Of interest from the journals

Adolescent nutrition
Packard P, Krogstrand KS. Half of rural girls aged 8 to 17 years report weight concerns and dietary changes, with both more prevalent with increased age. J Am Diet Assoc 2002;102:672–7
A survey of 333 girls living in rural America revealed that more than half had weight concerns and used dietary behaviours. This increased with age.

This study alerts public health nutritionists to the important lifestyle changes and food habits during adolescence.

Antioxidants and cancer
This cohort from the Alpha-Tocopherol, Beta-Carotene Cancer Prevention study indicates that intake of dietary antioxidant vitamins and carotenoids are not associated with colorectal cancer.

Body mass index in Asians and disease risk
A cohort of 4737 Japanese males were followed for up to four years to assess changes in weight, blood pressure, cholesterol concentrations and diabetes status. The BMI associated with risks is lower than in Caucasians and risks are strongly related to weight gain.

Body mass index in Indians and disease risk
Khongsdier R. Body mass index and morbidity in adult males of the War Khasi in Northeast India. Eur J Clin Nutr 2002;56:484–89
Body mass index relates more closely to socio-economic status with low BMI predicting morbidity.

Body composition
Bioelectrical impedance was used to analyse fat-free and fat mass in 995 patients admitted to hospital. While BMI was similar to healthy controls, patients' body composition differed with a loss of fat-free mass and increase in fat mass.

Cardiovascular nutrition
de Roos NM, Siebelink E, Bots ML, van Tol A, Schouten EG, Katan MB. Trans monounsaturated fatty acids and saturated fatty acids have similar effects on postprandial flow-mediated vasodilation. Eur J Clin Nutr 2002;56:674–9
Administration of a meal rich in trans fatty acids compared with one rich in saturated fatty acids produced no acute effects on the vascular wall of healthy men.

A Melbourne-based study of the alcohol intake of 350 obese males and their homocysteine concentrations revealed red wine intake is associated with lower plasma homocysteine.

A follow-up of the DART trial after ten years demonstrated no long-term benefits.

A random sample of 7316 Danish adults had their food patterns classified as healthy, prudent or western. The relationship between food pattern and coronary events was studied. No association was found but BMI appeared to modify the relationship.

Chronic obstructive pulmonary disease
A prospective study indicates that fruit intake and possibly vitamin E intake are associated with a lower risk of developing chronic obstructive pulmonary disease.

Copper
An extensive review of the dietary requirements for copper is provided.

Diet and cancer
A study of 3084 women treated for early-stage breast cancer reveals the adoption of more healthful diets after diagnosis.

Dietary fibre
This is a position paper recommending adequate amounts of dietary fibre and discussing the benefits.

Dietary methodology
This article describes the use of cognitive interviews to inform the development of survey questions and computer messages.

This paper describes the development of a checklist for use in those aged 13–16 years.
One hundred and forty-two sports foods were analysed for free amino acids to test compliance with standard R10. Seventy-two percent failed to comply with label claims and 27% exceeded maximum permitted concentrations.

Food guides
This survey compares serving sizes of cereal and grain-based foods recommended by manufacturers on their labels and includes comparisons to those on the Australian Guide to Healthy Eating.

Food habits
Papadaki A, Scott JA. The impact on eating habits of temporary translocation from a Mediterranean to a Northern European environment. Eur J Clin Nutr 2002;56:455–61
A questionnaire was used to assess the eating habits of eight post-graduate students from Greece now resident in Glasgow. A number of barriers such as cost and availability contributed to decreased consumption of fruit, and vegetables including legumes.

Food safety
Two hundred and thirty directors of dietetic programs were surveyed about food-safety education and certification. Just under 40% had students complete food safety certification exams but all considered food safety education important.

Food science
A Tasmanian study that indicates calcium diglutamate can be used to maintain taste after decreasing the sodium content.

Food security
The relationships of food insecurity and nutrition in preschoolers from low income families was examined. Food insecurity was not related to weight and height status.
McCullum C, Pelletier D, Barr D, Wilkins J. Use of participatory planning process as a way to build community food security. J Am Diet Assoc 2002;102:962–7
A search conference was held to determine ways in which stakeholders could find common ground to assess the problem of food security.

Fruit and vegetable consumption
A significant increase in fruit and vegetable intake was found but after adjustment for shifts in demography remained significant only for Hispanics and non-smokers. The study indicates the need for interventions targeted at specific subgroups.

Infant nutrition
Smoking during pregnancy may increase the risk of short birth length. This study suggests that the shortness was associated with smoking mothers and possibly the nutrients that unsmokers received during pregnancy.

Energy expenditure
Seventy three middle-aged Chinese adults resident in Beijing had their total energy expenditures measured. Occupational activity was more important in predicting energy requirements than leisure activity.

Ethics
This is a position paper examining the role of the dietitian and legal issues in nutrition, hydration and feeding. J Am Diet Assoc 2002;102:710–5
This study examined the training received in food service in Korean dietetics education programs. It will inform further research.

Dietetic workforce
Following on from surveys of the dietetic workforce in 1984 and 1991 the 2000 survey demonstrates important trends. The workforce grew by 48% with the numbers employed outside hospitals and in non-clinical areas rising. Ratios of hospital dietitians per 100 beds increased but not in rural areas.

Dietetic education
Wilson MA. Dietetic preceptors perceive their role to include a variety of elements. J Am Diet Assoc 2002;102:968–74
This article describes the role of the ‘preceptor’ that is a practitioner trainer in the training of dietetic interns.

Dietetic training
This study examined the training received in food service in Korean dietetics education programs. It will inform further research.

Dietetic composition
Twenty types of canned meats available in Australia were analysed for their fatty acid content. The paper includes composition tables.

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Infant nutrition
A study of 400 mother/child pairs indicated that short stature at birth related to insulin resistance but was also associated with heavier children.

**National Nutrition Survey**

Fifteen factors were found to account for 50% of the variance in adults dietary patterns. Certain dietary patterns differ by socioeconomic status. The study has implications for planning public health interventions.

**Nutrition in HIV**

A study of 13 760 pregnant women in Tanzania has found HIV to be a strong indicator of wasting. Socioeconomic status is strongly correlated with maternal height and BMI independent of HIV.

**Obesity**

A longitudinal study of 20 obese adults with allocation to an 800 kcal per day or 1400 kcal per day diet indicated leptin increases more rapidly on very low calorie diets and suggests the usefulness of leptin in the management of obesity.

This is a commentary on the role of family-based interventions for treating obesity in childhood.

Twenty families with an obese child aged eight to 12 years provided complete dietary intake data for a 20-week intervention. It was found that a nutrient-dense diet did not increase the cost of food and had decreased it within one year.

**Public health nutrition**

A workplace program to improve intake of fruit and vegetables and decrease fat intake was conducted over a 12-month period. Comparison of the intervention workplace to a control showed some success.

**Recommended dietary intakes**

Barr SI, Murphy SP, Poos MI. Interpreting and using the Dietary References Intakes in dietary assessment of individual and groups. J Am Diet Assoc 2002;102:780–8
This is a useful commentary on the use of reference intakes in assessing diets of individuals and groups.