Carbohydrates


This randomised, controlled trial of 10g lactulose/day (a synthetic disaccharide of galactose and fructose that reaches the caecum following ingestion) found increased faecal bifidobacterial counts as evidence of its prebiotic effects. Usual diet was consumed except for fermented dairy products.


An RCT of crossover and parallel design of 20 subjects in a metabolic ward compared the tolerance (flatulence, frequency, bloating) of different doses of NUTRIOSE®FB and maltodextrin placebo. The test fermentable CHO was well tolerated up to 45 g daily, with higher doses linked to varying forms of tolerance.

Coronary heart disease

Wirfält E, Vessby B, Mattson I, Gullberg B, Olsson H, Berglund G. No relations between breast cancer risk and fatty acids of erythrocyte membranes in postmenopausal women of the Malmö Diet Cancer cohort (Sweden). Eur J Clin Nutr 2004:58;761–70

This netted case control study confirmed the correlation between erythrocyte fatty acids and dietary fish. milk fatty acids and linoleic acid (EPA), and found no risk between EPA and breast cancer risk.

Cystic fibrosis


This Australian cross-sectional study of 52 children and adolescents with CF (6.3–16.6y) found that air displacement plethysmography values of FFM were higher than DEXA values, but bias measurements indicated it was an appropriate technique for use in this population.

Dietetics


This paper reports on the profile of time spent on activities undertaken by a sample of Indian Dietitians (n = 40) from 20 hospitals. The survey came from Kerala Agricultural University.

Energy requirements


This cross-sectional study of 471 women (239 in validation sample) produced prediction equations for REE that differentiated ethnicity (European vs African-American) in women. The value for predicting mean REE for samples was noted bearing in mind the limitations of prediction equations for individuals.

Fat

Koutsari C, Zagana A, Tzoras I, Sidossis LS, Matalas AL. Gender influence on plasma triacylglycerol response to meals with different monounsaturated and saturated fatty acid content. Eur J Clin Nutr 2004:58;495–502

This meal based study from a research team in Athens found differences in TAG responses after high SFA and high MUFA meals in men (n = 9) but not in postmenopausal women (n = 10).

Iodine


This review paper based on a Medline/PubMed search from 1990 found most European women iodine deficient during pregnancy and recommended an iodine supplement of ~150µg/day when planning a pregnancy.

Milk


This critical review of 10 cohort studies found in Medline and examining IHD and ischaemic stroke endpoints argued that there was no convincing evidence that milk is harmful.

n-3 polyunsaturated fats


In this study 83 women delivering full term babies received either fish oil (4 g, 56% DHA, 28% EPA) or placebo (olive oil) from 20 weeks to delivery. Background fish consumption was assessed by FFQ. Significantly higher proportions of DHA and EPA were noted in erythrocytes of the treated group in both mothers and babies, but differences between groups in proportion of DHA:AA suggests the level of supplementation may have approached a saturation point with implications for setting dietary implications.

Nutritional epidemiology

Lanigan JA, Wells JCK, Lawson MS, Cole TJ, Lucas A. Number of days needed to assess energy and nutrient intake in infants and young children between 6 months and 2 years of age. Eur J Clin Nutr 2004:58;745–50

Dietary data were collected from 5-day weighed food records from 72 children (up to 2y) in the UK. The number of days required for accurate estimates of energy was 5, 3–4 for macronutrients. This was determined using a hypothetical correlation coefficient between observed and actual intakes.


This survey of 4030 adults (18–79y) in East and West Germany used diet history interview and analysis to show differences in food intake between those in eastern and western parts of the country. These differences were smaller than in 1991 by comparing FFQ from both time points.

This cohort study of 3569 children (3–18y) recruited in 1980 and assessed again in 1986 and 2001 compared food consumption patterns using 48-hr recall. Intakes of fat and saturated fat were reduced and fruit and vegetable consumption increased, but energy and nutrient intakes were not at recommended levels. There was no significant association between diet and socio-demographic factors.

**Protein**

Suchitra T, Vijayalaxmi D, Jayaprakasha HM. Effect of supplementation of whey protein concentration on chemical, nutritional and sensory attributes of wheat based products. Ind J Nutr Dietet 2003;40;411–15

This food-based study reports on the sensory evaluation of protein enrichment of wheat chapatis with whey.

**Public health nutrition**

Ramathilagam G. Issues in public distribution system. Ind J Nutr Dietet 2003;40;466–75

This review discusses issues of food security in India.

**Selenium**


This review critiques methods for assessment of selenium status, examines criteria for establishing requirements for selenium and proposes levels of adequacy for dietary intakes and plasma Se.

**Zinc**

Nielsen FH, Milne DB. A moderately high intake compared to a low intake of zinc depresses magnesium balance and alters indices of bone turnover in postmenopausal women. Eur J Clin Nutr 2004;58;703–10

This metabolic study of 28 post-menopausal women began with a 10-day equilibration diet prior to randomisation to 1mg Cu + 3mg Zn or 3mg Cu + 3mg Zn supplements for 90 days. After a further 10 days’ equilibration the zinc supplement was increased to 53mg. The higher zinc intake did not appear to result in unfavourable bone metabolism, but there were implications for further research on risk associated with magnesium balance.

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**Future events**

**Marketing and Developing Healthier Kids Food 2005**

22–23 February 2005, Dockside, Darling Harbour, Sydney. Contact Vivian IQPC Conferences. Tel: 02 9229 1027

**8th National Rural Health Conference**

10–13 March 2005, Alice Springs. Contact National Rural Health Alliance, PO Box 2809, Deakin West ACT 2600. Tel: 02 6285 4660. Fax: 02 6285 4670. Email: conference@ruralhealth.org.au, register@ruralhealth.org.au, speakers@ruralhealth.org.au. Web site: www.ruralhealth.org.au

**Perspectives in Public Health Nutrition a 2 day Symposium, Australian Public Health Nutrition Academic Collaboration**

18–19 April 2005, Canberra. Email: sam.battams@flinders.edu.au. Fax: 08 8204 5693

**Association for the Welfare of Child Health 10th National Conference**


**DAA National Conference: Embracing diversity**

26–28 May 2005, Perth, WA. Contact Conference Solutions, Tel 02 6285 3000. Email: daa@con-sol.com. Web site: www.daa.asn.au

**Canberra 2005, Speech Pathology Australia National Conference**

29 May–2 June 2005, Canberra. Contact Gina McInnis, Speech Pathology Australia. Email: gmcinnis@speechpathologyaustralia.org.au. Web site: www.speechpathologyaustralia.org.au

**International Society for Behavioral Nutrition and Physical Activity 4th Annual Meeting**


**18th International Congress of Nutrition: Nutrition Safari for Innovative Solutions 2005**

19–23 September 2005, Durban, South Africa. Email: safari@puk.ac.za. Web site: www.puk.ac.za/iuns