital, Toronto, ON M5B 1W8, Canada
Interests: nutrition, diabetes, cardiovascular disease, chronic disease, dyslipidemia, overweight/obesity, dietary patterns, Portfolio Dietary pattern, glycemic index, dietary fiber, carbohydrates, sugars, cholesterol, systematic reviews and meta-analyses, controlled clinical trials

Prof. Dr. Floyd (Ski) H. Chilton
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Department of Nutritional Sciences, The University of Arizona, 1177 E 4th St, Tucson, AZ 85721, USA
Interests: inflammation; polyunsaturated fatty acids; eicosanoids; racial/ethnic heath disparities; gene-diet interactions; precision nutrition; metabolomics/lipidomics

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Global Health Section, University of Copenhagen, Copenhagen, Denmark
Interests: cardio-metabolic; diabetes; nutrition; indigenous populations; global health
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Food and Nutrient Intake and Cardio-metabolic Health in Indigenous Populations (/journal/nutrients/special_issues/food_cardio_metabolic_indigenous_population)**

Dr. Christina Chrysohoou
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Cardiology Clinic, Hippokration Hospital, Medical School, Kapodistrian University of Athens, 11527 Athens, Greece
Interests: heart failure; cardiovascular epidemiology; cardiovascular imaging
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Diet, Liver, Oxidative Stress and Metabolic Syndrome (/journal/nutrients/special_issues/diet_liver_oxidative_stress_metabolic_syndrome)**

Dr. Ock K. Chun
Website (http://www.canr.uconn.edu/nutsci/nutsci/hpg/chun.html) SciProfiles (https://sciprofiles.com/profile/65835)
Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA
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Prof. Dr. Luisella Cianferotti
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2. Bone Metabolic Diseases Unit, University Hospital of Florence, largo Palagi 1, 50139 Florence, Italy
Interests: vitamin D; parathyroids; osteoporosis; osteomalacia; fragility fractures; bone metabolism
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Vitamin D: A Global Perspective for Health (/journal/nutrients/special_issues/VitaminD_Global_Perspective_Health)**

Prof. Dr. Arrigo Cicero
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Interests: nutrition; nutraceuticals; serum uric acid; hypertension; cholesterol; cardiovascular risk factors
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Effect of Dietary Intake on Uric Acid (/journal/nutrients/special_issues/dietary_uric_acid)**
Special Issue in ***Nutrients*: Diets, Foods and Food Components Effect on Dyslipidemia (/journal/nutrients/special_issues/Diets_Dyslipidemia)**
Special Issue in ***Nutrients*: Definition of Healthy Diet for Healthy People: Data from Epidemiological Studies (/journal/nutrients/special_issues/Diet_Data_Epidemiological_Studies)**

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Interests: brain metabolism; nutrition; cholesterol metabolism; fructose; brain insulin signaling; neuroinflammation; mitochondrial bioenergetics; oxidative stress; synaptic function
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: The Impact of Nutrition on Brain Metabolism and Disease (/journal/nutrients/special_issues/brain_metabolism)**

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Interests: vitamin D; parathyroids; osteoporosis; bone metabolism
Special Issues, Collections and Topics in MDPI journals
Special Issue in ***Nutrients*: Vitamin D: A Global Perspective for Health (/journal/nutrients/special_issues/VitaminD_Global_Perspective_Health)**

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Department of Biology, University of Rome 'Tor Vergata', via della Ricerca Scientifica, 00133 Rome, Italy

Interests: Adipose tissue biology; BAT, WAT, lipid metabolism; oxidative stress; autophagy; cancer metabolism

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Glutathione Metabolism (/journal/nutrients/special_issues/Glutathione_Metabolism)**

Special Issue in ***Cells*: The Role of Adipose Tissue in Metabolic Diseases and Beyond (/journal/cells/special_issues/Adipose_Metabolic)**

Dr. Pere Clavé

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2. Centro de Investigación Biomédica en Red de Enfermedades Hepáticas y Digestivas (CIBERehd), Instituto de Salud Carlos III, Madrid 28029, Spain

Interests: dysphagia; motility disorders; physiology of swallowing; neurostimulation

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Dysphagia and Nutritional Stategies: Clinical Application of Rheology of Fluids and Texture Modified Foods for Patients with Oropharyngeal Dysphagia (/journal/nutrients/special_issues/Dysphagia_Nutritional_Stategies)**

Dr. Miriam Clegg

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Food and Nutritional Sciences, University of Reading, Whiteknights, Reading RG6 6AP, UK

Interests: appetite; food intake; satiety; satiation; food; nutrients; diet; ad libitum; hunger

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Food and Nutrients with the Potential to Influence Appetite and Food Intake in Humans (/journal/nutrients/special_issues/Appetite_2019)**

Prof. Dr. Alison M. Coates

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Allied Health and Human Performance, University of South Australia, Adelaide, SA 5001, Australia

Interests: meal timing; eating patterns; circadian rhythm; shift work; cardiovascular risk factors

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Nutrition and CVD (/journal/nutrients/special_issues/CVD)**

Special Issue in ***Nutrients*: Nutrition in Medicine (/journal/nutrients/special_issues/nutrition-medicine)**

Special Issue in ***Nutrients*: The Impact of Altered Timing of Eating, Sleep and Work Patterns on Human Health (/journal/nutrients/special_issues/eating_sleep_work_pattern)**

Special Issue in ***Nutrients*: A Good Time to Eat: The Impact of Time of Day on Health Outcomes (/journal/nutrients/special_issues/time_health_outcomes)**

Special Issue in ***Nutrients*: Selected Papers from 43rd Annual Scientific Meeting of Nutrition Society of Australia (2019) (/journal/nutrients/special_issues/43rd_Annual_Scientific_Meeting_Nutrition_Society_Australia_NSA2019)**

Special Issue in ***Nutrients*: Meal Frequency and Timing in Health and Disease (/journal/nutrients/special_issues/meal_frequency_timing)**

Dr. Antonio Colecchia

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Interests: liver diseases; gastrointestinal diseases; liver transplantation

Dr. Isabel Comino

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Interests: coeliac disease; gluten-related disorders; gluten immunogenic peptides and proteins; proteomics; gluten food analysis; immunology; food allergy and intolerance

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Gluten Related Disorders: Coeliac Disease and Beyond (/journal/nutrients/special_issues/Gluten-Related_Disorders_Coeliac_Disease_and_Beyond)**

Dr. Michael Conlon

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Interests: diet; nutraceuticals; gut; health; microbiome; polysaccharides; prebiotics; probiotics; polyphenols; immune function

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Gut Microbiome and Human Health (/journal/nutrients/special_issues/Gut_Microbiome_Health)**

Special Issue in ***Nutrients*: Nutrition and the Ageing Immune System (/journal/nutrients/special_issues/Nutrition_Ageing_Immune_System)**

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Hospital de la Santa Creu i Sant Pau, Universitat Autònoma de Barcelona, CIBER-BBN, 08193 Bellaterra, Barcelona, Spain

Interests: obesity; pregnancy; diabetes; gestational diabetes; vitamin D

Prof. Dr. Dolores Corella

★(https://recognition.webofsciencegroup.com/awards/highly-cited/2020/) **Website (https://www.ciberobn.es/)**
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Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: Mediterranean Diet Pattern and Public Health (/journal/nutrients/special_issues/mediterranean-diet)**

Special Issue in ***Nutrients*: Nutrigenetics (/journal/nutrients/special_issues/nutrigenetics)**

Special Issue in ***Nutrients*: Gene-Diet Interactions (/journal/nutrients/special_issues/Gene_Diet_Interactions)**

Dr. Marilyn Cornelis

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Interests: caffeine; coffee; taste; diet behaviours; precison nutrition; genetics; omics; cardiometabolic traits; dementia; aging

Special Issues, Collections and Topics in MDPI journals

Special Issue in ***Nutrients*: The Impact of Caffeine and Coffee on Human Health (/journal/nutrients/special_issues/impact_of_caffeine_and_coffee_on_human_health)**

Special Issue in ***Nutrients*: Nutrition Omics and Brain Health (/journal/nutrients/special_issues/Omics_Brain)**

Dr. Stephen Cornish

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Interests: exercise physiology; exercise immunology; nutritional supplements; cytokines/myokines/exerkines; chronic low grade inflammation

Dr. Daniela Cota

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Interests: obesity; diabetes; food intake regulation; periphery-brain cross-talk; neuroendocrinology; metabolic regulation

Dr. Vanessa Cottet

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SciProfiles (https://sciprofiles.com/profile/1894228)

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Interests: epidemiology; digestive cancers; prevention; malnutrition; fatty acids; cirrhosis

Nutrients, Volume 11, Issue 12 (December 2019) – 239 articles

Cover Story (**view full-size image (/files/uploaded/covers/nutrients/big_cover-nutrients-v11-i12.png)**): Carbohydrate consumption to fuel the exercise bout and/or for hypoglycemia prevention is an important cornerstone to maintain performance and avoid hypoglycemia. The main strategies pertinent to carbohydrate supplementation in the context of exercise cover three aspects: the amount of carbohydrates ingested (i.e., quantity in relation to demands to fuel exercise and avoid hypoglycemia), the timing of the intake (before, during and after the exercise, as well as circadian factors), and the quality of the carbohydrates (encompassing differing carbohydrate types, as well as the context within a meal and the associated macronutrients). The aim of this review is to comprehensively summarize the literature on carbohydrate intake in the context of exercise in people with T1D. **View this paper (https://www.mdpi.com/2072-6643/11/12/3017)**.

(https://www.mdpi.com/2072-6643/11/12/3017)

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(/2072-6643/11/12/3077/pdf)

The Impact of Having One Parent Absent on Children' Food Consumption and Nutrition in China (/2072-6643/11/12/3077)

by **Xu Tian (https://sciprofiles.com/profile/206316)** and **Hui Wang (https://sciprofiles.com/profile/877367)**

Nutrients **2019**, *11*(12), 3077; **https://doi.org/10.3390/nu11123077 (https://doi.org/10.3390/nu11123077)** - 17 Dec 2019

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Abstract The rapid economic and social development in the past decades has greatly increased the societal acceptance of divorce and non-marital pregnancies in China, which leads to a soaring number of single-parent children. This paper aimed to investigate the impact of having one parent **[...] Read more.**

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(/2072-6643/11/12/3076/pdf)

Importance of Health Claims in the Adoption of New Breakfast Cereal Products in the UK (/2072-6643/11/12/3076)

by Montserrat Costa-Font (https://sciprofiles.com/profile/612943) and Cesar Revoredo-Giha (https://sciprofiles.com/profile/335246)
Nutrients **2019**, *11*(12), 3076; https://doi.org/10.3390/nu11123076 (https://doi.org/10.3390/nu11123076) - 17 Dec 2019
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Abstract Regular breakfast consumption has the potential to prevent the prevalence of NCDs and to improve the nutritional profile of diets. Given consumers' interest in improving their diets, food suppliers are interested in introducing new cereal products making different health claims to capture consumers' **[...] Read more.**

(This article belongs to the Special Issue Nutrition, Choice and Health-Related Claims (/journal/nutrients/special_issues/Nutrition_Health_Claims))

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Open Access Article (/2072-6643/11/12/3075/pdf)

A Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Effectiveness of a Food Supplement Containing Creatine and D-Ribose Combined with a Physical Exercise Program in Increasing Stress Tolerance in Patients with Ischemic Heart Disease (/2072-6643/11/12/3075)

by Giuseppe Derosa (https://sciprofiles.com/profile/200234),
Silvia Pasqualotto (https://sciprofiles.com/profile/author/c2tPNzgxK1ZWTTU0cUJKQmlYT25FMzZLN1Raa2RjakpwVmdkaTk1VlBUYz0=),
Gabriele Catena (https://sciprofiles.com/profile/author/TWNYc0RQVDMyN2l3YzQ4aXFqTHNzbmpNYnlyU3BGakFwWDJuNTJsMWl4UT0=),
Angela D'Angelo (https://sciprofiles.com/profile/author/R0YwelAvaXVrQnlZRWJwRDVNT1l0Y1JVcnNES1BxYk1lYWU4YTdxaWhmST0=),
Antonio Maggi (https://sciprofiles.com/profile/author/RGZkYkNtdVpkWDVQdWNlVnFueStweE9QcndOTWtrb2c0QTlWYk9wRVVFRT0=) and
Pamela Maffioli (https://sciprofiles.com/profile/331428)
Nutrients **2019**, *11*(12), 3075; https://doi.org/10.3390/nu11123075 (https://doi.org/10.3390/nu11123075) - 17 Dec 2019
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Abstract The aim of this study is to establish whether a supplement of creatine and ribose combined with a physical exercise program can improve the total work capacity during exercise in a population of patients with known ischemic heart disease. A double-blind, six-month study **[...] Read more.**

Open Access Editorial (/2072-6643/11/12/3074/pdf)

Dietary Bean Consumption and Human Health (/2072-6643/11/12/3074)

by Henry J. Thompson (https://sciprofiles.com/profile/112404)
Nutrients **2019**, *11*(12), 3074; https://doi.org/10.3390/nu11123074 (https://doi.org/10.3390/nu11123074) - 17 Dec 2019
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Abstract The focus of this Special Issue is on grain legumes, which are commonly referred to as pulses [...] **Full article (/2072-6643/11/12/3074)**

(This article belongs to the Special Issue Dietary Bean Consumption and Human Health (/journal/nutrients/special_issues/bean_health))

Open Access Article (/2072-6643/11/12/3073/pdf)

Trends in Dietary Intake of Total Fat and Fatty Acids Among Korean Adolescents from 2007 to 2017 (/2072-6643/11/12/3073)

by SuJin Song (https://sciprofiles.com/profile/883398) and Jae Eun Shim (https://sciprofiles.com/profile/257830)
Nutrients **2019**, *11*(12), 3073; https://doi.org/10.3390/nu11123073 (https://doi.org/10.3390/nu11123073) - 16 Dec 2019
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Abstract We analyzed the trends in dietary intake of total fat and fatty acids among Korean adolescents during 2007–2017. A total of 6406 adolescents from the 2007–2017 Korea National Health and Examination Surveys were selected. Total fat and fatty acids intakes were calculated based **[...] Read more.**

(This article belongs to the Special Issue Macronutrients Intake and Adolescent Health (/journal/nutrients/special_issues/Macronutrients_Adolescent))

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Nutritional and Pharmacological Targeting of the Calcium-Sensing Receptor Influences Chemically Induced Colitis in Mice (/2072-6643/11/12/3072)

by Taha Elajnaf (https://sciprofiles.com/profile/896018), Luca Iamartino (https://sciprofiles.com/profile/905476),
Ildiko Mesteri (https://sciprofiles.com/profile/author/WlA2dUNBWjMrMlFPYkgxWTRQRk15L1VDZFgwQzJ5aGtTK0tNRVg3dE14cz0=),
Christian Müller (https://sciprofiles.com/profile/921241), Marcella Bassetto (https://sciprofiles.com/profile/1289596),
Teresa Manhardt (https://sciprofiles.com/profile/author/Nk9iR3NCSGxKajJLTFpGQmdPaEx2Yi9BUjRXSTBQU1J4aWlVK3VZeE5JNU5ONWlqNXI0TF
,
Sabina Baumgartner-Parzer (https://sciprofiles.com/profile/author/Y0hULzl4QUhYS3hCSkFRU080dndqZWVsVkthTUtqUEdWQWpndUxmbGs3S2xw
,
Enikö Kallay (https://sciprofiles.com/profile/887011) and Martin Schepelmann (https://sciprofiles.com/profile/1761215)
Nutrients **2019**, *11*(12), 3072; https://doi.org/10.3390/nu11123072 (https://doi.org/10.3390/nu11123072) - 16 Dec 2019

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Abstract The calcium-sensing receptor (CaSR) is the main regulator of extracellular Ca^{2+} homeostasis. It has diverse functions in different tissues, including the intestines. Intestine-specific knockout of the CaSR renders mice more susceptible to dextran sulphate sodium (DSS)-induced colitis. To test our hypothesis that **[...] Read more.**

(This article belongs to the Special Issue **Immunomodulation and Nutrition (/journal/nutrients/special_issues/Immunomodulation_Nutrition)**)

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Open Access Article (/2072-6643/11/12/3071/pdf)

Chondroprotective Properties of Human-Enriched Serum Following Polyphenol Extract Absorption: Results from an Exploratory Clinical Trial (/2072-6643/11/12/3071)

by Fabien Wauquier (https://sciprofiles.com/profile/author/VU90Mk10WIlrY0FiU1h3Z3h3RiswY29FRTNuSklvc05URHYrZFplVjFLQT0=), Elsa Mevel (https://sciprofiles.com/profile/author/d3dqTmNGNTZ3OWdWQ2NJRmhVSHM5ZFJDQ2VibkQ4Z1kwelp0YmdQNjJSQT0=), Stephanie Krisa (https://sciprofiles.com/profile/161424), Tristan Richard (https://sciprofiles.com/profile/157940), Josep Valls (https://sciprofiles.com/profile/1641178), Ruth Hornedo-Ortega (https://sciprofiles.com/profile/544207), Henri Granel (https://sciprofiles.com/profile/author/YnVERExCcWdlSWpRaVpsMXRrWDNyUVZhREEvVkl1ZGFqUFBlTEx0SHhRQT0=), Line Boutin-Wittrant (https://sciprofiles.com/profile/author/K0JuQVo3OVVMLzdSS1pjQXdTY3hsZmtoZlJ6RWlSNWh4MU5lZThDTDYrND0=), Nelly Urban (https://sciprofiles.com/profile/910255), Juliette Berger (https://sciprofiles.com/profile/919994), Stéphane Descamps (https://sciprofiles.com/profile/author/b0VacGhXNHEyL1dFbldGZ0lESktOcHZLVGRkQzRQMVBRYWVZcGtCT3VaWVFtclYxK1l, Jérôme Guicheux (https://sciprofiles.com/profile/author/alB4Y3FEWi9icnBXZFNhcmlnSzJVMjFjRGF6bTgxNXRZcUxBZnlvOEFUUT0=), Claire S. Vinatier (https://sciprofiles.com/profile/author/ek1mc2tjMWdUd0ZkdWlucWRxNlM3bXUzYlRRa2dlTUEwdy9GZXQxaDlzST0=), Laurent Beck (https://sciprofiles.com/profile/919975), Nathalie Meunier (https://sciprofiles.com/profile/728998), Adeline Blot (https://sciprofiles.com/profile/author/c2RkMWVnK2dZOWhoTVY3Y3lTUVhBN0ZVS1RqL005WkE1VlF1bmdUaVpSMD0=) and Yohann Wittrant (https://sciprofiles.com/profile/689904)

Nutrients **2019**, *11*(12), 3071; **https://doi.org/10.3390/nu11123071 (https://doi.org/10.3390/nu11123071)** - 16 Dec 2019

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Abstract Polyphenols are widely acknowledged for their health benefits, especially for the prevention of inflammatory and age-related diseases. We previously demonstrated that hydroxytyrosol (HT) and procyanidins (PCy), alone or in combination, drive preventive anti-osteoathritic effects in vivo. However, the lack of sufficient clinical evidences **[...] Read more.**

(This article belongs to the Section **Micronutrients and Human Health (/journal/nutrients/sections/Micronutrients_Human_Health)**)

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Open Access Article (/2072-6643/11/12/3070/pdf)

Berberis aristata, *Elaeis guineensis* and *Coffea canephora* Extracts Modulate the Insulin Receptor Expression and Improve Hepatic Steatosis in NAFLD Patients: A Pilot Clinical Trial (/2072-6643/11/12/3070)

by Valentina Cossiga (https://sciprofiles.com/profile/author/WjFkYmJnaDU2WUR3V1NaS3VWYk9DTXNKMG9IMlBwTVpVUjk5N1pNb0xNTT0=), Vincenzo Lembo (https://sciprofiles.com/profile/author/bE5sV25hQnJrUU9vTUY0MjRxa2doNEtzSkhERTBIdnFCMVdFaFVHOTJHND0=), Maria Guarino (https://sciprofiles.com/profile/1315243), Concetta Tuccillo (https://sciprofiles.com/profile/author/RE93RitwQkUzeWR2a1RDZ3diRmFJQUc1czdzWGNVOWxUa2l0Ty9jY3I5dWtBQ1FHUGJXN, Federica Morando (https://sciprofiles.com/profile/author/a04yaUJjMWdPMWlxNklVQTZOSkxkd2diVWhDSHN5a0xodEE3Zmp6cENEOD0=), Giuseppina Pontillo (https://sciprofiles.com/profile/author/TEJLdGQ1bC9STlIMNlNqajRDOWp5TnpOYTVQVXd5V0NDUlljT0lyQWtXND0=), Andrea Fiorentino (https://sciprofiles.com/profile/author/Q08zOHdpeEE4RW05VlNpTFVWN0lXZ05KMWM1TCtURWJoaFAwS1ZnRHdWMD0=), Nicola Caporaso (https://sciprofiles.com/profile/author/VTcvZ2lmR05oSk9Xa1ZjNjN4bTkyOCtRZEdDT0dXNmxGNjRKcjFOMUxuTT0=) and Filomena Morisco (https://sciprofiles.com/profile/500634)

Nutrients **2019**, *11*(12), 3070; **https://doi.org/10.3390/nu11123070 (https://doi.org/10.3390/nu11123070)** - 16 Dec 2019
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Abstract Non-alcoholic fatty liver disease (NAFLD) is associated with insulin resistance and diabetes. A reduction in insulin receptor (IR) expression has been reported in these patients. The aims of this study were to evaluate the effects of a mixture of plant extracts consisting of **[...] Read more.**
(This article belongs to the Special Issue **Effects of Diet and Active Compounds on Non-alcoholic Fatty Liver Disease (/journal/nutrients/special_issues/diet_active_compounds_NAFLD)**)

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Open Access Article **(/2072-6643/11/12/3069/pdf)**

Amaranth Oil Increases Total and LDL Cholesterol Levels without Influencing Early Markers of Atherosclerosis in an Overweight and Obese Population: A Randomized Double-Blind Cross-Over Study in Comparison with Rapeseed Oil Supplementation (/2072-6643/11/12/3069)

by **Monika Dus-Zuchowska (https://sciprofiles.com/profile/832220)**, **Jaroslaw Walkowiak (https://sciprofiles.com/profile/775981)**, **Anna Morawska (https://sciprofiles.com/profile/1761891)**, **Patrycja Krzyzanowska-Jankowska (https://sciprofiles.com/profile/author/T2JqcjkzNFJycjFBaG5XeGhLbExmUllva1ZGUE1CK2pTZmVtb3lYdHdGU**, **Anna Miskiewicz-Chotnicka (https://sciprofiles.com/profile/author/NWdreXVkMmF2TE5oc1NHTCtEVHJlcUZpVDhKM1VZalQrVjgyNnBiSVFzYz0=)**, **Juliusz Przyslawski (https://sciprofiles.com/profile/author/L3ZTUndhYXN0WklrbmV0d1ZlNVR3OStZKzhoOXFOWE9vaTBaNFRPZjZoRT0=)** and **Aleksandra Lisowska (https://sciprofiles.com/profile/1661000)**
Nutrients **2019**, *11*(12), 3069; **https://doi.org/10.3390/nu11123069 (https://doi.org/10.3390/nu11123069)** - 16 Dec 2019
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Abstract Background: Atherosclerosis (AT) is a chronic inflammatory process in which oxidative stress is the key event. Amaranth oil (AmO) has potential hypolipidemic and antiatherogenic effects. The aim of the study was to compare the effects of AmO and rapeseed oil (RaO) supplementation on **[...] Read more.**
(This article belongs to the Section **Clinical Nutrition (/journal/nutrients/sections/Clinical_Nutrition)**)

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Open Access Review **(/2072-6643/11/12/3068/pdf)**

Mechanisms of Calorie Restriction: A Review of Genes Required for the Life-Extending and Tumor-Inhibiting Effects of Calorie Restriction (/2072-6643/11/12/3068)

by **Toshimitsu Komatsu (https://sciprofiles.com/profile/author/VjJDL1g4SW1lOWJOOTZSTDVmNWNwWEtFNVJscktlTkMvLzVsRlpabjlHTT0=)**, **Seongjoon Park (https://sciprofiles.com/profile/1884764)**, **Hiroko Hayashi (https://sciprofiles.com/profile/author/aDlmWS91T1hlb2tsRWlRQUJUTEJBd25zckFkN0gxRElNMlBHTHJRd3Mrdz0=)**, **Ryoichi Mori (https://sciprofiles.com/profile/author/dzBHNmx5MU1YbnpxYVppZVpqZ0RZZ3J3MGZiSVZvWUloK0JxbXFXSUhBOD0=)**, **Haruyoshi Yamaza (https://sciprofiles.com/profile/885389)** and **Isao Shimokawa (https://sciprofiles.com/profile/770760)**
Nutrients **2019**, *11*(12), 3068; **https://doi.org/10.3390/nu11123068 (https://doi.org/10.3390/nu11123068)** - 16 Dec 2019
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Abstract This review focuses on mechanisms of calorie restriction (CR), particularly the growth hormone (GH)/insulin-like growth factor-1 (IGF-1) axis as an evolutionary conserved signal that regulates aging and lifespan, underlying the effects of CR in mammals. Topics include (1) the relation of the GH-IGF-1 **[...] Read more.**
(This article belongs to the Special Issue **The Effect of Calorie Restriction and Intermittent Fasting on Health and Disease (/journal/nutrients/special_issues/Calorie_Restriction)**)

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Open Access Review **(/2072-6643/11/12/3067/pdf)**

Nonalcoholic Fatty Liver Disease Induced by High-Fat Diet in C57bl/6 Models (/2072-6643/11/12/3067)

by **Leonardo Recena Aydos (https://sciprofiles.com/profile/901974)**, **Luane Aparecida do Amaral (https://sciprofiles.com/profile/909309)**, **Roberta Serafim de Souza (https://sciprofiles.com/profile/author/a2ZubWdZWVdtSDZsK0xsR3g5Zk5USjdrSVRJeUhhTm9zZnAvVEJxNDVLYz0=)**, **Ana Cristina Jacobowski (https://sciprofiles.com/profile/903257)**, **Elisvânia Freitas dos Santos (https://sciprofiles.com/profile/315674)** and **Maria Lígia Rodrigues Macedo (https://sciprofiles.com/profile/973488)**

Nutrients **2019**, *11*(12), 3067; **https://doi.org/10.3390/nu11123067 (https://doi.org/10.3390/nu11123067)** - 16 Dec 2019
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Abstract Researchers have a range of animal models in which to study Nonalcoholic fatty liver disease (NAFLD). Induction of NAFLD by a high-fat diet in the C57BL/6 strain is the most widely used among mice. In this study, we review works that performed NAFLD **[...] Read more.**

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Open Access Article **(/2072-6643/11/12/3066/pdf)**

Dietary Carbohydrates and Insulin Resistance in Adolescents from Marginalized Areas of Chiapas, México (/2072-6643/11/12/3066)

by **Itandehui Castro-Quezada (https://sciprofiles.com/profile/877044)**, **Elena Flores-Guillén (https://sciprofiles.com/profile/author/Ukdvc0FpYkxvODZXd0txMmNNRUNWSHpqZzdBV25KUnpLL2ZxNDFPRm9udz0=)**, **Pilar E. Núñez-Ortega (https://sciprofiles.com/profile/920365)**, **César A. Irecta-Nájera (https://sciprofiles.com/profile/author/WElWcDlUQ3dDMkgyMzRSWloxMXdkdlhyU1l5bmEzdmJYb2Nhc2QxMWZJbz0=)**, **Xariss M. Sánchez-Chino (https://sciprofiles.com/profile/1122686)**, **Orquidia G. Mendez-Flores (https://sciprofiles.com/profile/author/WElUT3FrM1l3TnBGMm5oSHlmbEUxUT09)**, **Zendy E. Olivo-Vidal (https://sciprofiles.com/profile/author/V2NPVnlIOC9yODhqMU9QVXlDMGlEaUlIVEQ1WFMzTUFRb3BtOEhxWjVldz0=)**, **Rosario García-Miranda (https://sciprofiles.com/profile/author/UkU2dWpJbzlXZ2xRWjQzRVRNSGlQT0xtMU00YkZxTzB3ck1DdVA1Z0o5WT0=)**, **Roberto Solís-Hernández (https://sciprofiles.com/profile/author/Y1Rrb3h6REZGektJRUs2dlFVN3VmRkkzZE5lQ3JHelFaalpwYVZPUzlMRT0=)** and **Héctor Ochoa-Díaz-López (https://sciprofiles.com/profile/author/RS8zczZQdVUySVBMYmFObHJyRWY3RlVHblF3NU1RaEdzdHRxMlgyRGFhZz0=)**

Nutrients **2019**, *11*(12), 3066; **https://doi.org/10.3390/nu11123066 (https://doi.org/10.3390/nu11123066)** - 16 Dec 2019
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Abstract Evidence of the role that dietary carbohydrates (total carbohydrates, dietary fiber, total sugars, dietary glycemic index (GI) and glycemic load (GL)) exerts on insulin levels in adolescents is controversial. Thus, the aim of this study was to assess the association between dietary carbohydrates **[...] Read more.**

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Open Access Article **(/2072-6643/11/12/3065/pdf)**

Prioritizing the Scale-Up of Evidence-Based Nutrition and Health Interventions to Accelerate Stunting Reduction in Ethiopia (/2072-6643/11/12/3065)

by **Kaleab Baye (https://sciprofiles.com/profile/894473)**

Nutrients **2019**, *11*(12), 3065; **https://doi.org/10.3390/nu11123065 (https://doi.org/10.3390/nu11123065)** - 16 Dec 2019
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Abstract Despite some progress, stunting prevalence in many African countries including Ethiopia remains unacceptably high. This study aimed to identify key interventions that, if implemented at scale through the health sector in Ethiopia, can avert the highest number of stunting cases. Using the Lives **[...] Read more.**

(This article belongs to the Special Issue **Preventing Stunting during the Life Cycle through Integrated Nutrition Approaches (/journal/nutrients/special_issues/Preventing_Stunting_Integrated_Nutrition)**)

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Open Access Review **(/2072-6643/11/12/3064/pdf)**

Evaluation of Dietary Approaches for the Treatment of Non-Alcoholic Fatty Liver Disease: A Systematic Review (/2072-6643/11/12/3064)

by **Naba Saeed (https://sciprofiles.com/profile/897086)**, **Brian Nadeau (https://sciprofiles.com/profile/897026)**, **Carol Shannon (https://sciprofiles.com/profile/author/NSs1V3FQWE12bnplKy9CVUZEeTFLT1dEbVBHeU8xVnZCZlIzZklyZnZkbz0=)** and **Monica Tincopa (https://sciprofiles.com/profile/896226)**

Nutrients **2019**, *11*(12), 3064; **https://doi.org/10.3390/nu11123064 (https://doi.org/10.3390/nu11123064)** - 16 Dec 2019
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Abstract Lifestyle interventions, namely optimizing nutrition and increasing physical activity, remain the cornerstone of therapy for non-alcoholic fatty liver disease (NAFLD), as this can lead to the significant improvement or resolution of disease. The optimal nutritional approach to treat NAFLD remains unclear. The aim **[...] Read more.**

(This article belongs to the Special Issue **Effects of Diet and Active Compounds on Non-alcoholic Fatty Liver Disease (/journal/nutrients/special_issues/diet_active_compounds_NAFLD)**)

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Open Access Article

Roles of Lactose and Fructose Malabsorption and Dietary Outcomes in Children Presenting with Chronic Abdominal Pain (/2072-6643/11/12/3063)

by **Carsten Posovszky (https://sciprofiles.com/profile/307991)**,
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Friedrich Ebinger (https://sciprofiles.com/profile/1626021), **Claudia Calvano (https://sciprofiles.com/profile/1778179)** and
Petra Warschburger (https://sciprofiles.com/profile/228331)

Nutrients **2019**, *11*(12), 3063; **https://doi.org/10.3390/nu11123063 (https://doi.org/10.3390/nu11123063)** - 16 Dec 2019

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Abstract Intolerance to lactose or fructose is frequently diagnosed in children with chronic abdominal pain (CAP). However, the causal relationship remains a matter of discussion. A cohort of 253 patients, aged 7–12 years, presenting with unexplained CAP received standardized diagnostics. Additional diagnostic tests were **[...] Read more.**

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Open Access Article (/2072-6643/11/12/3062/pdf)

Metabolic Disturbances in Children Treated for Solid Tumors (/2072-6643/11/12/3062)

by **Ewa Barg (https://sciprofiles.com/profile/845682)**,
Joanna Połubok (https://sciprofiles.com/profile/author/UUlweTY5d2xqMkx0QzZrNVRSNmhjUENZMjNISGVXVmdoUEErUEEzV2grVT0=),
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Aleksandra Gonera (https://sciprofiles.com/profile/author/ZWI5Wm14UVJHcXhNS1ZEZUF5ejVMTjkxR1RkWm16aktKdzFLUUpET1JUcz0=),
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Dorota Sęga-Pondel (https://sciprofiles.com/profile/author/NE5VQmk2VndhKzNYelh3QWxlK3Exd0ZmSVVNdnAwc1dHTldqTnpPM0sycz0=),
Karolina Galant (https://sciprofiles.com/profile/920643) and
Bernarda Kazanowska (https://sciprofiles.com/profile/author/N21aUThqQVpOSldTdE9lWVlBSUR4MFV0NndOTE9lL2NqWEN4ZmY5OU9aUT0=)

Nutrients **2019**, *11*(12), 3062; **https://doi.org/10.3390/nu11123062 (https://doi.org/10.3390/nu11123062)** - 15 Dec 2019

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Abstract Metabolic disturbances are among the most common disorders diagnosed in pediatric patients after anti-cancer therapy (ACT). The aim of our study was to evaluate the prevalence of metabolic disturbances among patients after ACT. The study group comprised 44 patients (31 boys) treated for **[...] Read more.**

(This article belongs to the Special Issue **Important Aspects of Nutrition in Children with Cancer (**
/journal/nutrients/special_issues/Important_Aspects_of_Nutrition_in_Children_with_Cancer))

Open Access Article (/2072-6643/11/12/3061/pdf)

Body Image and Disturbed Eating Attitudes and Behaviors in Sport-Involved Adolescents: The Role of Gender and Sport Characteristics (/2072-6643/11/12/3061)

by **Rasa Jankauskiene (https://sciprofiles.com/profile/687126)** and **Miglė Baceviciene (https://sciprofiles.com/profile/541563)**

Nutrients **2019**, *11*(12), 3061; **https://doi.org/10.3390/nu11123061 (https://doi.org/10.3390/nu11123061)** - 14 Dec 2019

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Abstract Disordered eating in adolescents who participate in sports is an issue of great concern. However, very few studies have examined the prevalence of sport-related determinants of disturbed eating attitudes and behaviours (DEABs) in sport-involved adolescents. The present study aims to assess body image **[...] Read more.**

Open Access Article (/2072-6643/11/12/3060/pdf)

Association of Strawberries and Anthocyanidin Intake with Alzheimer's Dementia Risk (/2072-6643/11/12/3060)

by **Puja Agarwal (https://sciprofiles.com/profile/670536)**, **Thomas M Holland (https://sciprofiles.com/profile/920594)**,
Yamin Wang (https://sciprofiles.com/profile/author/Uk85em8vZUFVcE51SWRQdWJ2Q2dHQ0F5anlSMjdOR2lCSldaaGNUUVBRbz0=),
David A Bennett (https://sciprofiles.com/profile/author/L1pkcktrT3RDNHBYVTZwMzNrOEUxNHlGQ0U2R3RJVVFaYmlHZkF4WXNyTT0=) and
Martha Clare Morris (https://sciprofiles.com/profile/158370)

Nutrients **2019**, *11*(12), 3060; **https://doi.org/10.3390/nu11123060 (https://doi.org/10.3390/nu11123060)** - 14 Dec 2019

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Abstract Background: Strawberries have been identified to have antioxidant and anti-inflammatory properties that improve neuronal function and cognition, mostly in animal studies. It is unknown if the consumption of strawberries or related bioactives may reduce the risk of Alzheimer's dementia risk. Material and

Methods: **[...] Read more.**
(This article belongs to the Section **Phytochemicals and Human Health (/journal/nutrients/sections/Phytochemicals_Human_Health)**)

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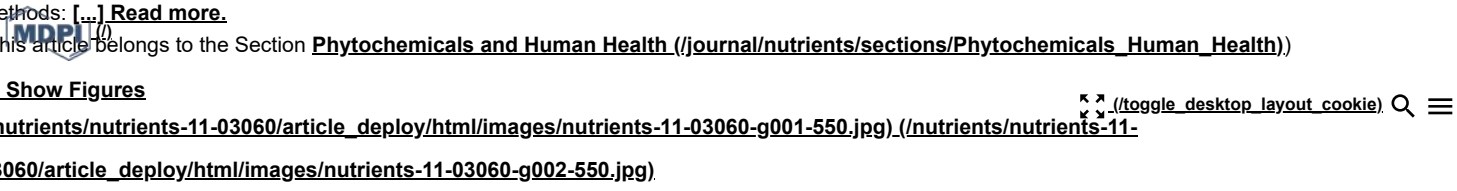

Open Access Article

The Effect of Macronutrients on Reproductive Hormones in Overweight and Obese Men: A Pilot Study (/2072-6643/11/12/3059)

by **Karma L. Pearce (https://sciprofiles.com/profile/196485)** and
Kelton Tremellen (https://sciprofiles.com/profile/author/TTFYQ1crQ2ViSi9aSWpxV2loRTJOMThhNC9tc3M3SDdFaUNYeEhmUnNtdz0=)
Nutrients **2019**, *11*(12), 3059; **https://doi.org/10.3390/nu11123059 (https://doi.org/10.3390/nu11123059)** - 14 Dec 2019
Cited by 4 (/2072-6643/11/12/3059#citedby) | Viewed by 3254

Abstract Hypogonadal obese men find it difficult to lose weight. We investigated whether the modification of macronutrient intake can alter testosterone levels independently of the body mass index. Fasted overweight or obese fertile men were asked to consume meals of polyunsaturated fats (PUFA), monounsaturated **[...] Read more.**

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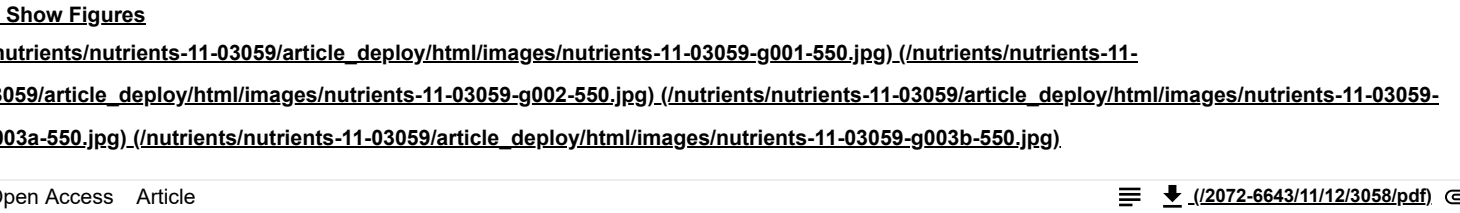

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Study of the Inhibitory Effects of Enteral Nutrition Formula on Indomethacin-Induced Gastric Lesions in Mice (/2072-6643/11/12/3058)

by **Takeshi Yoshimi (https://sciprofiles.com/profile/848679)**, **Yoshiaki Yamagishi (https://sciprofiles.com/profile/1632157)**,
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Kiyomi Ito (https://sciprofiles.com/profile/848860)
Nutrients **2019**, *11*(12), 3058; **https://doi.org/10.3390/nu11123058 (https://doi.org/10.3390/nu11123058)** - 14 Dec 2019
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Abstract We investigated the effects of enteral nutrition formula on non-steroidal anti-inflammatory drug (NSAID)-induced gastric lesions in mice. Male ICR mice aged 7–9 weeks old were fasted, then orally given either purified water, Mermed® One, or 2-fold diluted Terumeal® 2.0α as enteral **[...] Read more.**

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Dietary and Plasma Carboxymethyl Lysine and Tumor Necrosis Factor-α as Mediators of Body Mass Index and Waist Circumference among Women in Indonesia (/2072-6643/11/12/3057)

by **Patricia Budihartanti Liman (https://sciprofiles.com/profile/907927)**, **Rina Agustina (https://sciprofiles.com/profile/221663)**,
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Nutrients **2019**, *11*(12), 3057; **https://doi.org/10.3390/nu11123057 (https://doi.org/10.3390/nu11123057)** - 14 Dec 2019
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Abstract Dietary and plasma carboxymethyl lysine (dCML, pCML) and plasma tumor necrosis factor-α (pTNF-α) may be associated with obesity in affluent society. However, evidence in women from low-middle income countries with predominantly traditional diets is lacking. We investigated the mediator effects of dCML, pCML **[...] Read more.**
(This article belongs to the Special Issue **Diet, Nutrition and Abdominal Obesity (/journal/nutrients/special_issues/abdominal_obesity)**)

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Open Access Article (/2072-6643/11/12/3056/pdf)

Modifications of Own Mothers' Milk Fortification Protocol Affect Early Plasma IGF-I and Ghrelin Levels in Preterm Infants. A Randomized Clinical Trial (/2072-6643/11/12/3056)

by Eleni Agakidou (https://sciprofiles.com/profile/892548), Thomais Karagiozoglou-Lampoudi (https://sciprofiles.com/profile/731695), Elisavet Parlapani (https://sciprofiles.com/profile/907685), Dimitrios J. Fletouris (https://sciprofiles.com/profile/author/VnYyZUJtL0RpTE12Z2dmK2pzNmJGTmRmUXZBLzFkaHRxNytOYkE5dUxuVT0=), Kosmas Sarafidis (https://sciprofiles.com/profile/1784576), Vasiliki Tzimouli (https://sciprofiles.com/profile/author/bnBmUW84dFJFVmZYNi8vZHBuN2wyeG5Id2ptaVFCQmNVQTNiR1dWRFJuTT0=), Elisavet Diamanti (https://sciprofiles.com/profile/author/SVhRRGN5Znl2Mys4UnNpTnp1bU1lYjhFYytETUJDeTVuTXlMZEpNNWJmMD0=) and Charalampos Agakidis (https://sciprofiles.com/profile/721191)

Nutrients **2019**, *11*(12), 3056; https://doi.org/10.3390/nu11123056 (https://doi.org/10.3390/nu11123056) - 14 Dec 2019

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Abstract The aim was to investigate the effect of two own mother's milk (OMM) fortification protocols on (a) IGF-I and ghrelin plasma levels at 35 post-conceptional weeks (PCW, T2) and whether this effect is maintained after elimination of the differences in OMM fortification, and **[...] Read more.**

(This article belongs to the Section Clinical Nutrition (/journal/nutrients/sections/Clinical_Nutrition))

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Open Access Article (/2072-6643/11/12/3055/pdf)

A Comparison of Changes in the Fatty Acid Profile of Human Milk of Spanish Lactating Women during the First Month of Lactation Using Gas Chromatography-Mass Spectrometry. A Comparison with Infant Formulas (/2072-6643/11/12/3055)

by Silvia Sánchez-Hernández (https://sciprofiles.com/profile/875162), Adelaida Esteban-Muñoz (https://sciprofiles.com/profile/1361194), Rafael Giménez-Martínez (https://sciprofiles.com/profile/1449064), María José Aguilar-Cordero (https://sciprofiles.com/profile/1253635), Beatriz Miralles-Buraglia (https://sciprofiles.com/profile/219624) and Manuel Olalla-Herrera (https://sciprofiles.com/profile/author/R1B2a3dTQU4vZGN0c2NNVFZERTZldz09)

Nutrients **2019**, *11*(12), 3055; https://doi.org/10.3390/nu11123055 (https://doi.org/10.3390/nu11123055) - 14 Dec 2019

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Abstract Breastfeeding is the ideal way to provide infants with the nutrients they need for healthy growth and development. Milk composition changes throughout lactation, and fat is one of the most variable nutrients in human milk. The aim of this study was to determine **[...] Read more.**

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L-Arabinose Elicits Gut-Derived Hydrogen Production and Ameliorates Metabolic Syndrome in C57BL/6J Mice on High-Fat-Diet (/2072-6643/11/12/3054)

by Lin Zhao (https://sciprofiles.com/profile/768109), Yan Wang (https://sciprofiles.com/profile/author/emVFZmFXSmE0eElicHZpRjYzenZOUk5vbENNbmlFZFNDblIrS1pjT3dzOD0=), Guanfei Zhang (https://sciprofiles.com/profile/author/SWxoZHpNRHUyWktZdUxXaWxvQVhDWHUwWHZxUlR4eEJ1LytRZ0VUbVV0bz0=), Tiantian Zhang (https://sciprofiles.com/profile/author/ZjN1TXRnQXFnTGgwdGxzN2dlMUhmSnFmMmxDTm81dXJTRGsvNmNOeFljYz0=), Jing Lou (https://sciprofiles.com/profile/917798) and Jiankang Liu (https://sciprofiles.com/profile/869024)

Nutrients **2019**, *11*(12), 3054; https://doi.org/10.3390/nu11123054 (https://doi.org/10.3390/nu11123054) - 13 Dec 2019

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Abstract Obesity and metabolic syndrome (MS) associated with excess calorie intake has become a great public health concern worldwide. L-arabinose, a naturally occurring plant pentose, has a promising future as a novel food ingredient with benefits in MS; yet the mechanisms remain to be **[...] Read more.**

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Dihydropyranocoumarins Exerted Anti-Obesity Activity In Vivo and its Activity Was Enhanced by Nanoparticulation with Polylactic-Co-Glycolic Acid (/2072-6643/11/12/3053)

by Abu Yousuf Hossin (https://sciprofiles.com/profile/876113), Masashi Inafuku (https://sciprofiles.com/profile/878109) and Hirosuke Oku (https://sciprofiles.com/profile/1515144)

Nutrients **2019**, *11*(12), 3053; https://doi.org/10.3390/nu11123053 (https://doi.org/10.3390/nu11123053) - 13 Dec 2019

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Abstract Dihydropyranocoumarins (DPCs) were isolated from *Peucedanum japonicum* Thunb as anti-obesity compounds in 3T3-L1 adipocytes assay; however, it is uncertain whether DPC exerts anti-obesity activity in vivo. Therefore, this study evaluated the oral intake of pure DPCs in mice fed a high-fat diet, and **[...] Read more.**

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Associations Among Taste Perception, Food Neophobia and Preferences in Type 1 Diabetes Children and Adolescents: A Cross-Sectional Study (/2072-6643/11/12/3052)

by Chiara Mameli (https://sciprofiles.com/profile/230763), Camilla Cattaneo (https://sciprofiles.com/profile/498497), Luisa Lonoce (https://sciprofiles.com/profile/author/YVRzdXNjTGp3d3g5L1BQOUp0Zzg5a2dCY1o3K3I1M0drU29xeEk4bjN4ND0=), Giorgio Bedogni (https://sciprofiles.com/profile/75521), Francesca Chiara Redaelli (https://sciprofiles.com/profile/author/eFRybUdUQ29lWEVYYVc3UVdWczhUVENWbXMvQk9ndmJtUmJGeWRPaFV4UGp
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Abstract Type 1 diabetes (T1D) is one of the most common systemic diseases in childhood which predisposes the patient to serious short-term and long-term complications, affecting all body systems. Taste and olfactory impairments were first described a long time ago in adult patients affected **[...] Read more.**

(This article belongs to the Section **Nutrition and Public Health (/journal/nutrients/sections/Nutrition_Public_Health)**)

Open Access Article (/2072-6643/11/12/3051/pdf)

Non-Energy-Restricted Low-Carbohydrate Diet Combined with Exercise Intervention Improved Cardiometabolic Health in Overweight Chinese Females (/2072-6643/11/12/3051)

by Shengyan Sun (https://sciprofiles.com/profile/656163), Zhaowei Kong (https://sciprofiles.com/profile/595692), Qingde Shi (https://sciprofiles.com/profile/author/K0Zuei9RL2ZoUXQyMzhvcVZBeno4MmlpakJkVEl2RURGR2l0M3FqMFJzZz0=), Mingzhu Hu (https://sciprofiles.com/profile/author/NlRJQTUvRVRRbW85aWxlamNvOVBlQXJNMEk3R2ZZSmo4MHprM0F3ZVBpaz0=), Haifeng Zhang (https://sciprofiles.com/profile/author/YXFoTUlsbEw2bUs0WFY5cU1Ca2M4RVFKRk5pOVBnL3h3OWtVV1A0bEFFUT0=), Di Zhang (https://sciprofiles.com/profile/author/R3dYRHB1enZSZzdwRFdieXg5L25VL1AzOFBRU1BTWXhRRjVUeHRLSjFKbz0=) and Jinlei Nie (https://sciprofiles.com/profile/160697)

Nutrients **2019**, *11*(12), 3051; https://doi.org/10.3390/nu11123051 (https://doi.org/10.3390/nu11123051) - 13 Dec 2019

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Abstract This study aimed to examine the effects of four weeks of a low-carbohydrate diet (LC) and incorporated exercise training on body composition and cardiometabolic health. Fifty-eight overweight/obese Chinese females (age: 21.2 ± 3.3 years, body mass index (BMI): 25.1 ± 2.8 kg/m^2 **[...] Read more.**

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Open Access Feature Paper Article (/2072-6643/11/12/3050/pdf)

Dietary and Lifestyle Patterns in the Spanish Pediatric Population (One to <10 Years Old): Design, Protocol, and Methodology of the EsNuPI Study (/2072-6643/11/12/3050)

by Casandra Madrigal (https://sciprofiles.com/profile/author/NUNtZlh1T05RRzMxVi94YjZnS1BkbzZGSjNDM1lTV2V1d2UrL3kzaC9MMD0=), María José Soto-Méndez (https://sciprofiles.com/profile/1558006), Ángela Hernández-Ruiz (https://sciprofiles.com/profile/220056), Emma Ruiz (https://sciprofiles.com/profile/369838), Teresa Valero (https://sciprofiles.com/profile/135763), José Manuel Ávila (https://sciprofiles.com/profile/1135294), Federico Lara-Villoslada (https://sciprofiles.com/profile/author/L2QrcGpuRWJUcFR1UFRIdWsrZHJwZ29OTFRwYTNRQm1UNE9Qc1FJYkp3az0=), Rosaura Leis (https://sciprofiles.com/profile/387351), Emilio Martínez de Victoria (https://sciprofiles.com/profile/778373), Jose Manuel Moreno (https://sciprofiles.com/profile/744564), Rosa M Ortega (https://sciprofiles.com/profile/101056), María Dolores Ruiz-López (https://sciprofiles.com/profile/510546), Gregorio Varela-Moreiras (https://sciprofiles.com/profile/54461) and Ángel Gil (https://sciprofiles.com/profile/101206)

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Abstract The interest in a healthy diet and lifestyle during the early stages of life increased, pointing out its role in the development of noncommunicable chronic diseases throughout adult life. Dietary habits and dietary patterns begin to be established in early childhood and persist **[...] Read more.**

(This article belongs to the Special Issue **Healthy Diet and Lifestyles in the Pediatric Population (/journal/nutrients/special_issues/Diet_Pediatric)**)

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Open Access Article (/2072-6643/11/12/3049/pdf)

Obesity and Vitamin D Insufficiency among Adolescent Girls and Young Adult Women from Korea (/2072-6643/11/12/3049)

by Haeun Jang (https://sciprofiles.com/profile/author/dmJNUlREeXR6aTMwL2dhMFVZR2lkdTkrWWJiZkNzNFVzU3dRcElBazViQT0=), Yujin Lee (https://sciprofiles.com/profile/272182) and Kyong Park (https://sciprofiles.com/profile/96464)

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Abstract Although there is evidence of the biological mechanisms by which obesity may induce vitamin D insufficiency or deficiency, limited epidemiological studies have been conducted, especially among Asian adolescent girls and young adult women who are at a high risk of vitamin D deficiency. **[...] Read more.**

Open Access Review (/2072-6643/11/12/3048/pdf)

Moderate Alcohol Intake in Non-Alcoholic Fatty Liver Disease: To Drink or Not to Drink? (/2072-6643/11/12/3048)

by Maria L. Petroni (https://sciprofiles.com/profile/693053), Lucia Brodosi (https://sciprofiles.com/profile/author/cGZ6ZnhJZ2lNNDl6MEg3Tlc4YUlua0ZtQ0QzWmVWTnExdkE4eUJRemVKWT0=), Francesca Marchignoli (https://sciprofiles.com/profile/875770), Alessandra Musio (https://sciprofiles.com/profile/918851) and Giulio Marchesini (https://sciprofiles.com/profile/320120)

Nutrients **2019**, *11*(12), 3048; https://doi.org/10.3390/nu11123048 (https://doi.org/10.3390/nu11123048) - 13 Dec 2019

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Abstract Nonalcoholic fatty liver disease (NAFLD) is defined by hepatic steatosis in the presence of alcohol intake within safe limits, defined by guidelines of scientific associations (usually 20 g or 2 units/day in women, 30 g or 3 units in men). The diagnosis is **[...] Read more.**

(This article belongs to the Special Issue **Effects of Diet and Active Compounds on Non-alcoholic Fatty Liver Disease (/journal/nutrients/special_issues/diet_active_compounds_NAFLD)**)

Open Access Article (/2072-6643/11/12/3047/pdf)

The Relationship between Self-Reported Exposure to Sugar-Sweetened Beverage Promotions and Intake: Cross-Sectional Analysis of the 2017 International Food Policy Study (/2072-6643/11/12/3047)

by Hannah Forde (https://sciprofiles.com/profile/585902), Martin White (https://sciprofiles.com/profile/author/VElXNzFleTcya3Rta1pRVzNqa3RnRmNCTml5UU1iTUxOL0t5WENJdnhlRT0=), Louis Levy (https://sciprofiles.com/profile/author/VzF5SEdiT1BtMlZMcjUyUUZ0RDlIYlhWc3kxRDNRZXpjMEtRbzk5UlpJND0=), Felix Greaves (https://sciprofiles.com/profile/author/emxwZzhzZ2dNYTR6V3A2RzVEWWNJbXBRWWttU0xtMnkzTlhLSWlUT1pwcz0=), David Hammond (https://sciprofiles.com/profile/author/YS9pWXBOUStqbG1QVm52VWg5VU1NMFB0VEZCZXJxenJCUFBVNXZnZ2hQZz0=), Lana Vanderlee (https://sciprofiles.com/profile/860020), Stephen Sharp (https://sciprofiles.com/profile/author/UG42bnVZbFdsbVErOFZ0NkM5Um9mcENKR1N1Vmt5N0FCSXAyZDl4Nk1ucDFXQkhZK0Fkal and Jean Adams (https://sciprofiles.com/profile/852473)

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Abstract Sugar-sweetened beverage (SSB) consumption is independently associated with several non-communicable diseases, so policymakers are increasingly implementing measures, such as marketing regulation, to reduce intake. To help understand how such measures work, this study examined the association between SSB consumption and self-reported exposure to **[...] Read more.**

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(/2072-6643/11/12/3046/pdf)

Diet Quality and Micronutrient Intake among Long-Term Weight Loss Maintainers (/2072-6643/11/12/3046)

by Rebecca W. Pascual (https://sciprofiles.com/profile/893763), Suzanne Phelan (https://sciprofiles.com/profile/710204), Michael R. La Frano (https://sciprofiles.com/profile/881770), Kari D. Pilolla (https://sciprofiles.com/profile/854130), Zoe Griffiths (https://sciprofiles.com/profile/author/dlJzcnR6WWdDcDBmVVlGOVZSSUF4VEw3Z2xLMGErU2pQbTNBQitFU0VUST0=) and Gary D. Foster (https://sciprofiles.com/profile/901804)

Nutrients **2019**, *11*(12), 3046; https://doi.org/10.3390/nu11123046 (https://doi.org/10.3390/nu11123046) - 13 Dec 2019

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Abstract Inadequate vitamin and mineral intake is documented among individuals with obesity, but is unknown among long-term weight loss maintainers (WLM). This study examined dietary quality and micronutrient adequacy among WLMs in a commercial weight management program. Participants were 1207 WLM in Weight Watchers **[...] Read more.**

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(/2072-6643/11/12/3045/pdf)

Nutrient Estimation from 24-Hour Food Recalls Using Machine Learning and Database Mapping: A Case Study with Lactose (/2072-6643/11/12/3045)

by Elizabeth L. Chin (https://sciprofiles.com/profile/author/T2d3MjZ5akpBc1Jqd3RxdDBlNHZBaDl1Z2Rsb2JKYTVxblE2SzVoOHZVaz0=), Gabriel Simmons (https://sciprofiles.com/profile/author/MDN3a3VCdWhCQ0k0R2xSWUJ3S0d4bkgwdE4rN2t6WEorWW5SZmNkNFg2Zz0=), Yasmine Y. Bouzid (https://sciprofiles.com/profile/914313), Annie Kan (https://sciprofiles.com/profile/933606), Dustin J. Burnett (https://sciprofiles.com/profile/author/WmpHVnBTNm9lTlBDcjlDZDRtTmFnMHZZK3FZa1IrRGp6cm9uNjUrMW90Yz0=), Ilias Tagkopoulos (https://sciprofiles.com/profile/author/QlE1Tm93M0JXaVZuRlR4dFdQa0w1TS9JR1EwMDR4UmUwbDgydnYzUDVaRT0=) and Danielle G. Lemay (https://sciprofiles.com/profile/755124)

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Abstract The Automated Self-Administered 24-Hour Dietary Assessment Tool (ASA24) is a free dietary recall system that outputs fewer nutrients than the Nutrition Data System for Research (NDSR). NDSR uses the Nutrition Coordinating Center (NCC) Food and Nutrient Database, both of which require a license. **[...] Read more.**

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(/2072-6643/11/12/3044/pdf)

***Sarcopoterium spinosum* Inhibited the Development of Non-Alcoholic Steatosis and Steatohepatitis in Mice (/2072-6643/11/12/3044)**

by Ayala Wollman (https://sciprofiles.com/profile/author/dEN2aWhXRUN0V2lFTW9kb21xZ3ozVWdCay9lRmlMMTFRZWpVcFNYYmVhdz0=), Tehila Daniel (https://sciprofiles.com/profile/author/M0MvNzF1bXNKYkU4WUtLblhxVWsxS2x1ZWRPUUZTakNhS2RCNzc4UTNsND0=) and Tovit Rosenzweig (https://sciprofiles.com/profile/724090)

Nutrients **2019**, *11*(12), 3044; https://doi.org/10.3390/nu11123044 (https://doi.org/10.3390/nu11123044) - 13 Dec 2019

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Abstract Non-alcoholic fatty liver disease (NAFLD) is a comorbidity of obesity, which gradually develops from hepatic steatosis into steatohepatitis (NASH) and eventually even into fibrosis or hepatic carcinoma. To date, there has been no specific and effective treatment for NAFLD. *Sarcopoterium spinosum* extract (SSE) **[...] Read more.**

(This article belongs to the Special Issue **Natural and Dietary Agents for Human Diseases Prevention (/journal/nutrients/special_issues/Natural_Dietary_Agents)**)

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A Dietary Pattern with High Sugar Content Is Associated with Cardiometabolic Risk Factors in the Pomak Population (/2072-6643/11/12/3043)

by Aliki-Eleni Farmaki (https://sciprofiles.com/profile/1281684), Nigel W Rayner (https://sciprofiles.com/profile/author/R3ZMYmhwUGhUN3k2SmdJWEF0WGJNVllrdEN2dU5QNTR3VGN6a1h4cnI5ST0=), Maria Kafyra (https://sciprofiles.com/profile/1175415), Angela Matchan (https://sciprofiles.com/profile/author/TFAyQndJZzArVkEvajRObXBmUUdSS28vdzFoSGx4OTM4Wkx2RHFNMm5hT1FFZDRWTytS, Kyriaki Ntaoutidou (https://sciprofiles.com/profile/918866), Pournar Feritoglou (https://sciprofiles.com/profile/917457), Antonis Athanasiadis (https://sciprofiles.com/profile/author/bkI1dEo2UVcwQmZhczRBK2VzZUpCaWZFcCs2emxxQ1RpTGtSRVB6SWtXWTMvMjVM, Arthur Gilly (https://sciprofiles.com/profile/author/OWRsVWlrSFphNmlmdUhXam9BUTVNZHduVlJKNlpGVTVxc0FzMEhLRjN2UDczblBLQkZhaUNM, Vasiliki Mamakou (https://sciprofiles.com/profile/author/Q0tCZEE0MisrYkg3NHYxa3ZjdmE5Wm82dnRqbDZ3QW5NWWd2YWhRQnNKMD0=), Eleni Zengini (https://sciprofiles.com/profile/author/OU1JbitYYmhoeGZJWU1Ed2Z5eGpyZ1Z0eUxVKzUvUUdnTXVpTFFEU2dyST0=), Maria Karaleftheri (https://sciprofiles.com/profile/author/MmJKN2hlUXpObnpwZldQdXFVamF0eUxVa05BTzBQb1FYaFBZam8yZTk2ND0=), Eleftheria Zeggini (https://sciprofiles.com/profile/918747) and George Dedoussis (https://sciprofiles.com/profile/684736)

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Abstract The present study describes the geographically isolated Pomak population and its particular dietary patterns in relationship to cardiovascular risk factors. We collected a population-based cohort in a cross-sectional study, with detailed anthropometric, biochemical, clinical, and lifestyle parameter information. Dietary patterns were derived through **[...] Read more.**

(This article belongs to the Special Issue **Nutrition and Lifestyle for the Prevention of Type 2 Diabetes and Hypertension (/journal/nutrients/special_issues/Diabetes_Hypertension)**)

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Open Access Article (/2072-6643/11/12/3042/pdf)

First Trimester Maternal Vitamin D Status and Risks of Preterm Birth and Small-For-Gestational Age (/2072-6643/11/12/3042)

by Isabelle Monier (https://sciprofiles.com/profile/860926), Amandine Baptiste (https://sciprofiles.com/profile/author/SGVGdkJPZnA2ZGJLZjVtbC9SRk5QOEFpSklyNHYrL3VBZVhVOEs0cEdLYz0=), Vassilis Tsatsaris (https://sciprofiles.com/profile/author/UStJdHVlZTE2a0FiMDkzN2U3OVFSNDl0eHZSbHlJdUpwV205WHB0aDhJND0=), Marie-Victoire Senat (https://sciprofiles.com/profile/author/VUN5TGQweU1TMStZSmZwRm1rS0xjWEJFU3ZvbzVld0FjYXpCSll3WUp3Zz0=), Jacques Jani (https://sciprofiles.com/profile/author/aG9kY21udGM2V2c4aUJzcnZoNDBiTVM2RzFMOEcvVGk0ZnJYbjZBN0Jlaz0=), Jean-Marie Jouannic (https://sciprofiles.com/profile/1248655), Norbert Winer (https://sciprofiles.com/profile/author/elppWkR6RVVxQXFjdE9xSWMydEtwd0ErTVdDVGZza284R3htQkNJVktlYz0=), Caroline Elie (https://sciprofiles.com/profile/author/K09ZUVhleTZJTGZlUjJhbjJCSWR1dVIxenNMR3VGN2RuS29MWncxZW03az0=), Jean-Claude Souberbielle (https://sciprofiles.com/profile/author/U2ZVNXFDU1daa2FNcE9uS2lkaW1ydTVJbkZjelc3YUZpV2MyUHFhYStqND0=), Jennifer Zeitlin (https://sciprofiles.com/profile/author/elhKWTRVeVZRT3J5UE1mdWY4cU9qOFdGOERpN1Z6VHZnRnRna0QwenRDdz0=) and Alexandra Benachi (https://sciprofiles.com/profile/1178121)

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Abstract Maternal 25-hydroxyvitamin D (25-OHD) deficiency during pregnancy may increase the risk of preterm and small-for-gestational age (SGA) birth, but studies report conflicting results. We used a multicenter prospective cohort of 2813 pregnant women assessed for 25-OHD levels in the first trimester of pregnancy **[...] Read more.**

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Open Access Article (/2072-6643/11/12/3041/pdf)

Induction of Hair Keratins Expression by an Annurca Apple-Based Nutraceutical Formulation in Human Follicular Cells (/2072-6643/11/12/3041)

by Marialuisa Piccolo (https://sciprofiles.com/profile/902877), Maria Grazia Ferraro (https://sciprofiles.com/profile/1097937), Francesco Maione (https://sciprofiles.com/profile/123346), Maria Maisto (https://sciprofiles.com/profile/573025), Mariano Stornaiuolo (https://sciprofiles.com/profile/323619), Gian Carlo Tenore (https://sciprofiles.com/profile/191773),

Rita Santamaria (https://sciprofiles.com/profile/882581), Carlo Irace (https://sciprofiles.com/profile/879056) and Ettore Novellino (https://sciprofiles.com/profile/323650)

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Abstract Hair disorders may considerably impact the social and psychological well-being of an individual. Recent advances in the understanding the biology of hair have encouraged the research and development of novel and safer natural hair growth agents. In this context, we have previously demonstrated—at **[...]** **Read more.**

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Open Access Article (/2072-6643/11/12/3040/pdf)

The Effect of Mushroom Extracts on Human Platelet and Blood Coagulation: In vitro Screening of Eight Edible Species (/2072-6643/11/12/3040)

by Barbara Poniedziałek (https://sciprofiles.com/profile/316529), Marek Siwulski (https://sciprofiles.com/profile/author/eFl3WUNNMk1pdHhaNWxjUkdKMllOL0ZZZTlwTFQwWFFoTGxnVGh5QUQ1TT0=), Adrian Wiater (https://sciprofiles.com/profile/851154), Iwona Komaniecka (https://sciprofiles.com/profile/1279997), Anna Komosa (https://sciprofiles.com/profile/797162), Monika Gąsecka (https://sciprofiles.com/profile/1359153), Zuzanna Magdziak (https://sciprofiles.com/profile/1359154), Mirosław Mleczek (https://sciprofiles.com/profile/author/OXBGbkpISlBzZ3hlOE1tVDFIL1NDVnZGVEFRV2ZQTXN3Mnh0N0toT3RKYz0=), Przemysław Niedzielski (https://sciprofiles.com/profile/890386), Jędrzej Proch (https://sciprofiles.com/profile/890077), Mariola Ropacka-Lesiak (https://sciprofiles.com/profile/author/ZVFJbC85KzRNM0h3dlNZRnRlS0tWc0s1WUs1Y0V5bE15ZVBFSU9HcUJpQT0=), Maciej Lesiak (https://sciprofiles.com/profile/author/OEtOaE05V0hUaG1rTmRTQlM1T0pEbkZ2bGk1NFRUeUlGNWVUZ3N5Sy9UOD0=), Eliana Henao (https://sciprofiles.com/profile/911996) and Piotr Rzymski (https://sciprofiles.com/profile/88432)

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Abstract Cardiovascular diseases remain the leading global cause of mortality indicating the need to identify all possible factors reducing primary and secondary risk. This study screened the in vitro antiplatelet and anticoagulant activities of hot water extracts of eight edible mushroom species (*Agaricus* **[...]** **Read more.**

(This article belongs to the Special Issue **The Application of Mushrooms or Mushroom Extracts to Enhance Health (/journal/nutrients/special_issues/mushrooms_enhance_health)**)

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Open Access Article (/2072-6643/11/12/3039/pdf)

Calcium Intake in Children with Eczema and/or Food Allergy: A Prospective Cohort Study (/2072-6643/11/12/3039)

by Hailey Hildebrand (https://sciprofiles.com/profile/1107921), Elinor Simons (https://sciprofiles.com/profile/author/aU4vTEdjamJiWTgwUWJZMll5MHBid0FjRStDSmg4cFdVRGY0ZytHRkllYz0=), Anita L. Kozyrskyj (https://sciprofiles.com/profile/110537), Allan B. Becker (https://sciprofiles.com/profile/author/d3g0L1BzUjhVL3dKSUxGb1pJb1p5V0hZMFY0ZTAwZEJKRUx6VkI0Wi81Yz0=) and Jennifer L. P. Protudjer (https://sciprofiles.com/profile/417821)

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Abstract Eczema and food allergy may impact diet. Using data from a cohort of Manitoba children born in 1995, we examined calcium intake, defined as the frequency and quality of calcium products consumed (with the exception of cheese), amongst Manitoba adolescents (12–14 years) with **[...]** **Read more.**

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Eating Disorders and Gastrointestinal Diseases (/2072-6643/11/12/3038)

by Antonella Santonicola (https://sciprofiles.com/profile/1933819), Mario Gagliardi (https://sciprofiles.com/profile/1644856), Michele Pier Luca Guarino (https://sciprofiles.com/profile/862974), Monica Siniscalchi (https://sciprofiles.com/profile/author/a2g5UnJBa2szdUxLck9PZy9xeDBZajFFS1g1L25NU0VkclFvcmxELzZlQT0=), Carolina Ciacci (https://sciprofiles.com/profile/117584) and Paola Iovino (https://sciprofiles.com/profile/350044)

Nutrients **2019**, *11*(12), 3038; https://doi.org/10.3390/nu11123038 (https://doi.org/10.3390/nu11123038) - 12 Dec 2019

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Abstract Eating disorders (ED) are frequently associated with a wide range of psychiatric or somatic comorbidities. The most relevant ED are anorexia nervosa (AN), bulimia nervosa (BN), and binge eating disorders (BED). Patients with ED exhibit both upper and lower gastrointestinal (GI) symptoms. Evidence **[...] Read more.**

(This article belongs to the Special Issue **The Relationship between Nutrition and Digestive Diseases** (/journal/nutrients/special_issues/Nutrition_Digestive_Diseases))

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Open Access Article (/2072-6643/11/12/3037/pdf)

The Effect of Antioxidant Supplementation in Patients with Tinnitus and Normal Hearing or Hearing Loss: A Randomized, Double-Blind, Placebo Controlled Trial (/2072-6643/11/12/3037)

by Anna I. Petridou (https://sciprofiles.com/profile/author/azdqZ29reEFoK0x3WlhBZGlqVjNGVDZnVEdnNFE2TXZHN05UelhiWWozRT0=), Eleftheria T. Zagora (https://sciprofiles.com/profile/author/bGREUTMzcmFwaVNMYlVWZGlLT3BLMWtLUmlqVmxSSnF6SS91aGdxNi91Yz0=), Petros Petridis (https://sciprofiles.com/profile/1752018), George S. Korres (https://sciprofiles.com/profile/1371891), Maria Gazouli (https://sciprofiles.com/profile/125893), Ioannis Xenelis (https://sciprofiles.com/profile/author/ZmJhc085dTZaaG9OMFJ2RkZidTM4VEROa0JUalF0RTJkVk5RNHB6eHJMcz0=), Efthymios Kyrodimos (https://sciprofiles.com/profile/1176688), Georgia Kontothanasi (https://sciprofiles.com/profile/author/dFRzbmZjZW5XNVYvTjdPMGh3RTdaZGFuMjZLNkl2V29CV0VtOEsxblZPMD0=) and Andriana C. Kaliora (https://sciprofiles.com/profile/429767)

Nutrients **2019**, *11*(12), 3037; https://doi.org/10.3390/nu11123037 (https://doi.org/10.3390/nu11123037) - 12 Dec 2019

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Abstract Tinnitus is the perception of sound in the absence of any external stimulus. Oxidative stress is possibly involved in its pathogenesis and a variety of antioxidant compounds have been studied as potential treatment approaches. The objective of the present study was to assess **[...] Read more.**

(This article belongs to the Special Issue **Dietary Supplements and Human Health** (/journal/nutrients/special_issues/Dietary_Supplements_Human_Health))

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Open Access Article (/2072-6643/11/12/3036/pdf)

Effects of Stevia Extract on Postprandial Glucose Response, Satiety and Energy Intake: A Three-Arm Crossover Trial (/2072-6643/11/12/3036)

by Grace Farhat (https://sciprofiles.com/profile/289229), Victoria Berset (https://sciprofiles.com/profile/author/M2k1anBZNmdvaWh2SkhKdEJEYmdLQ3hhUXBrSHl2WFRZWGpTb0U2c09yQT0=) and Lauren Moore (https://sciprofiles.com/profile/author/R0txRG1nYk51U1lEbUZkTFhVT2Yyd0R5M0xnSFBXVnVHRHNlazgwSXloaz0=)

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Abstract Non-nutritive sweeteners (NNS) are suggested to lower energy intake in the diet, but they have been paradoxically involved in the epidemic of obesity and Type 2 diabetes. Stevia is the least studied sweetener. This study aims to investigate the effect of stevia on **[...] Read more.**

(This article belongs to the Section **Nutrition and Public Health (/journal/nutrients/sections/Nutrition_Public_Health)**)

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Semen Cuscutae Administration Improves Hepatic Lipid Metabolism and Adiposity in High Fat Diet-Induced Obese Mice (/2072-6643/11/12/3035)

by Jiyoung Moon (https://sciprofiles.com/profile/author/cUJnWlB1dTFpbzdEOXJzZkN4WEtJZkxDKzByM2p5Z1o4STRwUHdYVkpmST0=), Min Jin Ha (https://sciprofiles.com/profile/author/UHpJdWNxdStoNS95KzdibU5BWkkxR0ErNlcvTDZlNUQ1N2d5M0x6bnVLQT0=), Min-Jeong Shin (https://sciprofiles.com/profile/196042), Oh Yoen Kim (https://sciprofiles.com/profile/268666), Eun Hye Yoo (https://sciprofiles.com/profile/author/QkpnZ3BrMDJBM1lRby8rMUQzdEt6aVRQZkJ2SEJuOTRBbzFqc082RlF1bz0=), Juhyun Song (https://sciprofiles.com/profile/833996) and Ji Hyung Chung (https://sciprofiles.com/profile/832880)

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Abstract Since arginase has been shown to compete with nitric oxide (NO) synthase, emerging evidence has reported that arginase inhibition improves obesity by increasing NO production. Semen cuscutae (SC), which is a well-known Chinese medicine, has multiple biological functions such as anti-oxidant function and **[...] Read more.**

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Open Access Article (/2072-6643/11/12/3034/pdf)

Sex Differences of Vitamin D Status across BMI Classes: An Observational Prospective Cohort Study (/2072-6643/11/12/3034)

by Giovanna Muscogiuri (https://sciprofiles.com/profile/187429), Luigi Barrea (https://sciprofiles.com/profile/174747), Carolina Di Somma (https://sciprofiles.com/profile/345394), Daniela Laudisio (https://sciprofiles.com/profile/440517), Ciro Salzano (https://sciprofiles.com/profile/1769595), Gabriella Pugliese (https://sciprofiles.com/profile/1094649), Giulia de Alteriis (https://sciprofiles.com/profile/author/VjNUTjF6V1diSnFydlkzeXRkRzJSWGMydnhaV01ORExqS05PVml2OC85bz0=), Annamaria Colao (https://sciprofiles.com/profile/539706) and Silvia Savastano (https://sciprofiles.com/profile/534605)

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Abstract Growing evidence reported that vitamin D deficiency is a common finding in obesity. Vitamin D status also seems to be sex-related, although little is known regarding this association. Therefore, the aim of this study was to investigate the sex-related differences of serum 25OH **[...] Read more.**

(This article belongs to the Special Issue **Vitamin D and Obesity (/journal/nutrients/special_issues/VitaminD_Obesity)**)

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Open Access Article (/2072-6643/11/12/3033/pdf)

Exploring the Benefit of 2-Methylbutyric Acid in Patients Undergoing Hemodialysis Using a Cardiovascular Proteomics Approach (/2072-6643/11/12/3033)

by Ping-Hsun Wu (https://sciprofiles.com/profile/558258), Yi-Wen Chiu (https://sciprofiles.com/profile/1730722), Hsin-Bai Zou (https://sciprofiles.com/profile/author/bE5iUXp5V2poNWJyL3NoVWMvZjZwZXVpaXBoZzNkVVBYekQ5bnkzdWpyUT0=), Cheng-Chih Hsu (https://sciprofiles.com/profile/773820), Su-Chu Lee (https://sciprofiles.com/profile/author/aERXMkNvMFppZUYzbUFEcWdBV2pyVS8wTkJHNHp1Q3l4dnBxbXNKeWdCND0=), Yi-Ting Lin (https://sciprofiles.com/profile/558276), Yi-Chun Tsai (https://sciprofiles.com/profile/542844), Mei-Chuan Kuo (https://sciprofiles.com/profile/565591) and Shang-Jyh Hwang (https://sciprofiles.com/profile/563377)

Nutrients **2019**, *11*(12), 3033; https://doi.org/10.3390/nu11123033 (https://doi.org/10.3390/nu11123033) - 12 Dec 2019

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Abstract Short-chain fatty acids (SCFAs) can reduce pro-inflammatory parameters and oxidative stress, providing potential cardiovascular (CV) benefits. Although some evidence links SCFAs with host metabolic health via several biological mechanisms, the role of SCFA on CV disease in patients with kidney disease remains unclear. **[...] Read more.**

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Effects of Vitamin D Status and Supplements on Anthropometric and Biochemical Indices in a Clinical Setting: A Retrospective Study (/2072-6643/11/12/3032)

by Myriam Abboud (https://sciprofiles.com/profile/849648), Xiaoying Liu (https://sciprofiles.com/profile/910806), Flavia Fayet-Moore (https://sciprofiles.com/profile/69470), Kaye E. Brock (https://sciprofiles.com/profile/author/cnh5SUxwWVJ1ZURONlFhbzh1dzVoNU13akwya1RQank3NkRjaUc2Wk9YVT0=), Dimitrios Papandreou (https://sciprofiles.com/profile/576193), Tara C. Brennan-Speranza (https://sciprofiles.com/profile/1511643) and Rebecca S. Mason (https://sciprofiles.com/profile/892571)

Nutrients **2019**, *11*(12), 3032; https://doi.org/10.3390/nu11123032 (https://doi.org/10.3390/nu11123032) - 12 Dec 2019

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Abstract Context: Obesity and low vitamin D status are linked. It is not clear that weight loss through lifestyle intervention is influenced by vitamin D status. Objective: The aim of this study was to investigate the effect of baseline vitamin D status and vitamin **[...] Read more.**

(This article belongs to the Special Issue Calcium, Vitamin D and Health (/journal/nutrients/special_issues/calcium_vitaminD_health))

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Open Access Article (/2072-6643/11/12/3031/pdf)

Evaluation of a Novel Tool for Screening Inadequate Food Intake in Age-Related Macular Degeneration Patients (/2072-6643/11/12/3031)

by Diana Tang (https://sciprofiles.com/profile/883096), Paul Mitchell (https://sciprofiles.com/profile/author/aFNwWStUYkdVcU1ETWlrTlZQNC9kVGNWLy84NDV3NkpjL1FKQ1NwMTBSaz0=), Gerald Liew (https://sciprofiles.com/profile/author/ZVhNS0QxUkRQeXB0MnFLNzVkN095QmtLSUFqeHNjVG5RQzdjUVJrVG8zaz0=), George Burlutsky (https://sciprofiles.com/profile/author/WVpXYi90TTBnMWJJQ0l3VFpLbldMMkNodit1VXNVQnlVdFZYUmxzK1BTOD0=), Victoria Flood (https://sciprofiles.com/profile/191218) and Bamini Gopinath (https://sciprofiles.com/profile/885286)

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Abstract Diet assessment tools provide valuable nutrition information in research and clinical settings. With growing evidence supporting dietary modification to delay development and progression of age-related macular degeneration (AMD), an AMD-specific diet assessment tool could encourage eye-care practitioners to refer patients in need of **[...] Read more.**

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Open Access Article (/2072-6643/11/12/3030/pdf)

Social Support, but Not Perceived Food Environment, Is Associated with Diet Quality in French-Speaking Canadians from the PREDISE Study (/2072-6643/11/12/3030)

by Elise Carbonneau (https://sciprofiles.com/profile/235240), Benoît Lamarche (https://sciprofiles.com/profile/378057), Julie Robitaille (https://sciprofiles.com/profile/273241), Véronique Provencher (https://sciprofiles.com/profile/1825632), Sophie Desroches (https://sciprofiles.com/profile/author/VCtiUXppOTJRL2FlWWo4b0x0QjFJdUdXNGxnSDBTNXNsK0w0cTZLRVNnND0=), Marie-Claude Vohl (https://sciprofiles.com/profile/69159), Catherine Bégin (https://sciprofiles.com/profile/1275308), Mathieu Bélanger (https://sciprofiles.com/profile/author/TTdsYlFEZEQ4VUZJUUFlMWdNS3NYZEYzZCsrb1Q4UHRkL09HZmQxdGJlSmJEak5TNVVc
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,
Louise Corneau (https://sciprofiles.com/profile/206554) and Simone Lemieux (https://sciprofiles.com/profile/337471)

Nutrients **2019**, *11*(12), 3030; https://doi.org/10.3390/nu11123030 (https://doi.org/10.3390/nu11123030) - 12 Dec 2019

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Abstract The objectives were to assess whether social support for healthy eating and perceived food environment are associated with diet quality, and to investigate if sociodemographic characteristics moderate these associations. A probability sample of French-speaking adults from the Province of Québec, Canada, was recruited **[...] Read more.**

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Vegetarian Diet during Pregnancy Is Not Associated with Poorer Cognitive Performance in Children at Age 6–7 Years (/2072-6643/11/12/3029)

by Sarah R. Crozier (https://sciprofiles.com/profile/author/WXE0TzZlZWpGUFNRM29LeDJvZjdldnlqYXJHVml3OEhMVGU0UXU5aWVxVT0=), Keith M. Godfrey (https://sciprofiles.com/profile/431141), Philip C. Calder (https://sciprofiles.com/profile/51580), Sian M. Robinson (https://sciprofiles.com/profile/author/Q0YvcjBKU21UTzZtZkFoYzZ0YmhCTnozemlRMDlQNnVZTGdSL2t2S2dQdz0=), Hazel M. Inskip (https://sciprofiles.com/profile/1280176), Janis Baird (https://sciprofiles.com/profile/188948), Catharine R. Gale (https://sciprofiles.com/profile/author/N24zK1JMcGwwRXdqNDJQR0VrVFFNaDNWQnNUWTMyanduWkdOeXBnQ3N1TT0=), Cyrus Cooper (https://sciprofiles.com/profile/author/aVEwaVJVOVJQRWZoU3BlZzEwd0tZcXRFWE9jcExxVnJxRG1KUm9yQVE2bz0=), Charlene M. Sibbons (https://sciprofiles.com/profile/author/Q2VjMXptV3RkK0l1aVhJeVhPRHlBUHEzVHNET2x1K1ErZE9rUU1GMkUvTT0=), Helena L. Fisk (https://sciprofiles.com/profile/author/cERDZXU4enNEbEQvWnVLMS9MT1ZZTVdPdy9KQWdlYkJGaDlSd2l5Q0Rmaz0=) and Graham C. Burdge (https://sciprofiles.com/profile/120457)

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Abstract Compared with omnivorous mothers, vegetarian mothers have lower intakes of some nutrients required for neurological development. However, there is a lack of information about the impact of vegetarianism during pregnancy on subsequent cognitive function in children. The aim of this study was to **[...] Read more.**

(This article belongs to the Special Issue **Vegetarian, Vegan Diets and Human Health (/journal/nutrients/special_issues/Vegetarian_Vegan)**)

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Open Access Article (/2072-6643/11/12/3028/pdf)

If You Don't Eat Meat… You'll Die. A Mixed-Method Survey of Health-Professionals' Beliefs (/2072-6643/11/12/3028)

by Patrick McHugh (https://sciprofiles.com/profile/858668), Morgen Smith (https://sciprofiles.com/profile/author/bFRDcjVQS21TU1ZnTitBcFZTSHVNaENHRXR6S01lS3R1RktSZEJ6N2RzTT0=), Nicholas Wright (https://sciprofiles.com/profile/830638), Sarah Bush (https://sciprofiles.com/profile/author/d3RnRXNpcFhYT05QUUR3Y1lMLy9hMU5qT0tCWnhnbFhlcnhKN0xzbWpvST0=) and Sue Pullon (https://sciprofiles.com/profile/author/VEd2cXJudlRGK0pRZTVPYUZtaSsrU1lSa0lVQUZlak5kN1RaaWtic2hCQT0=)

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Abstract Despite an ever-increasing burden of non-communicable diseases and overwhelming evidence that good nutrition improves outcomes it is difficult to know whether this evidence is reaching the general population. The purpose of this study was to investigate whether health professionals in Tairāwhiti have sufficient **[...] Read more.**

(This article belongs to the Special Issue **Vegetarian, Vegan Diets and Human Health (/journal/nutrients/special_issues/Vegetarian_Vegan)**)

Open Access Article (/2072-6643/11/12/3027/pdf)

Diet Quality among Cancer Survivors and Participants without Cancer: A Population-Based, Cross-Sectional Study in the Atlantic Partnership for Tomorrow's Health Project (/2072-6643/11/12/3027)

by Qianqian Gu (https://sciprofiles.com/profile/885032), Trevor B. J. Dummer (https://sciprofiles.com/profile/328697), John J. Spinelli (https://sciprofiles.com/profile/879412) and Rachel A. Murphy (https://sciprofiles.com/profile/140894)

Nutrients **2019**, *11*(12), 3027; https://doi.org/10.3390/nu11123027 (https://doi.org/10.3390/nu11123027) - 11 Dec 2019

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Abstract Cancer survivors are encouraged to have a healthy lifestyle to reduce health risks and improve survival. An understanding of health behaviors, such as diet, is also important for informing post-diagnosis support. We investigated the diet quality of cancer survivors relative to participants without **[...] Read more.**

(This article belongs to the Special Issue **Nutrition and Cancer: From Prevention to Survivorship (/journal/nutrients/special_issues/nutrtion_cancer_prevention_survivorship)**)

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Open Access Article (/2072-6643/11/12/3026/pdf)

Association between Depressive Symptoms and Food Insecurity among Indonesian Adults: Results from the 2007–2014 Indonesia Family Life Survey (/2072-6643/11/12/3026)

by Emyr Reisha Isaura (https://sciprofiles.com/profile/357305), Yang-Ching Chen (https://sciprofiles.com/profile/811091), Annis Catur Adi (https://sciprofiles.com/profile/author/Q1NucUlsODFKd04yRnBrK1BRVjl4TFhFNHJ5Rkt6MXBoQXRlVkw2NU5ERT0=), Hsien-Yu Fan (https://sciprofiles.com/profile/880134), Chung-Yi Li (https://sciprofiles.com/profile/101257) and Shwu-Huey Yang (https://sciprofiles.com/profile/359369)

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Abstract Background: Depressive symptoms and food insecurity are two of the public health concerns in developing countries. Food insecurity is linked to several chronic diseases, while little is known about the association between food insecurity and depressive symptoms among adults. A person with limited **[...] Read more.**

(This article belongs to the Special Issue **Nutrition and Fitness: Mental Health (/journal/nutrients/special_issues/nutrition_mental)**)

Open Access Article **(/2072-6643/11/12/3025/pdf)**

Why Do Children in Slums Suffer from Anemia, Iron, Zinc, and Vitamin A Deficiency? Results from a Birth Cohort Study in Dhaka (/2072-6643/11/12/3025)

by **Mustafa Mahfuz (https://sciprofiles.com/profile/886533)**, **Laura E. Murray-Kolb (https://sciprofiles.com/profile/432942)**, **S. M. Tafsir Hasan (https://sciprofiles.com/profile/909590)**, **Subhasish Das (https://sciprofiles.com/profile/814842)**, **Shah Mohammad Fahim (https://sciprofiles.com/profile/author/WTJrUUp0cGtmODIveTBuK3ZONkRnNnp6bjhYUjZ6d0NSM2tRaW9jMzJSdz0=)**, **Mohammed Ashraful Alam (https://sciprofiles.com/profile/881788)**, **Laura Caulfield (https://sciprofiles.com/profile/1423894)** and **Tahmeed Ahmed (https://sciprofiles.com/profile/author/WTQzV3M3dW9YUGZQeWVFUm9PaDZnck1DTGxPSTNFRngwYVJJZHZjSVRRND0=)**

Nutrients **2019**, *11*(12), 3025; **https://doi.org/10.3390/nu11123025 (https://doi.org/10.3390/nu11123025)** - 11 Dec 2019
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Abstract Considering the high burden of micronutrient deficiencies in Bangladeshi children, this analysis aimed to identify the factors associated with micronutrient deficiencies and association of plasma micronutrient concentration trajectories from 7 to 24 months with the concentrations at 60 months of age. Plasma samples **[...] Read more.**

(This article belongs to the Section **Micronutrients and Human Health (/journal/nutrients/sections/Micronutrients_Human_Health)**)

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Open Access Article **(/2072-6643/11/12/3024/pdf)**

Variability of Water-Soluble Forms of Choline Concentrations in Human Milk during Storage, after Pasteurization, and among Women (/2072-6643/11/12/3024)

by **Sara Moukarzel (https://sciprofiles.com/profile/235336)**, **Alejandra M. Wiedeman (https://sciprofiles.com/profile/385929)**, **Lynda S. Soberanes (https://sciprofiles.com/profile/author/cjhydVdKYi9xNmV0d1dxRzFKdiszdlgzcmMxblA4cHVEVE5GSSt6K1djZz0=)**, **Roger A. Dyer (https://sciprofiles.com/profile/402796)**, **Sheila M. Innis (https://sciprofiles.com/profile/author/L0ICM3BwNElqTGl0VTM2eFVzdHNCZzl1RHFpK0ZZd0orUHdvc0FPc1pBND0=)** and **Yvonne Lamers (https://sciprofiles.com/profile/193321)**

Nutrients **2019**, *11*(12), 3024; **https://doi.org/10.3390/nu11123024 (https://doi.org/10.3390/nu11123024)** - 11 Dec 2019
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Abstract Choline is critical for infant development and mother's milk is the sole source of choline for fully breastfed infants until six months of age. Human milk choline consists to 85% of water-soluble forms of choline including free choline (FC), phosphocholine (PhosC), and glycerophosphocholine **[...] Read more.**

(This article belongs to the Special Issue **Human Milk and Lactation (/journal/nutrients/special_issues/Human_Milk_Lactation)**)

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Open Access Article **(/2072-6643/11/12/3023/pdf)**

Ellagic Acid Inhibits Extracellular Acidity-Induced Invasiveness and Expression of COX1, COX2, Snail, Twist 1, and c-myc in Gastric Carcinoma Cells (/2072-6643/11/12/3023)

by **Sung-Chul Lim (https://sciprofiles.com/profile/883104)**, **Hyoin Hwang (https://sciprofiles.com/profile/author/YTBySEtsL1cyMTUwcUxhZDJpUjJ5dnNSazBFUXpuSGkvNE9vejRhQytxST0=)** and **Song Iy Han (https://sciprofiles.com/profile/881367)**

Nutrients **2019**, *11*(12), 3023; **https://doi.org/10.3390/nu11123023 (https://doi.org/10.3390/nu11123023)** - 10 Dec 2019
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Abstract Extracellular acidity has been implicated in enhanced malignancy and metastatic features in various cancer cells. Gastric cancer cell lines (AGS and SNU601) maintained in an acidic medium have increased motility and invasiveness. In this study, we investigated the effect of ellagic acid, a **[...] Read more.**

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Open Access Article (/2072-6643/11/12/3022/pdf) (/toggle_desktop_layout_cookie)

The Acute and Chronic Cognitive and Cerebral Blood-Flow Effects of Nepalese Pepper (*Zanthoxylum armatum* DC.) Extract—A Randomized, Double-Blind, Placebo-Controlled Study in Healthy Humans (/2072-6643/11/12/3022)

by David Kennedy (https://sciprofiles.com/profile/143690), Emma Wightman (https://sciprofiles.com/profile/338804), Julie Khan (https://sciprofiles.com/profile/917970), Torsten Grothe (https://sciprofiles.com/profile/author/T0tUdGR5a2JDQ1gzUTNBcEkzYm5VSmdNM2hRdGNOTlVTK2gzODh3dU5BUT0=) and Philippa Jackson (https://sciprofiles.com/profile/144972)

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Abstract *Background*: *Zanthoxylum armatum* DC. (ZA) is a traditional Asian culinary spice and medicinal compound, which is rich in monoterpenes and hydroxy α-sanshool. Mechanistic interactions with the monoamine, cholinergic and cannabinoid neurotransmission systems, as well as transient receptor potential (TRP) and potassium ion **[...] Read more.**

(This article belongs to the Special Issue **Benefits of Dietary Phytochemicals (/journal/nutrients/special_issues/Benefits_Dietary_Phytochemicals)**)

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Open Access Erratum (/2072-6643/11/12/3021/pdf)

Erratum: Dietary Patterns and Cardiovascular Risk Factors in Spanish Adolescents: A Cross-Sectional Analysis of the SI! Program for Health Promotion in Secondary Schools; *Nutrients* 2019, *11*, 2297 (/2072-6643/11/12/3021)

by Patricia Bodega (https://sciprofiles.com/profile/817847), Juan Miguel Fernández-Alvira (https://sciprofiles.com/profile/813984), Gloria Santos-Beneit (https://sciprofiles.com/profile/author/bmJGSHdEVWJ2M2lLZFpWckZOaWdMRTdZM0M2eVhKUzM1cUhKcTlvejFacz0=), Amaya de Cos-Gandoy (https://sciprofiles.com/profile/841922), Rodrigo Fernández-Jiménez (https://sciprofiles.com/profile/author/K3lCZlplYm5CTnI5Y1pJMk1oUTVhZjF2MWl0UlhhSjlsQjc1Zk5Qak1zWT0=), Luis Alberto Moreno (https://sciprofiles.com/profile/120733), Mercedes de Miguel (https://sciprofiles.com/profile/author/V2diMEhuRzMvNEhuZ2RtSWhKSVZEWThmVlFUSjJuTUF5dC9QK0JHTGZ1TT0=), Vanesa Carral (https://sciprofiles.com/profile/author/SHVadFZydDJaQi9rd0NaUmpVdU1zYTN2elppdnNwU0N6WHUwMU1lNmhYMD0=), Xavier Orrit (https://sciprofiles.com/profile/author/YTMyNU03elVHNTFhVGllSnBjZE1VaVcxd2RhY1R4Nk9GWndrdWhrMDhOYz0=), Isabel Carvajal (https://sciprofiles.com/profile/author/MFZNdXdiMHRFSUt1cS9tRTZQNVRxRW13K3B2MUU1ZEVsamRTZGNHd1ZVbz0=), Carolina E. Storniolo (https://sciprofiles.com/profile/777584), Anna Tresserra-Rimbau (https://sciprofiles.com/profile/853941), Mónica Doménech (https://sciprofiles.com/profile/679952), Ramón Estruch (https://sciprofiles.com/profile/522161), Rosa María Lamuela-Raventós (https://sciprofiles.com/profile/104969) and Valentín Fuster (https://sciprofiles.com/profile/author/OEpUMXNGSE5zdTVPRjRqb3pjYjF3QT09)

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Abstract The authors have requested that the following changes be made to their paper [...] **Full article (/2072-6643/11/12/3021)**

Open Access Article (/2072-6643/11/12/3020/pdf)

Snack Portion Sizes for Preschool Children Are Predicted by Caregiver Portion Size, Caregiver Feeding Practices and Children's Eating Traits (/2072-6643/11/12/3020)

by Sophie Reale (https://sciprofiles.com/profile/514926), Rebecca M. Simpson (https://sciprofiles.com/profile/author/MnlnQ0U5emZkYWc5TGx0cmRCV1FDZ0xhTC9ldGRYQXE0L3ZMSGpsZW40VT0=), Colette Marr (https://sciprofiles.com/profile/author/NXZMQ0lLWVc2VXo5VkYycHZwYVBVNngybSs1RzRrQVJOZG9kc1pFQnhTWT0=), Sharon A. Carstairs (https://sciprofiles.com/profile/546628), Joanne E. Cecil (https://sciprofiles.com/profile/547565), Marion M. Hetherington (https://sciprofiles.com/profile/497768) and Samantha J. Caton (https://sciprofiles.com/profile/515694)

Nutrients **2019**, *11*(12), 3020; https://doi.org/10.3390/nu11123020 (https://doi.org/10.3390/nu11123020) - 10 Dec 2019

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Abstract Caregivers are mostly responsible for the foods young children consume; however, it is unknown how caregivers determine what portion sizes to serve. This study examined factors which predict smaller or larger than recommended snack portion sizes in an online survey. Caregivers of children **[...] Read more.**

(This article belongs to the Special Issue **The Portion Size Effect and Strategies for Portion Control (/journal/nutrients/special_issues/portion_size_2019)**)

Open Access Article (/2072-6643/11/12/3019/pdf)

Vitamin B12 Deficiency Is Prevalent Among Czech Vegans Who Do Not Use Vitamin B12 Supplements (/2072-6643/11/12/3019)

by **Eliška Selinger (https://sciprofiles.com/profile/author/UGRWYUxjM0lxckRkeXZ1ZmRxZmoyOUsrUmVseHpUaTFEcnZyK3FxTWxRMD0=)**, **Tilman Kühn (https://sciprofiles.com/profile/618839)**, **Magdalena Procházková (https://sciprofiles.com/profile/author/WjhYcnhOZnhhUlY1YlpqcFBjRHd6SmltSjM2S0pQQlR5UTFMZlcrZjRuaz0=)**, **Michal Anděl (https://sciprofiles.com/profile/author/aG1URmlDbGNRcy9CSFA4OW4vTVdWYXhNYVhYLzdyVmt3dlZFQ3huNHJ0dz0=)** and **Jan Gojda (https://sciprofiles.com/profile/858372)**

Nutrients **2019**, *11*(12), 3019; **https://doi.org/10.3390/nu11123019 (https://doi.org/10.3390/nu11123019)** - 10 Dec 2019

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Abstract As not much is known about the prevalence and predictors of nutritional deficiencies among vegans in the Czech Republic, we evaluated whether supplement use and duration of adherence to the vegan diet are associated with the risk of cobalamin and iron deficiencies. Associations **[...] Read more.**

(This article belongs to the Special Issue **Vegetarian, Vegan Diets and Human Health (/journal/nutrients/special_issues/Vegetarian_Vegan)**)

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Open Access Article (/2072-6643/11/12/3018/pdf)

Comparison and Characterization of Prenatal Nutrition Counseling among Large-for-Gestational Age Deliveries by Pre-Pregnancy BMI (/2072-6643/11/12/3018)

by **Kiley B. Vander Wyst (https://sciprofiles.com/profile/author/dkV3TFhJQ256dEhqTTUrUGljOWJva2l2Z1pBc1VRWUJ3Szc2QmtacW81Yz0=)**, **Guadalupe Quintana (https://sciprofiles.com/profile/author/NVhHVFNGOHp0MkxVQ1hDRWY0ZWhMdG41RkNYRGFSZngwZldOOWtkSHJpST0=)**, **James Balducci (https://sciprofiles.com/profile/author/RFdlenZvOVllWVRUR0JldlRSQzgwU2d4aDZOYnFla2NqTjZOYnhXa01Ddz0=)** and **Corrie M. Whisner (https://sciprofiles.com/profile/202453)**

Nutrients **2019**, *11*(12), 3018; **https://doi.org/10.3390/nu11123018 (https://doi.org/10.3390/nu11123018)** - 10 Dec 2019

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Abstract It is recommended that prenatal care include nutrition counseling; however, <70% of women report receipt of nutrition counseling during pregnancy. In this study, we aimed to characterize prenatal nutrition counseling (PNC) among large-for-gestational age deliveries at a low-income and minority-serving hospital by performing **[...] Read more.**

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Open Access Review (/2072-6643/11/12/3017/pdf)

Carbohydrate Intake in the Context of Exercise in People with Type 1 Diabetes (/2072-6643/11/12/3017)

by **Sam Scott (https://sciprofiles.com/profile/695059)**, **Patrick Kempf (https://sciprofiles.com/profile/author/bEdEbmc3dlYxakoxWnBhNzJNMTR1dlBWMHlyQkY0V0FjTzN2Wlo1SGZBZz0=)**, **Lia Bally (https://sciprofiles.com/profile/237887)** and **Christoph Stettler (https://sciprofiles.com/profile/891182)**

Nutrients **2019**, *11*(12), 3017; **https://doi.org/10.3390/nu11123017 (https://doi.org/10.3390/nu11123017)** - 10 Dec 2019

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Abstract Although the benefits of regular exercise on cardiovascular risk factors are well established for people with type 1 diabetes (T1D), glycemic control remains a challenge during exercise. Carbohydrate consumption to fuel the exercise bout and/or for hypoglycemia prevention is an important cornerstone to **[...] Read more.**

(This article belongs to the Special Issue **Diet and Exercise in Type 1 Diabetes (/journal/nutrients/special_issues/Diet_Exercise_Diabetes)**)

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Open Access Article (/2072-6643/11/12/3016/pdf)

A Comparison of Dietary Protein Digestibility, Based on DIAAS Scoring, in Vegetarian and Non-Vegetarian Athletes (/2072-6643/11/12/3016)

by **Corinne Ciuris (https://sciprofiles.com/profile/author/NGkySFFTaTNSdVRFSjMxTEU4QlZTKzU0QVFkVFU2bnhSVWp0VnZEYWE0OD0=)**, **Heidi M. Lynch (https://sciprofiles.com/profile/552650)**, **Christopher Wharton (https://sciprofiles.com/profile/832556)** and **Carol S. Johnston (https://sciprofiles.com/profile/40967)**

Nutrients **2019**, *11*(12), 3016; **https://doi.org/10.3390/nu11123016 (https://doi.org/10.3390/nu11123016)** - 10 Dec 2019

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Abstract Vegetarian diets provide an abundance of nutrients when carefully planned. However, vegetarian diets may have lower protein quality compared to omnivorous diets, a reflection of less favorable amino acid profiles and bioavailability. Hence, the current recommended dietary allowance for protein may not be **[...] Read more.**

(This article belongs to the Special Issue **Vegetarian, Vegan Diets and Human Health (/journal/nutrients/special_issues/Vegetarian_Vegan)**)

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Open Access Article **(/2072-6643/11/12/3015/pdf)**

Weight Gain and *De Novo* Metabolic Disorders after Liver Transplantation (/2072-6643/11/12/3015)

by **Barbara Lattanzi (https://sciprofiles.com/profile/885705)**, **Daria D'Ambrosio (https://sciprofiles.com/profile/author/eWxWdlZkNmR3RjQwR3hpZjVwdWRaNDJNSGZWK3Q1Y2thTGg0U2dhUU50Zz0=)**, **Daniele Tavano (https://sciprofiles.com/profile/author/OWZiM0xPV0xKVTRhaGdxdC9teDhXbHhuZ2hZNkVLYVlyeUFuRlBPTG1mST0=)**, **Demis Pitoni (https://sciprofiles.com/profile/926979)**, **Gianluca Mennini (https://sciprofiles.com/profile/author/SUhqbDd4TUxvTjl2YUFkQ3dyUW5pWDJNNGJ2SXBJeGxsZDE3RVFLSXV2az0=)**, **Stefano Ginanni Corradini (https://sciprofiles.com/profile/1659087)**, **Massimo Rossi (https://sciprofiles.com/profile/author/aVB5UUEwNVRQdUJHRGRZMU56MWhWT2ljak4xN3ZhSlJud3N4MlRvbTFSWT0=)** and **Manuela Merli (https://sciprofiles.com/profile/589720)**

Nutrients **2019**, *11*(12), 3015; **https://doi.org/10.3390/nu11123015 (https://doi.org/10.3390/nu11123015)** - 10 Dec 2019

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Abstract The development of nutritional and metabolic abnormalities represents an important burden in patients after liver transplantation (LT). Our study aimed at evaluating the incidence, time of onset, and risk factors for nutritional and metabolic abnormalities in patients after LT. The study was a **[...] Read more.**

(This article belongs to the Special Issue **Nutrition in Liver Cirrhosis and Liver Transplantation (/journal/nutrients/special_issues/Nutrition_Cirrhosis_Liver_Transplantation)**)

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Open Access Article **(/2072-6643/11/12/3014/pdf)**

Effect of Fibre-Enriched Orange Juice on Postprandial Glycaemic Response and Satiety in Healthy Individuals: An Acute, Randomised, Placebo-Controlled, Double-Blind, Crossover Study (/2072-6643/11/12/3014)

by **Neus Bosch-Sierra (https://sciprofiles.com/profile/author/Q2NlWHRxUmEwQXpHL243bGwwVzN2SmtBbjlMeWJxK2d1dkpmZG5kd2tORT0=)**, **Roger Marqués-Cardete (https://sciprofiles.com/profile/author/dTBrRGxFaXkrNVluVkwvQkh6akxDVzJpZW5ZaXJOVENzbHJGTGhoKzA3WT0=)**, **Aránzazu Gurrea-Martínez (https://sciprofiles.com/profile/author/NDhQdVdhbDlJVUVYV2FRYTM0Tm5wNnZhVFBWcmNZc2FnZFZGYXN3YXBLdz0=**, **Carmen Grau-Del Valle (https://sciprofiles.com/profile/author/am5KeXVrdHd0RnJlbE9hQVBUanZma1RVY1JFT2Y0aGRWdEdxYU9WWjQ5VT0=)**, **Clara Talens (https://sciprofiles.com/profile/1095041)**, **Saioa Alvarez-Sabatel (https://sciprofiles.com/profile/author/aFhJZ0J1TXRSaDhtUkRKbzVqSXFQd2VBdEcvV0c3S0VEa044L1J4UFlvcz0=)**, **Carlos Bald (https://sciprofiles.com/profile/1482363)**, **Carlos Morillas (https://sciprofiles.com/profile/1258501)**, **Antonio Hernández-Mijares (https://sciprofiles.com/profile/363025)** and **Celia Bañuls (https://sciprofiles.com/profile/707567)**

Nutrients **2019**, *11*(12), 3014; **https://doi.org/10.3390/nu11123014 (https://doi.org/10.3390/nu11123014)** - 10 Dec 2019

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Abstract *Background*: Consumption of fibre-enriched orange juice may be an appropriate way to supplement daily fibre intake and achieve beneficial effects on metabolic health. The present study aimed to assess the short-term effects of fibre-enriched orange juice on postprandial metabolism and satiety in **[...] Read more.**

(This article belongs to the Special Issue **Food and Nutrients with the Potential to Influence Appetite and Food Intake in Humans (/journal/nutrients/special_issues/Appetite_2019)**)

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Open Access Editorial **(/2072-6643/11/12/3013/pdf)**

Nutritional Management of Gastrointestinal Diseases and Disorders (/2072-6643/11/12/3013)

by **Maggy El-Salhy (https://sciprofiles.com/profile/545021)**

Nutrients **2019**, *11*(12), 3013; **https://doi.org/10.3390/nu11123013 (https://doi.org/10.3390/nu11123013)** - 10 Dec 2019

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Abstract Diet not only provides the nutrition necessary for energy and body growth and repair, but also affects and regulates several important functions of the body [...] **Full article (/2072-6643/11/12/3013)**

(This article belongs to the Special Issue **Nutritional Management of Gastrointestinal Diseases and Disorders (/journal/nutrients/special_issues/Gastrointestinal_Diseases_Disorders)**)

Open Access Article (/2072-6643/11/12/3012/pdf)

Increased Adiposity Enhances the Accumulation of MDSCs in the Tumor Microenvironment and Adipose Tissue of Pancreatic Tumor-Bearing Mice and in Immune Organs of Tumor-Free Hosts (/2072-6643/11/12/3012)

by **William J. Turbitt (https://sciprofiles.com/profile/author/ZSsrNzBUcG9WRUgrTkVXL3duRUJ6YXM5ck5DQUt2WnRTU1NoV0xaQUEvZz0=)**, **Shawntawnee D. Collins (https://sciprofiles.com/profile/author/VWkxYUxMbWlyd1JyWDErOUdhNXRSZWNtZ0VqaFZoTy9YczlRdFZrQ29QRT0=)**, **Huicui Meng (https://sciprofiles.com/profile/1341278)** and **Connie J. Rogers (https://sciprofiles.com/profile/850086)**

Nutrients **2019**, *11*(12), 3012; **https://doi.org/10.3390/nu11123012 (https://doi.org/10.3390/nu11123012)** - 10 Dec 2019

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Abstract Obesity is associated with increased risk and reduced survival for many types of cancer. Increasing adiposity may affect the balance between immunosuppressive and antitumor mechanisms critical for dictating cancer progression or remission. The goal of the current study was to determine if increased **[...] Read more.**

(This article belongs to the Special Issue **Important Aspects of Nutrition in Children with Cancer (/journal/nutrients/special_issues/Important_Aspects_of_Nutrition_in_Children_with_Cancer)**)

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Open Access Article (/2072-6643/11/12/3011/pdf)

Effect of Short-Term Dietary Intervention and Probiotic Mix Supplementation on the Gut Microbiota of Elderly Obese Women (/2072-6643/11/12/3011)

by **Raffaella Cancello (https://sciprofiles.com/profile/857887)**, **Silvia Turroni (https://sciprofiles.com/profile/530107)**, **Simone Rampelli (https://sciprofiles.com/profile/668934)**, **Stefania Cattaldo (https://sciprofiles.com/profile/author/ZExwUU5aL1lDTWVkMjNXSEZYeEVCNTVaSnJkUFVMdmRDZEJYd1NKcWpSTT0=)**, **Marco Candela (https://sciprofiles.com/profile/793651)**, **Laila Cattani (https://sciprofiles.com/profile/author/SzhEZ3ExdStGSVlpRkNmRitPYzNVRmUxR1NXVC9ZQU9ydGYxZko5WEhPaz0=)**, **Stefania Mai (https://sciprofiles.com/profile/249577)**, **Roberta Vietti (https://sciprofiles.com/profile/author/T2JpZmNzYWJmN3VVSXFObEJjRlU1Z01DRWxKZjYwL1Q3Z09BVzYzbG5obz0=)**, **Massimo Scacchi (https://sciprofiles.com/profile/858561)**, **Patrizia Brigidi (https://sciprofiles.com/profile/author/eG1uSkZPNXE1Y3ZUaVFzaGhYYzdOeUhEazZzaUNjQWQ5SzJuMGViSlBhND0=)** and **Cecilia Invitti (https://sciprofiles.com/profile/1230602)**

Nutrients **2019**, *11*(12), 3011; **https://doi.org/10.3390/nu11123011 (https://doi.org/10.3390/nu11123011)** - 10 Dec 2019

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Abstract Accumulating literature is providing evidence that the gut microbiota is involved in metabolic disorders, but the question of how to effectively modulate it to restore homeostasis, especially in the elderly, is still under debate. In this study, we profiled the intestinal microbiota of **[...] Read more.**

(This article belongs to the Special Issue **Dietary Compounds Impact on Human Gut Microbiome and Gut Health (/journal/nutrients/special_issues/Dietary_Compounds_Impact)**)

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Open Access Article (/2072-6643/11/12/3010/pdf)

Association between Dietary Intake and Autistic Traits in Japanese Working Adults: Findings from the Eating Habit and Well-Being Study (/2072-6643/11/12/3010)

by **Mieko Nakamura (https://sciprofiles.com/profile/679608)**, **Tomomi Nagahata (https://sciprofiles.com/profile/author/REUrU1JZcFZHQkRrRDFCdGF6dUdUMSs1YjBVSXNhYWplRm9hKzl2VFprST0=)**, **Ayako Miura (https://sciprofiles.com/profile/author/dGQ3TUdkWlNEQ0lsMEpFOHVQamRWMDNlWC9ibTVSaDBFRWpYMXFDaUd6VT0=)**, **Eisaku Okada (https://sciprofiles.com/profile/author/dTBjbXlreFZxdk1vQ3JHMDM0YldlYVhTTHBpM05JL01ac0p1aDJOTlVtQT0=)**,

Yosuke Shibata (https://sciprofiles.com/profile/author/aXNiZ0JybTh1SnMrL0JPbnNRQnJUUlFDL0huYXhsZU1kTkRGRENoSVV1dz0=) and Toshiyuki Ojima (https://sciprofiles.com/profile/440161)

Nutrients **2019**, *11*(12), 3010; https://doi.org/10.3390/nu11123010 (https://doi.org/10.3390/nu11123010) - 09 Dec 2019

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Abstract "Autistic traits" include a wide range of severity levels. They are often subclinical, and widely distributed in the general population. It is possible that food selectivity due to hyper- or hypo-reactivity to smell or texture, an autistic feature, may result in inadequate nutrient **[...] Read more.**

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Open Access Article

(/2072-6643/11/12/3009/pdf)

Maternal Decisions on Portion Size and Portion Control Strategies for Snacks in Preschool Children (/2072-6643/11/12/3009)

by Sophie Reale (https://sciprofiles.com/profile/514926), Colette Marr (https://sciprofiles.com/profile/author/NXZMQ0lLWVc2VXo5VkYycHZwYVBVNngybSs1RzRrQVJOZG9kc1pFQnhTWT0=), Joanne E. Cecil (https://sciprofiles.com/profile/547565), Marion M. Hetherington (https://sciprofiles.com/profile/497768) and Samantha J. Caton (https://sciprofiles.com/profile/515694)

Nutrients **2019**, *11*(12), 3009; https://doi.org/10.3390/nu11123009 (https://doi.org/10.3390/nu11123009) - 09 Dec 2019

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Abstract Caregivers are responsible for the type and amount of food young children are served. However, it remains unclear what considerations caregivers make when serving snacks to children. The aim of the study was to explore mothers' decisions and portion control strategies during snack **[...] Read more.**

(This article belongs to the Special Issue **The Portion Size Effect and Strategies for Portion Control** (/journal/nutrients/special_issues/portion_size_2019))

Open Access Article

(/2072-6643/11/12/3008/pdf)

Sex- and Age-Related Differences in the Contribution of Ultrasound-Measured Visceral and Subcutaneous Abdominal Fat to Fatty Liver Index in Overweight and Obese Caucasian Adults (/2072-6643/11/12/3008)

by Alessandro Leone (https://sciprofiles.com/profile/113737), Alberto Battezzati (https://sciprofiles.com/profile/875816), Giorgio Bedogni (https://sciprofiles.com/profile/author/TzVUbjhNaHZnYVZnRTQ5STlsbkRyT2FhOUJDeloraXdwbXhHeHYxQVdLbz0=), Laila Vignati (https://sciprofiles.com/profile/author/Z0VNa1BlRktLZFNkT3NEN1VWdkdmUFBZSHNibFEzMUgvU0FPdVFvZnlIUT0=), Angelo Vanzulli (https://sciprofiles.com/profile/877926), Ramona De Amicis (https://sciprofiles.com/profile/323571), Andrea Foppiani (https://sciprofiles.com/profile/687206) and Simona Bertoli (https://sciprofiles.com/profile/507584)

Nutrients **2019**, *11*(12), 3008; https://doi.org/10.3390/nu11123008 (https://doi.org/10.3390/nu11123008) - 09 Dec 2019

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Abstract Differences in body fat distribution may be a reason for the sex-, age-, and ethnicity-related differences in the prevalence of fatty liver disease (FL). This study aimed to evaluate the sex- and age-related differences in the contribution of visceral (VAT) and subcutaneous (SAT) **[...] Read more.**

(This article belongs to the Special Issue **Effects of Diet and Active Compounds on Non-alcoholic Fatty Liver Disease** (/journal/nutrients/special_issues/diet_active_compounds_NAFLD))

Open Access Article

(/2072-6643/11/12/3007/pdf)

Exclusive Breastfeeding Rates and Associated Factors in 13 "Economic Community of West African States" (ECOWAS) Countries (/2072-6643/11/12/3007)

by Kingsley Emwinyore Agho (https://sciprofiles.com/profile/183784), Osita Kingsley Ezeh (https://sciprofiles.com/profile/80394), Pramesh Raj Ghimire (https://sciprofiles.com/profile/298041), Osuagwu Levi Uchechukwu (https://sciprofiles.com/profile/924680), Garry John Stevens (https://sciprofiles.com/profile/author/VGg3VnpKUUtyWkNmbEgzVGpOblU0czZHZmlaL3BaYW1KQWJaQVYvanpjUT0=), Wadad Kathy Tannous (https://sciprofiles.com/profile/226993), Catharine Fleming (https://sciprofiles.com/profile/909680), Felix Akpojene Ogbo (https://sciprofiles.com/profile/731154) and Global Maternal and Child Health Research collaboration (GloMACH) (/search?authors=Global%20Maternal%20and%20Child%20Health%20Research%20collaboration%20%28GloMACH%29&orcid=)

Nutrients **2019**, *11*(12), 3007; https://doi.org/10.3390/nu11123007 (https://doi.org/10.3390/nu11123007) - 09 Dec 2019

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Abstract Exclusive breastfeeding (EBF) has important protective effects on child survival and also increases the growth and development of infants. This paper examined EBF rates and associated factors in 13 "Economic Community of West African States" (ECOWAS) countries. A weighted sample of 19,735 infants **[...] Read more.**

(This article belongs to the Special Issue **Breastfeeding: Short and Long-Term Benefits to Baby and Mother** (/journal/nutrients/special_issues/breastfeeding_baby_mother))

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(/2072-6643/11/12/3006/pdf)

Effect of Low-Protein Diet and Inulin on Microbiota and Clinical Parameters in Patients with Chronic Kidney Disease (/2072-6643/11/12/3006)

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Abstract Introduction: The gut microbiota has coevolved with humans for a mutually beneficial coexistence and plays an important role in health and disease. A dysbiotic gut microbiome may contribute to progression to chronic kidney disease (CKD) and CKD-related complications such as cardiovascular disease. Microbiota **[...] Read more.**

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High Oleic Acid Peanut Oil and Extra Virgin Olive Oil Supplementation Attenuate Metabolic Syndrome in Rats by Modulating the Gut Microbiota (/2072-6643/11/12/3005)

by Zhihao Zhao (https://sciprofiles.com/profile/author/end2ak96cTM5K3lxOTRhT3JYNmw3OFRtTWtpSnRaYVdra3RFa2drWElUST0=), Aimin Shi (https://sciprofiles.com/profile/author/RnJqV0hlaWJHZHhicFRrbWRVZGNOd1pWME9NT1FoWjBFQUVrcWx4d1J2TT0=), Qiang Wang (https://sciprofiles.com/profile/169786) and Jinrong Zhou (https://sciprofiles.com/profile/1114539)

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Abstract Unhealthy dietary patterns are important risk factors for metabolic syndrome (MS), which is associated with gut microbiota disorder. High oleic acid peanut oil (HOPO) and extra virgin olive oil (EVOO), considered as healthy dietary oil, are rich in oleic acid and bioactive phytochemicals, **[...] Read more.**

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The Effect of Hops (*Humulus lupulus* L.) Extract Supplementation on Weight Gain, Adiposity and Intestinal Function in Ovariectomized Mice (/2072-6643/11/12/3004)

by Alison K. Hamm (https://sciprofiles.com/profile/888739), Daniel K. Manter (https://sciprofiles.com/profile/author/TU1TWUw5eDN4SkhpOE4vVUpLOUgxMHBDTXpxWHk5NTNZbEtOUjFScHJuST0=), Jay S. Kirkwood (https://sciprofiles.com/profile/757011), Lisa M. Wolfe (https://sciprofiles.com/profile/513154), Kimberly Cox-York (https://sciprofiles.com/profile/873069) and Tiffany L. Weir (https://sciprofiles.com/profile/621921)

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Abstract Estrogen decline during menopause is associated with altered metabolism, weight gain and increased risk of cardiometabolic diseases. The gut microbiota also plays a role in the development of cardiometabolic dysfunction and is also subject to changes associated with age-related hormone changes. Phytoestrogens are **[...] Read more.**

(This article belongs to the Special Issue **Dietary Compounds Impact on Human Gut Microbiome and Gut Health** (/journal/nutrients/special_issues/Dietary_Compounds_Impact))

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Association between Depressive Symptoms and Food Insecurity among Indonesian Adults: Results from the 2007–2014 Indonesia Family Life Survey

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Abstract: Background: Depressive symptoms and food insecurity are two of the public health concerns in developing countries. Food insecurity is linked to several chronic diseases, while little is known about the association between food insecurity and depressive symptoms among adults. A person with limited or uncertain availability or access to nutritionally sufficient, socially relevant, and safe foods is defined as a food-insecure person. Materials and methods: Data were obtained from 8613 adults who participated in the Indonesia Family Life Survey (IFLS) in 2007 and 2014. The 10 items of the food frequency questionnaire (FFQ) were used in food consumption score analysis to assess food insecurity based on the concept of the World Food Program (WFP). Depressive symptoms were assessed using 10 items of the self-reported Center for Epidemiologic Studies Depression (CES-D) questionnaire. A linear and multiple logistic regression model with a generalized estimating equation was used to test the hypothesis while accounting for the health behaviors and sociodemographic characteristics. Results: Food consumption score was negatively associated with CES-D 10 score (β-coefficients: -9.71×10^{-3} to -1.06×10^{-2}; 95% CIs: -7.46×10^{-3} to -1.26×10^{-2}). The borderline and poor food consumption group was positively associated with the depressive symptoms, both in the unadjusted and adjusted models (exponentiated β-coefficients: 1.13 to 1.18; 95% CIs: 1.06 to 1.28). Conclusions: Depressive symptoms were positively significantly associated with food insecurity. Thus, health professionals must be aware of the issue, and should consider health and nutrition programs for adults at risk of food insecurity.

Keywords: depressive symptoms; food insecurity; nutrition; adults; generalized estimating equation

1. Introduction

Depression is a public health problem, associated with adverse mental health, such as suicidal ideation and mortality [1]. Depression is defined as a wide range of mental health problems associated with the negative effect presence, low mood, and emotional, cognitive, physical, and behavioral symptoms [2]. Depression is also a pervasive mental disorder globally that affects all ages [3]. In 2012, depression was estimated to affect about 350 million people globally [3]. Further, the global population with depression was estimated to be 4.4% in 2015, while Indonesia's national prevalence rate for people having depressive symptoms is 3.7% [4]. Depression or depressive symptoms can occur in episodic sequences [2]. Some unwanted life events (e.g., the loss of a loved one or separation in a relationship), or living with poverty, being unemployed, having a physical illness, and drug and alcohol use-related problems, increase the risk of depression or having depressive symptoms [4,5]. Furthermore, an adult who is unemployed or living in poverty is also associated with food insecurity because of the financial resource limits for acquiring food and managing their diet [6].

Food insecurity is defined as a condition in which a person has limited or uncertain availability or access to nutritionally adequate, culturally relevant, and safe foods [6]. Moreover, food insecurity has been found to be associated with chronic diseases [7,8]. The former researchers suggested that chronic diseases may be a contributing factor in the association between food insecurity and depression among the elderly [9–11]. On the other hand, food-insecure people are prone to consume an energy-dense and less diverse diet, which eventually results in overweight and obesity, and a higher risk of hypertension, diabetes, and cardiovascular diseases [7,8,12,13]. Seligman and Schillinger suggested that there is a trade-off between providing food and buying medicine in the association between food insecurity, chronic diseases, and depressive symptoms [12]. Not only is the association between food insecurity and depression or depressive symptoms rather vague among adults, but both food insecurity and depression or depressive symptoms can also affect people, women in particular, who live in high-income or low–middle-income countries [14]. Some previous studies found that older adults are prone to the food insecurity issue [15–17]. However, the previous study reported that adults in their forties were faced the severe food insecurity issues [18]. Therefore, in this study we used different methods and study designs to further explore and evaluate whether specific age groups modified the association between food insecurity and depressive symptoms among Indonesian adults. We used repeated measurement data to assess the association between food insecurity and depressive symptoms in adults, both in all ages and in various age groups. In addition, we observed depression or depressive symptoms as both predictor and outcome, and used different food insecurity assessments.

2. Materials and Methods

2.1. Data Source and Respondents

The current study used secondary data from the fourth (2007) and fifth (2014) waves of the Indonesian Family Life Survey (IFLS; referred to hereafter as IFLS4 and IFLS5, respectively). IFLS datasets comprise anonymous data available to researchers based on the guidelines of the RAND Corporation [19–23]. In the 2007 data, the total number of respondents was 29,059, while in 2014, there were 34,464 respondents (aged 0–80+). For this study, we included adult respondents aged 18–65 years old. We included the same respondents from the year 2007 and the year 2014. Respondents who provided dietary, physical activity, anthropometric, sociodemographic, blood pressure, and depressive symptom data were further analyzed. We excluded respondents who were pregnant or breastfeeding, had a disability, or who were diagnosed with cancer to minimize the sampling bias. Further, we included only respondents who had no missing data in both 2007 and 2014. After the inclusion criteria were applied, 8613 respondents were included in this study. For the purposes of this study, the authors additionally categorized respondents' ages in years, as follows: less than 40, 40–49, 50–59, and more than 60, besides using responses as continuous data.

2.2. Measurement of Food Insecurity

Measurement of food insecurity in this study followed the concept from the World Food Program (WFP). In practical terms, the definition of food security is related to the failure of the individual to fulfill their need for a nutritious diet [24] in terms of the frequency and diversity of food [25]. Based on the WFP concept, first, we conducted food consumption analysis, resulting in food consumption scores [26–28]. We used the same 10 types of food from the food frequency questionnaire (FFQ) in the IFLS4 and IFLS5 questionnaire for the food consumption analysis. The current study used the number of days in which the 10 food types were eaten by respondents in the seven days prior to the interview [25]. Second, the 10 food types of the IFLS4 and IFLS5 FFQ were then grouped into five food groups. The five food groups were the vegetable group (carrot, green leafy vegetables), fruit group (mango, papaya, banana), protein group (eggs, fish, meat), dairy products, and staple group (sweet potato) [19,21]. Third, a total from each food group, called the food consumption score (FCS), was then categorized based on the cutoffs of three food consumption groups (FCGs). The FCS is continuous data, while the FCG is categorical data from the categorization of the FCS. The three FCGs were "poor" if the FCS value was less than 21, "borderline" if the FCS value ranged from 21 to 35, and "acceptable" if the value was more than 35 [25]. Finally, this study defined food-insecure people as those who were in the "poor and borderline" group of FCGs, while food-secure people were defined as those in the "acceptable" group of FCG [28,29].

2.3. Measurement of Depressive Symptoms

Depressive symptoms were assessed using the self-reported 10 items of the Center for Epidemiologic Studies Depression (CES-D) questionnaire. The CES-D questionnaire is widely used to assess depressive symptoms in adults [30,31]. The 10 CES-D questionnaire answers were in the form of four scales: "rarely or no (≤1 day)", "some days (1–2 days)", "occasionally (3–4 days)", "most of the time (5–7 days)". The score of each scale's answer was from zero ("rarely or no") to four ("most of the time"). We then summarized the score of the 10 CES-D questionnaire answers with a lowest score of 10, and a highest score of 40. Since the score ranged from 10 to 40, the score was rebased to zero to 30, with the highest score referring to the most depressive symptomatology [30]. Previous research suggested the cutoff point for depression or having depressive symptoms was set to a score of ≥10 [30,32,33]. Therefore, respondents were defined as suffering from depression or having depressive symptoms if their CES-D questionnaire score was ≥10.

2.4. Measurement of Covariates

The body mass index (in kg/m^2) was classified into four groups (<18.5, 18.5–25.0, 25.1–27.0, and >27.0) [34]. In addition, a measurement of waist circumference was used for adults aged ≥40 years. Abdominal obesity was determined by respondents' waist circumference (WC), >90 cm (men) and >80 cm (women) [35]. Hypertension was defined as systolic blood pressure (SBP) ≥140 mmHg or diastolic blood pressure (DBP) ≥90 mmHg [36]. Trained nurses performed the anthropometric and blood pressure measurements. For blood pressure measurements, the respondents were measured twice, before and during the interview, in the seated position [19].

Physical activity was assessed using the number of days for which respondents undertook three types of physical activity (i.e., vigorous, moderate, and walking) within the last seven days. The authors considered days of doing physical activity as a continuous variable in the analysis. Respondents reported in the self-reported questionnaires whether they engaged in physical activities for at least ten minutes continuously during the last seven days. If respondents said yes, then they were further asked about the number of days they did each type of physical activity.

Sociodemographic characteristics were assessed using categorical data, including smoking habit status, level of education, geographical areas of living, and marital status. The respondents' smoking habit status was categorized into: never (never had a smoking habit), current smoker (currently has a

smoking habit), and former smoker (stopped a smoking habit). The respondents' level of education was categorized into low (<12 years of school attainment) and high (≥12 years of school attainment).

In addition to the covariate variables, we considered adjusting for respondents' chronic diseases. Therefore, this study used cardiovascular diseases and type 2 diabetes as an adjustment variable in the model. Respondents answered the self-reported question of whether any paramedics ever informed them that they had type 2 diabetes. The respondents also answered the self-reported question of whether any paramedics ever informed them that they had a stroke/heart attack, coronary heart disease, angina, or other heart problems. The authors defined cardiovascular disease as a combination of heart diseases and stroke events [27,37]. If the respondents reported any of the chronic diseases (i.e., diabetes, cardiovascular diseases), then they were asked when their chronic disease was first diagnosed.

2.5. Statistical Analysis

The current study used secondary data with repeated measurements of the same respondents for the years 2007 and 2014. The respondents' characteristics were presented as means (standard deviation) for the continuous data and numbers (percentages) for the categorical data. The values between groups were compared using a one-way analysis of variance (ANOVA) for the continuous data, and the Bonferroni post-hoc test or chi-squared test for the categorical data. Further, we combined the two datasets (IFLS4 and IFLS5) in the analysis to test the association among variables. Since the data in this study were repeated measurement data from the same respondents throughout the 7-year follow-up period, the authors used regression models with the generalized estimating equation (GEE) method [38]. The GEE is a statistical approach generally used in the analysis of longitudinal data or repeated measurements [39–44], with the primary advantage being that it accounts for the within-adults variation [45]. Firstly, we used a linear regression model with GEE to assess the association between the food consumption score and the CES-D score. The linear regression used the Gaussian distribution (family) for the dependent variables, an identity link function, and "independent" for the correlation matrix. Secondly, we used a binary logistic regression model with GEE to assess the association between food consumption groups and depressive symptoms. The authors used the "acceptable" FCG group as the reference group in the logistic regression model with GEE. The logistic regression model used the "binomial" distribution (family) for the dependent variable, a log link function, and an "independent" correlation matrix. The exponentiated beta coefficient was also estimated from the logistic regression to assess the relationship of interest [45,46]. This study used three models that accounted for various potential confounders in the multiple logistic regression model with GEE. The first model was an unadjusted model and the second model was with an adjustment for age and gender. The third model was with further adjustment for level of education, marital status, geographical areas of living, smoking habit status, physical activity days, blood pressure values, body mass index, and included diabetes and cardiovascular diseases. The last model (model 3) was a full adjustment model. A similar sequence of adjustments for potential confounders was also used for multiple linear regression models with GEE. Statistical significance was set to the p-value < 0.05. The post hoc test was conducted to retest the complete adjustment estimation models for every age group category. All the analyses were conducted using STATA statistical software (V 12.1; StataCorp LP, College Station, Texas, TX, USA).

3. Results

Table 1 shows the characteristics of the 8613 respondents by food security groups in 2007 and 2014. Respondents included 3999 women and 4614 men. The prevalence rates of food insecurity (borderline and poor) increased from 2007 to 2014. The borderline FCG prevalence rates increased from n = 1474 (17.11%) in 2007 to n = 2911 (33.80%) in 2014. Meanwhile, the prevalence rates of poor FCG also increased from n = 693 (8.05%) in 2007 to n = 1713 (19.89%) in 2014. The majority of respondents in this study had a low level of education (less than 12 years of school attainment) in both year 2007 and 2014 (p < 0.001). The percentage of food-insecure people living in urban areas increased from 2007 (borderline = 18.87%; poor = 9.55%) to 2014 (borderline = 35.31%; poor = 23.46%)

($p < 0.001$). The percentage of food-insecure people with abdominal obesity increased from 2007 (borderline = 15.74%; poor = 6.81%) to 2014 (borderline = 32.75%; poor = 18.00%) ($p < 0.001$). As shown in Table 1, the number of respondents who had depressive symptoms increased from $n = 955$ in 2007 to $n = 2616$ people in 2014. To compare body mass index (BMI), body shape index, waist circumference, blood pressure, food consumption score, physical activity days, and CES-D score, we used a one-way analysis of variance (ANOVA) with Bonferroni post hoc test. The results of the Bonferroni post hoc test are in Tables S1 and S2 of the Supplementary Materials.

Table 2 presents the overall and age-specific proportions of food consumption groups among people with depressive symptoms. In 2007, the overall (range of age-specific proportion) proportion of acceptable, borderline, and poor FCG was 11.65% (range: 0.13%–52.46%), 9.02% (range: 0.75%–54.89%), and 10.24% (range: 0.00%–57.75%), respectively. In 2014, corresponding figures were 32.09% (range: 10.70%–35.70%), 29.34% (range: 10.66%–33.49%), and 28.14% (range: 10.79%–39.63%), respectively. The prevalence of depressive symptoms significantly varied with age. Except for the borderline group in 2007, the proportion of other food consumption groups in both years also significantly varied.

Table 3 demonstrates the association between food consumption groups and the depressive symptoms outcomes among adults. The food consumption score was negatively significantly associated with the CES-D score both in the unadjusted model (β-Coefficients: -9.51×10^{-3} (95% CI: -6.45×10^{-3}, -1.26×10^{-2})) and adjusted models (β-Coefficients: -9.71×10^{-3} (95% CI: -6.62×10^{-3}, -1.28×10^{-2}) to β-Coefficients: -1.04×10^{-2} (95% CI: -7.26×10^{-3}, -1.36×10^{-2})). Further, we used the logistic models to compare food security as represented by acceptable FCG and food insecurity as represented by borderline and poor FCG. The borderline group was positively associated with the depressive symptoms of both the unadjusted and adjusted models with exponentiated β-Coefficients of 1.13 (95% CI: 1.06 to 1.21) to 1.18 (95% CI: 1.10 to 1.26). The depressive symptoms of the borderline group will increase by 1.13–1.18 units for every one-unit increase of the acceptable group. On the other hand, the poor group was also significantly positively associated with the depressive symptoms in both the unadjusted and adjusted models, with exponentiated β-Coefficients of 1.17 (95% CI: 1.07 to 1.27) to 1.22 (95% CI: 1.12 to 1.33). The depressive symptoms of the poor group will increase by 1.17–1.22 units for every one-unit increase of the acceptable group.

Table 4 shows the results of age-specific analyses for the relationship between food insecurity (as represented by FCS and FGC) and depression or depressive symptoms (as represented by the CES-D score). The current study used a full adjustment model (model 3) in the analysis to examine the findings' post hoc stability and decide whether the regression analysis differed based on the age group. The poor food consumption group was significantly and independently positively associated with depressive symptoms among respondents aged 40–49 years, with an exponentiated β-Coefficient of 1.24 (95% CI: 1.08 to 1.42). The depressive symptoms of the poor food consumption group will increase by 1.24 units for every one-unit increase of the acceptable food consumption group only among respondents aged 40–49 years. The remaining age groups did not report a food consumption score nor food consumption groups that were significantly associated with depressive symptoms.

Table 1. Respondents' characteristics by food security group.

	2007				2014			
	Acceptable	**Borderline**	**Poor**	***p*-Value**	**Acceptable**	**Borderline**	**Poor**	***p*-Value**
n (%)	6446 (74.84)	1474 (17.11)	693 (8.05)		3989 (46.31)	2911 (33.80)	1713 (19.89)	
Age (years), mean (SD)	41 (9)	40 (9)	41 (9)		48 (9)	47 (9)	48 (9)	
Age (years), *n* (%)				0.110				0.004
<40	2946 (74.64)	705 (17.86)	296 (7.50)		918 (45.22)	743 (36.60)	369 (18.18)	
40–59	2210 (75.81)	472 (16.19)	233 (7.99)		1357 (47.58)	949 (33.27)	546 (19.14)	
50–59	1286 (73.70)	295 (16.91)	164 (9.40)		1243 (46.42)	881 (32.90)	554 (20.69)	
≥60	4 (66.67)	2 (33.33)	0 (0.00)		471 (44.73)	338 (32.10)	244 (23.17)	
Sex, *n* (%)				0.021				0.034
Women	2937 (73.44)	721 (18.03)	341 (8.53)		1799 (44.99)	1365 (34.13)	835 (20.88)	
Men	3509 (76.05)	753 (16.32)	352 (7.63)		2190 (47.46)	1546 (33.51)	878 (19.03)	
Level of Education, *n* (%)				<0.001				<0.001
Low (<12 years attainment)	4162 (70.00)	1185 (19.93)	599 (10.07)		2365 (40.27)	2054 (34.97)	1454 (24.76)	
High (≥12 years attainment)	2284 (85.64)	289 (10.84)	94 (3.52)		1624 (59.27)	857 (31.28)	259 (9.45)	
Marital Status, *n* (%)				0.231				0.309
Married or ever married	5954 (74.76)	1358 (17.05)	652 (8.19)		3854 (46.33)	2820 (33.90)	1645 (19.77)	
Single or Never Married	492 (75.81)	116 (17.87)	41 (6.32)		135 (45.92)	91 (30.95)	68 (23.13)	
Geographical areas of living, *n* (%)				<0.001				<0.001
Rural	3050 (71.58)	804 (18.87)	407 (9.55)		1471 (41.23)	1260 (35.31)	837 (23.46)	
Urban	3396 (78.03)	670 (15.40)	286 (6.57)		2518 (49.91)	1651 (32.73)	876 (17.36)	
Smoking Habit Status, *n* (%)				0.124				0.003
Never	3827 (75.22)	864 (16.98)	397 (7.80)		2271 (46.61)	1639 (33.64)	962 (19.75)	
Current Smoker	2461 (73.90)	582 (17.48)	287 (8.62)		1440 (44.65)	1116 (34.60)	669 (20.74)	
Former smoker	158 (81.03)	28 (14.36)	9 (4.62)		278 (53.88)	156 (30.23)	82 (15.89)	
Using Diabetes Medication, *n* (%)				0.622				0.468
No	6437 (74.85)	1472 (17.12)	691 (8.03)		3925 (46.24)	2872 (33.83)	1692 (19.93)	
Yes	9 (69.23)	2 (15.38)	2 (15.38)		64 (51.61)	39 (31.45)	21 (16.94)	
Using Hypertension Medication, *n* (%)				0.173				0.007
No	6391 (74.77)	1468 (17.17)	689 (8.06)		3796 (46.01)	2794 (33.86)	1661 (20.13)	
Yes	55 (84.62)	6 (9.23)	4 (6.15)		193 (53.31)	117 (32.32)	52 (14.36)	
Using Cholesterol Medication, *n* (%)				0.557				0.002
No	6442 (74.85)	1472 (17.10)	692 (8.04)		3906 (46.08)	2876 (33.93)	1695 (20.00)	
Yes	4 (57.14)	2 (28.57)	1 (14.29)		83 (61.03)	35 (25.74)	18 (13.24)	

Table 1. *Cont.*

	2007				2014			
	Acceptable	**Borderline**	**Poor**	***p*-Value**	**Acceptable**	**Borderline**	**Poor**	***p*-Value**
Abdominal obesity †, *n* (%)				0.001				<0.001
No	2108 (73.48)	485 (16.90)	276 (9.62)		1556 (44.43)	1158 (33.07)	788 (22.50)	
Yes	1388 (77.46)	282 (15.74)	122 (6.81)		1516 (49.25)	1008 (32.75)	554 (18.00)	
Body Mass Index (kg/m^2), mean (SD)	23.31 (4.16)	22.86 (4.09)	22.50 (4.07)	<0.001	24.31 (4.33)	24.10 (4.44)	23.42 (4.31)	<0.001
Body Mass Index ‡, *n* (%)				<0.001				<0.001
<18.5	562 (70.07)	154 (19.20)	86 (10.72)		285 (41.07)	242 (34.87)	167 (24.06)	
18.5–25.0	3978 (74.02)	943 (17.55)	453 (8.43)		2099 (44.74)	1570 (33.46)	1023 (21.80)	
25.1–27.0	771 (78.19)	147 (14.91)	68 (6.90)		610 (50.12)	412 (33.85)	195 (16.02)	
>27.0	1135 (78.22)	230 (15.85)	86 (5.93)		995 (49.50)	687 (34.18)	328 (16.32)	
Hypertension, *n* (%)				0.716				0.093
No	4485 (75.09)	1014 (16.98)	474 (7.94)		2410 (46.59)	1773 (34.27)	990 (19.14)	
Yes	1961 (74.28)	460 (17.42)	219 (8.30)		1579 (45.90)	1138 (33.08)	723 (21.02)	
Diabetes, *n* (%)				0.182				0.660
No	6431 (74.88)	1468 (17.09)	689 (8.02)		3854 (46.24)	2817 (33.80)	1663 (19.95)	
Yes	15 (60.0)	6 (24.00)	4 (16.00)		135 (48.39)	94 (33.69)	50 (17.92)	
Cardiovascular Disease, *n* (%)				0.097				0.424
No	6390 (74.75)	1467 (17.16)	691 (8.08)		3886 (46.32)	2828 (33.71)	1675 (19.97)	
Yes	56 (86.15)	7 (10.77)	2 (3.08)		103 (45.98)	83 (37.05)	38 (16.96)	
Depression *, *n* (%)				0.011				0.004
No	5695 (74.37)	1341 (17.51)	622 (8.12)		2709 (45.17)	2057 (34.30)	1231 (20.53)	
Yes	751 (78.64)	133 (13.93)	71 (7.43)		1280 (48.93)	854 (32.65)	482 (18.43)	
Body Shape Index ($m^{11/6}$ $kg^{-2/3}$), mean (SD)	0.0814 (0.0056)	0.0816 (0.0059)	0.0815 (0.0056)	0.028	0.0814 (0.0056)	0.0815 (0.0056)	0.0816 (0.0059)	0.726
Waist Circumference (cm), mean (SD)	82.22 (10.86)	80.70 (10.62)	79.10 (10.77)	<0.001	85.29 (11.51)	84.47 (11.50)	82.70 (12.00)	<0.001
Systolic BP (mmHg), mean (SD)	129.72 (19.12)	130.43 (19.82)	130.86 (19.52)	0.184	135.51 (23.07)	136.31 (23.88)	138.09 (23.72)	<0.001
Diastolic BP (mmHg), mean (SD)	81.41 (11.64)	81.49 (11.48)	81.25 (10.65)	0.899	82.93 (13.16)	83.22 (13.33)	83.35 (13.27)	0.467
Food Consumption Score, mean (SD)	60.71 (18.26)	29.32 (3.90)	15.07 (4.90)	<0.001	46.99 (10.68)	29.81 (4.04)	13.69 (5.43)	<0.001
Walking PA Days, mean (SD)	4 (3)	4 (3)	4 (3)	0.264	4 (3)	4 (3)	4 (3)	0.149
Moderate PA Days, mean (SD)	3 (3)	2 (3)	2 (3)	0.001	3 (3)	2 (3)	2 (3)	0.001
Vigorous PA Days, mean (SD)	1 (2)	1 (2)	1 (2)	0.207	1 (2)	1 (2)	1 (2)	0.019
CES-D 10 Score, mean (SD)	6.19 (3.29)	5.77 (3.16)	5.48 (3.58)	<0.001	8.37 (4.81)	7.93 (4.90)	7.59 (5.24)	<0.001

Notes: BP, blood pressures; PA, physical activity; CES-D 10, Center for Epidemiological Studies Depression 10 items; SD, standard deviation. *n* (%) was for categorical data and mean (SD) was for continuous data presentation. † A definition of abdominal obesity was if women had waist circumference >80 cm or men had waist circumference >90 cm. ‡ Body Mass Index used the cutoff values for the Indonesian adults from the Ministry of Health of Indonesia. * Depression = CES-D 10 score ≥10.

Table 2. The food consumption groups co-occurring with depressive symptoms by age among adults.

	All ages	<40	40–59	50–59	≥60	*p*-Value
2007 Depressive Symptoms, *n* (%)	955 (11.09)	508 (53.19)	294 (30.79)	151 (15.81)	2 (0.21)	<0.001
Food Consumption Groups, *n* (%)						
Acceptable	751 (11.65)	394 (52.46)	235 (31.29)	121 (16.11)	1 (0.13)	0.001
Borderline	133 (9.02)	73 (54.89)	38 (28.57)	21 (15.79)	1 (0.75)	0.059
Poor	71 (10.24)	41 (57.75)	21 (29.58)	9 (12.68)	0 (0.0)	0.014
2014 Depressive Symptoms, *n* (%)	2616 (30.4)	719 (27.48)	934 (35.70)	683 (26.11)	280 (10.70)	<0.001
Food Consumption Groups, *n* (%)						
Acceptable	1280 (32.09)	349 (27.27)	457 (35.70)	337 (26.33)	137 (10.70)	<0.001
Borderline	854 (29.34)	251 (29.39)	286 (33.49)	226 (26.46)	91 (10.66)	0.003
Poor	482 (28.14)	119 (24.69)	191 (39.63)	120 (24.90)	52 (10.79)	<0.001

Notes: Depressive symptoms were defined as CES-D 10 score ≥10. Prevalence rates are shown as numbers (weighted prevalence). Depression rates between food consumption groups within the age group were significant (*p*-value = 0.004–0.011).

Table 3. The association between food consumption groups and the depressive symptoms outcomes among adults.

Variables	Model 1		Model 2		Model 3	
	β (95% CI)	*p*-Value	*β* (95% CI)	*p*-Value	*β* (95% CI)	*p*-Value
FCS	-9.51×10^{-3} (-6.45×10^{-3}, -1.26×10^{-2})	<0.001	-9.71×10^{-3} (-6.62×10^{-3}, -1.28×10^{-2})	<0.001	-1.06×10^{-2} (-7.46×10^{-3}, -1.38×10^{-2})	<0.001
Acceptable	1 (Ref.)		1 (Ref.)		1 (Ref.)	
Borderline*	1.16 (1.08–1.24)	<0.001	1.15 (1.08–1.23)	<0.001	1.13 (1.06–1.21)	<0.001
Poor*	1.18 (1.09–1.28)	<0.001	1.17 (1.08–1.27)	<0.001	1.17 (1.07–1.27)	<0.001

Notes: CI, confidence interval; FCS, food consumption score. FCS is continuous data of the food security assessment. Depressive symptoms were defined as CES-D 10 score ≥10. Model 1: Unadjusted model. Model 2: Model 1 with adjustment for age and gender. Model 3: Model 2 with adjustment for level of education, marital status, geographical areas of living, smoking habit status, physical activity days, blood pressures, body mass index, diabetes, and cardiovascular diseases. * The exponentiated *β*-coefficient was used for the logistic models of generalized estimating equation.

Table 4. The association between food consumption groups and the depressive symptoms outcomes among adults by specific age group.

Variables	<40 years		40–49 years		50–59 years		≥60 years	
	***β* (95% CI)**	***p*-value**	***β* (95% CI)**	***p*-Value**	***β* (95% CI)**	***p*-Value**	***β* (95% CI)**	***p*-Value**
FCS	1.65×10^{-3} (-5.43×10^{-3}, 8.73×10^{-3})	0.649	-4.27×10^{-3} (-9.99×10^{-3}, 1.46×10^{-3})	0.144	1.11×10^{-3} (-4.47×10^{-3}, 6.70×10^{-3})	0.696	5.43×10^{-3} (-3.63×10^{-3}, 1.45×10^{-2})	0.240
Acceptable	1 (Ref.)		1 (Ref.)		1 (Ref.)		1 (Ref.)	
Borderline*	0.94 (0.83–1.07)	0.354	1.07 (0.95–1.20)	0.269	0.98 (0.85–1.11)	0.711	1.00 (0.81–1.24)	0.964
Poor*	1.00 (0.85–1.17)	0.986	1.24 (1.08–1.42)	0.002	0.87 (0.73–1.03)	0.111	0.79 (0.60–1.03)	0.082

Notes: CI, confidence interval; FCS, food consumption score. FCS is continuous data of the food security assessment. Depressive symptoms were defined as CES-D 10 score ≥10. Models are adjusted for age, gender, level of education, marital status, geographical areas of living, smoking habit status, physical activity days, blood pressures, body mass index, diabetes, and cardiovascular diseases. * The exponentiated β-coefficient was used for the logistic models of generalized estimating equation.

4. Discussion

The present study aimed to explore the association between food insecurity and depressive symptoms among adults aged 18–65 years in Indonesia. The borderline and poor food consumption groups represent food insecurity. The present study results suggest that food insecurity was positively significantly associated with depressive symptoms in Indonesian adults. As expected, the secondary findings confirmed that the high prevalence of depressive symptoms occurred among respondents with food insecurity across all ages of adults. Further, the total prevalence rates of food-insecure respondents with depressive symptoms (borderline FCG: 29.3%; poor FCG: 28.1%) was higher than the prevalence rates of food-secure respondents with depressive symptoms (acceptable FCG: 32.1%). The present study's prevalence rates are higher than the national crude prevalence rate of depressive symptoms, which was 3.7% in 2015 [4]. Therefore, the government, health practitioners, and relevant stakeholders need to be more concerned about the issue of food insecurity and depressive symptoms.

One possible action that might help is a food insecurity and depressive symptoms' screening and monitoring process, along with the nutrition health programs for adults. Previous researchers found that the level of education is associated with food insecurity and the increased individual level of stress, which may lead to depressive symptoms [47–49]. Another possible reason is people with less education will more likely experience economic hardship, due to a lower-paid work type or unemployment, which is associated with food insecurity and depressive symptoms [50]. The findings in this study were in line with those of previous research, indicating that the majority of food-insecure respondents had a low level of education and lived in urban areas, with a greater associated risk of economic hardship compared to people with a higher level of education [51].

Moreover, adults who experience a high-burden work type with less income may have depressive symptoms, which can interfere with the ability to manage financial affairs related to food choice and preparation [52,53]. Furthermore, former researchers suggest that unhealthy food choices, for example, Western dietary patterns, which are more likely to contain high calories, high fat, and less diversity, are (partly) associated with depressive symptoms [54,55]. The food consumption score analysis based on the WFP concept is more concerned with the food frequency and quality, and the diversity of diet [25]. One of the explanations is in the food consumption analysis, in which the calculation of food consumption score includes the number of days during which the respondent eats the food type in the FFQ, multiplied by the weight score of each food group type. The highest score refers to all of the food with relatively high energy, good-quality protein, and micronutrients [28]. Therefore, the higher the food consumption score, the better and more diverse the diet and the less food insecurity. However, the present study found that food-insecure respondents had lower food consumption scores than food-secure respondents, indicating that food-insecure respondents possibly consumed lower quality and less diverse food, with high energy and fat density.

Food insecurity is associated with depressive symptoms, overweight and obesity, hypertension, diabetes, and cardiovascular diseases [56–62]. The results of the present study were in line with previous research. The respondents in borderline and poor FCG have lower FCS, and higher body mass index, waist circumference, systolic blood pressure, and CES-D score, than the respondents in the acceptable FCG. One of the reasons to explain the mechanism between food insecurity, overweight, hypertension, and depression is when food-insecure people are unable to choose a properly balanced meal for themselves, and thus eat a low-quality and less diverse diet (high energy, high fat), which eventually leads to being overweight [56]. Food-insecure people are not only at a higher risk of being overweight, but also of increased levels of stress, possibly from a lack of sleep quality due to hunger or worries about providing food the next day [52,63]. On the other hand, continuous food insecurity in a person's life may lead to the onset of depression [11,64]. Pryor and colleagues suggested that food insecurity during young adulthood (18–35 years) co-occurs with three types of mental health problems (i.e., depression, suicidal ideation, and substance use problems in young adulthood) [65].

Furthermore, people with food insecurity are more likely to experience depression and undertake less leisure-time physical activity than those with food security [66–69]. The current study results

support the evidence from previous research that the mean of vigorous physical activity (VPA) and moderate physical activity (MPA) days was different between the acceptable FCG (food-secure) and borderline or poor FCG (food-insecure). Moreover, the association between food insecurity and depressive symptoms might be affected by several health factors, which need further exploration using a longitudinal study or more variables. Thus, we further tested the association between food insecurity and depressive symptoms using regression analysis. The results suggested the association was constant even after gradually adjusting for the covariates. The covariates included health and sociodemographic characteristics, such as age, gender, level of education, marital status, geographical area of living, smoking habit status, blood pressure, BMI, incidence of diabetes, and cardiovascular diseases. Taken together, food insecurity was found to have a positive effect on depressive symptoms even after adjustment. The post hoc result showed that respondents aged 40–49 years independently reported levels of poor FCG that were significantly associated with depressive symptoms. The present study results were in line with a previous study that showed that people aged 40–49 are confronted with the most severe problems of food insecurity [18]. The study by Ziliak and Gundersen reported that the "youngest old" suffer from the most severe form of food insecurity compared to those of a younger age or even those over 70 years [70]. The middle-aged food-insecure people might face a recession of income, live in poverty in urban areas, be raising grandchildren, have a limitation on their activities of daily living, or be in a minority [71].

There are several limitations in the present study. First, the dataset that we used was restricted to the selected variables (i.e., the use of the food frequency questionnaire to conduct the food insecurity assessment) for the original study because we used secondary data in this study. However, the FFQ used in this study was widely used from the first wave of the Indonesia Family Life Survey, initiated in 1993, and has also been used in several previous studies [72–74]. Second, the assessment of food insecurity and depressive symptoms was limited to self-reported data. However, the food insecurity measurement from the FFQ was relevant when we defined it from the food frequency and diversity diet [24,25]. Moreover, the use of the CES-D 10 items is widely used to measure the depression or depressive symptoms among adults [30,75]. Third, we could not control for the respondents who received antidepressants or therapy because the IFLS questionnaire did not include a related question. Thus, we suggest future research should further explore the socio-environmental and dietary risk factors of depression and food insecurity. The present study concerns a very important and, at the same time, complex topic of depressive symptoms and lack of food security. These are two public health problems in developing countries that, along with obesity-related non-communicable diseases, significantly affect people's quality of life.

5. Conclusions

To our knowledge, the present study results contribute to the evidence that food insecurity is positively significantly associated with depression symptoms among South-East Asian, particularly Indonesian, adults, as well as for people aged 40–49. Hence, depressive symptoms and food insecurity are public health concerns that need to be improved by health professionals, in conjunction with health and nutrition programs for adults who are at risk of, or currently experiencing, either of these issues. Health professionals must be aware of screening, monitoring, and engaging with food-insecure adults to prevent depression or chronic diseases.

Supplementary Materials: The following are available online at http://www.mdpi.com/2072-6643/11/12/3026/s1, Table S1: One-way ANOVA with Bonferroni Post-Hoc Test Results year 2014, Table S2: One-way ANOVA with Bonferroni Post-Hoc Test Results year 2007.

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