Of interest from the journals

**Alcohol**

This study indicates that consumption of three or four glasses of beer for three weeks decreased the concentrations of C-reactive protein and fibrinogen. This suggests one mechanism for the protective effects of alcohol in relation to cardiovascular disease.

**Arthritis**

A study of 20 women with rheumatoid arthritis and 20 controls indicated that overall energy expenditure was decreased in those with arthritis because of decreased physical activity.

**Calcium**

This French study of 240 men and 424 women indicated that mineral water consumption could improve overall calcium and magnesium intakes and may be useful in those with a dislike of dairy products.

**Carbohydrates**

The aim of this study was to examine the effect of carbohydrate preloads of differing glycaemic index on subsequent food intake and blood glucose. Carbohydrates with a high glycaemic index suppressed subjective appetite and food intake but those with low glycaemic index did not.

**Cardiovascular disease**

A decrease of four percent in body weight was associated with decrease in episodes of angina and fall in plasma cholesterol as well as factor VII activity and red cell aggregation.

**Cardiovascular nutrition**

This is a summary based on the evidence-based best practice guidelines for cardiac rehabilitation produced in New Zealand.

**Carotenoids**

Data from NHANES III were used to examine serum carotenoid concentrations and are proposed as reference values.

**Diet and cancer**

Data from 34,708 post-menopausal women was examined. A significant trend in decreased cancer risk was found as adherence to dietary guidelines improved.

**Dietary methodology**

Two screening tools to assess intake of fruit and vegetables were compared to results with four 24-hour recalls and a food frequency questionnaire in 462 adults.

**Fructose**

This review explores the effects of fructose consumption on the development of obesity and features of the metabolic syndrome. Fructose induces insulin resistance, impaired glucose tolerance, hypertriglyceridaemia, hypertriglyceridaemia and hypertension in animal models but more research is needed regarding effects in humans.

**Infant feeding**

This is a review looking at reflux in preterm, low birth weight infants and those less than three months.

**Isoflavones**

Twenty-four healthy post-menopausal women ingested one or two purified isoflavone preparations at differing doses. A single dose at amounts that exceeded normal dietary intake had minimal clinical toxicity.

**Kidney stones**

This study indicates that blackcurrant juice may be helpful in uric acid stone disease and cranberry juice in brushite and struvite stones.

**Lignans**
Vanharanta M, Mursu J, Nurmi T, Voutilainen S, Rissanen TH, Salonen R et al. Phloem fortification in rye bread ele-

In a randomised double-blind trial 75 men consumed 70 g of bread daily for four weeks. The bread had either high, low or no phloem powder added. Phloem powder was shown to increase serum enterolactone.

**Lipids**


Seventy-seven adults were assigned to receive one of four diets rich in either linoleic or oleic acid and with either a high or low content of vegetables, berries and apples for six weeks. However, no differences in lipid peroxidation or lipoprotein metabolism were observed.

**Mediterranean diet**


This study concerned the sources and content of carotenoids in the diet of Greek migrants to Melbourne.

**n-3 fatty acids**


This study from Western Australia examines the effects of purified eicosapentaenoic and docosahexaenoic acid on insulin sensitivity, stimulated insulin secretion, lipids and blood pressure in patients with hypertension and type 2 diabetes. While beneficial effects were shown for blood lipids, short-term glycemic control worsened.

**Obesity**


A study in 51 men and women served the same lunch but in four different serve sizes on different occasions indicated that larger servings led to increased energy intake.


This study identified the odds ratios for cardiovascular disease and diabetes risk factors that correspond to BMIs of 25 and 30 for men and women and the waist circumferences that correspond. For men the values were 90 and 100 cm and 83 and 93 cm for women.

**Obesity and fat replacers**


Forty-five overweight men were assigned to one of three diets—control, low-fat or fat substituted (olestra). Replacement of dietary fat reduced body weight and total body fat compared to the other two diets.

**Obesity in children**


This cross-sectional comparison of overweight and obesity using three different references in each of three populations indicates the estimate of overweight is similar but is different for obesity.

**Phytoestrogens**


Seventy-five cereals and three soy flours commonly eaten in Europe were analysed.

**Professional practice**


This supplement reports on the findings of an environment scan by the American Dietetic Association to support strategic planning.

Challenges include: forces changing the food system; changes in health care; competition from ‘non-dietitians’; the need for dietary messages to be relevant for all cultures; dealing with obesity; and food and diet to be seen in its global context.

**Recommended nutrient intakes**


This article highlights the main recommendations of the Food and Nutrition Board of the USA.

**Taste**


This study from Auckland examined sensitivity to 6-n-propylthiouracil in young children and found sensitivity was related to a dislike of raw spinach.

**Vitamin D**


The relationship between vitamin D status and accrual of bone mineral density was studied in 171 girls aged nine to 15 years. Those with hypovitaminosis D were at risk of not reaching maximum peak bone mass.