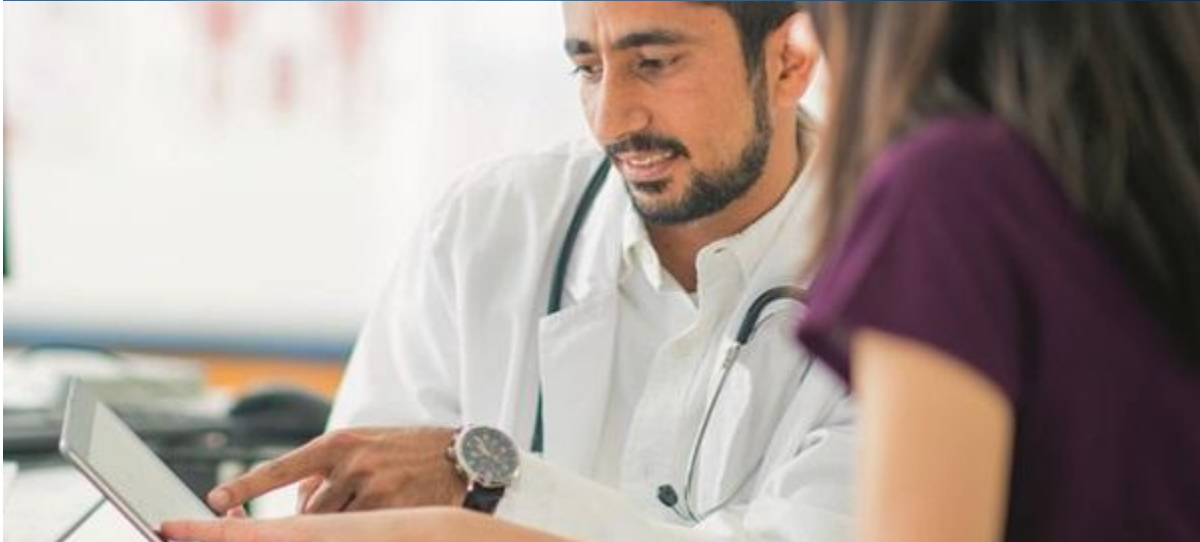




ANHI August 2026 Nutrition Research Review

The 2025-2030 Dietary Guidelines for Americans: A Pediatric Review of Recommendations for Children Under 5 Years

Publication: American Journal of Clinical Nutrition

Publish Date: May 2026

Authors: Du N, Abrams SA

SUMMARY

Offering a pediatric perspective on the newly released 2025-2030 Dietary Guidelines for Americans, Du and Abrams examine recommendations affecting children from birth to 5 years of age and identify areas requiring additional clarification. The authors highlight several notable shifts, including stronger recommendations to limit highly processed foods, avoidance of added sugars through age 10 years, renewed support for full-fat dairy products, greater emphasis on protein intake, and introduction of allergenic foods

around 6 months of age. They also raise concerns regarding the feasibility of maintaining near-zero added sugar intake through childhood and note the absence of guidance on fortified infant cereals, which have traditionally been important sources of iron and other micronutrients during complementary feeding. Additional concerns include unclear vitamin D supplementation recommendations, omission of warnings against unpasteurized dairy products, and inconsistent discussion of common food allergens such as dairy and soy. The authors conclude that future guideline development would benefit from greater pediatric nutrition expertise, transparency, and supporting implementation resources.

[READ ARTICLE](#)

Sarcopenic Obesity and Dementia Risk: Primary Associations and Landmark Analyses of Muscle Strength and Body Composition Trajectories

Publication: Clinical Nutrition

Publish Date: August 2026

Authors: Guan Z, Stephan BCM, Donini LM, Godos J, Grosso G, Pereira LR, Prado CM, Toro-Huamanchumo CJ, Wells JCK, Sim M, Siervo M

SUMMARY

Data from 489,972 dementia-free adults in the UK Biobank were used to examine associations between sarcopenic obesity, sarcopenia, obesity, and dementia risk over a median follow-up of 13.6 years. Sarcopenic obesity and sarcopenia were associated with a higher risk of all-cause dementia compared with participants who had neither condition, while obesity alone was associated with a lower risk. Associations varied by age and sex, with stronger associations observed in adults younger than 65 years and greater risk elevations among men. Analyses of repeated measurements showed that declines in handgrip strength were consistently associated with higher dementia risk, whereas changes in body fat percentage and muscle mass were not consistently associated with dementia. The authors conclude that muscle strength is a significant predictor of dementia risk and support the inclusion of muscle function measures in dementia prevention strategies.

[READ ARTICLE](#)

Early-Life Cumulative Intake of Ultra-Processed Foods and Subcortical Brain Volume at Age Six Years: A Prospective Cohort Study

Publication: The American Journal of Clinical Nutrition

Publish Date: June 2026

Authors: Ottino-González J, Adise S, Descarpentrie A, Esaian S, Marquess KM, Paudel D, Li H, Alderete TL, Bansal R, Peterson BS, Goran MI

SUMMARY

Following 79 Latino/Hispanic children from infancy through age six, Ottino-González et al. examined whether cumulative intake of ultra-processed foods (UPFs) was associated with cognitive performance and brain development. Dietary intake was assessed repeatedly at 6, 12, 24, and 72 months using 24-hour recalls, and UPFs were classified according to the Nova system. Cognitive assessments at ages two and six showed no significant associations with cumulative UPF intake. However, higher UPF consumption from 6 to 72 months was consistently associated with smaller volumes in several subcortical brain regions at age six, including the bilateral accumbens, bilateral pallidum, bilateral thalamus, left amygdala, and left putamen. On average, each 10-percentage-point increase in cumulative UPF intake was associated with a 1.9% lower subcortical volume. These associations remained after accounting for early feeding practices and overall diet quality. The authors conclude that early childhood may represent an important period during which higher UPF intake is associated with differences in brain structure, although no cognitive differences were detected at this age.

[READ ARTICLE](#)

HMB-Containing Oral Nutritional Supplementation and Mortality After Hip Fracture in Malnourished Older Adults: A Formulation-Specific Subanalysis of a Prospective Cohort

Publication: Nutrients

Publish Date: June 2026

Authors: Sánchez-Torralvo FJ, Pérez-del-Río V, Navas Vela LI, García-Olivares M, Porras N, Abuín Fernández J, Oliveira G

SUMMARY

Researchers evaluated whether HMB-containing oral nutritional supplements (ONS) were associated with mortality compared with non-HMB ONS in malnourished older adults after hip fracture. This prospective cohort subanalysis included 107 patients with known ONS formulations, of whom 59 received HMB-containing ONS and 48 received non-HMB formulations. Mortality was lower among patients receiving HMB-containing ONS, with the strongest association observed at 6 months. After adjustment for age, sex, and Charlson comorbidity index, HMB-containing ONS was associated with lower 6-month mortality and a lower hazard of death within 6 months. Exploratory analyses also showed lower 6-month mortality among patients who received HMB-containing ONS for at least 3 months. The authors note that the observational design, heterogeneous comparator group, and potential residual confounding require cautious interpretation of these findings.

[READ ARTICLE](#)

Relevance of More Stringent Discharge Standards for Acute Malnutrition Treatment: A Pooled Analysis of Posttreatment Relapse in 21 Studies

Publication: American Journal of Clinical Nutrition

Publish Date: May 2026

Authors: Guesdon B, Rattigan SM, Grellety E, Bliznashka L, Donnen P, Bilukha O

SUMMARY

Drawing on data from 21 studies conducted across 13 countries, Guesdon and colleagues examined whether children recovering from acute malnutrition face a greater risk of relapse when discharged before meeting both weight-for-height z-score (WHZ) and mid-upper-arm circumference (MUAC) thresholds for moderate acute malnutrition. The pooled analysis included 15,394 children treated for severe or moderate acute malnutrition and followed for up to six months after discharge. Overall, 8.1% of children relapsed to severe acute malnutrition during follow-up. Relapse was substantially higher among children who still met criteria for moderate acute malnutrition at discharge (14.2%) compared with those who achieved full anthropometric recovery (5.2%). Children discharged with a WHZ deficit experienced a higher relapse rate than those discharged with a MUAC deficit alone. The authors also found that relying solely on MUAC to identify severe acute malnutrition would have missed more than 60% of relapse cases. These findings support discharge criteria requiring recovery in both MUAC and WHZ before ending nutritional treatment.

READ ARTICLE

Like this newsletter? Forward to your colleagues and let them know they can [subscribe here](#).

FOLLOW ANHI



If you'd like to [unsubscribe](#), we'll miss you when you go. You're welcome to [subscribe](#) again anytime.

© 2026 Abbott. All rights reserved.
Please read the Legal Notice for further details.

Unless otherwise specified, all product and service names appearing in this newsletter are trademarks owned by or licensed to Abbott, its subsidiaries or affiliates. No use of any Abbott trademark, trade name, or trade dress in this site may be made without prior written authorization of Abbott, except to identify the product or services of the company.

