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ANHI December 2025 Nutrition Research Review

The Effectiveness of High Versus Lower Enteral Protein Intake, Considering Energy Intake, on Clinical Outcomes in Critically Ill Children: A Systematic Review and Meta-Analysis

Publication: Clinical Nutrition
Publish Date: October 2025
Authors: Jotterand Chaparro C, Bertoni Maluf V, Pabion C, Stern F, Moullet C, Kiszio B, Pugliese MT, Ramelet AS, Morice C, Valla FV, Tume LN

SUMMARY

This systematic review and meta-analysis evaluated randomized controlled trials comparing high versus lower enteral protein intake in critically ill children in pediatric intensive care units. Eight trials were included, mostly involving infants with bronchiolitis

or post-cardiac surgery. High protein intake (~3 g/kg/day) improved nitrogen balance compared to recommended intake (~1.6 g/kg/day), but did not affect length of stay and increased blood urea levels. Gastrointestinal tolerance issues, such as diarrhea and gastric retention, were reported in some studies. Evidence for low protein intake was limited. The findings suggest potential metabolic benefits of higher protein intake but raise concerns about safety and lack of clinical improvement. Further trials are needed to assess protein doses between 1–2.2 g/kg/day in broader populations.

READ ARTICLE

Nutrition Intervention with High-Protein and β-Hydroxy-β-Methylbutyrate (HMB) Is Associated with Readmission Reduction and Cost Savings Among Patients with Malnutrition Risk

Publication: Nutrients
Publish Date: November 2025
Authors: Smith S, Doyev R, Ben Lassan M, Rosenberg A, Weinstein O, Sharn A R, Kerr K W, Sulo S, Godny L

SUMMARY

A retrospective review of hospitalized adults at risk for malnutrition compared outcomes between those receiving high protein oral nutritional supplements enriched with HMB (HMB ONS) and standard supplements. Patients consuming HMB ONS showed significantly lower 1 , 3 , and 6 month readmission rates. The intervention group also demonstrated an average net cost saving of approximately USD 403 per patient due to reduced readmissions. This study reinforces the tangible clinical and economic advantages of incorporating HMB fortified nutrition for at risk patients.

READ ARTICLE

Federal Nutrition Assistance Programs and UltraProcessed Food Intake among Preschool-Aged Children

Publication: Current Developments in Nutrition
Publish Date: November 2025
Authors: Drengler A, Sommer EC, Sneed NM, McMahon E, Truesdale KP, Matheson D, Noerper TE, Samuels LR, Barkin SL, Heerman WJ

SUMMARY

This study assessed the relationship between participation in federal nutrition assistance programs and ultraprocessed food (UPF) intake among low-income preschool-aged children. Using data from 582 parent-child pairs, researchers evaluated caloric intake from UPFs in relation to enrollment in SNAP, WIC, both, or neither. At baseline, children consumed a median of 62.5% of their daily calories from UPFs. Statistical analysis found no significant differences in UPF intake based on program participation or food insecurity status. The findings indicate consistently high UPF consumption among this population, regardless of assistance program use.

READ ARTICLE

Feasibility and Acceptability of the Cancer Specific PRONTO Protocol for Nutritional Risk Screening in Outpatient Oncology Cancer Care: A Pilot Study

Publication: Cancers
Publish Date: November 2025
Authors: Sánchez Cabrero D, Rubio J, Durá Esteve J, Guzmán Gómez L, Guzmán Rolo G, Grande C, Martín Aguilar A, Pérez Wert P, Pertejo A, Sulo S, Sharn A R, Palma M, Dassen C, Muscaritoli M

SUMMARY

During first oncology visits, the PRONTO screening protocol assessed 200 patients for nutritional risk, identifying 62 % at risk and confirming malnutrition in 57 % based on

GLIM criteria. PRONTO demonstrated high sensitivity (90.4 %) and specificity (75.6 %), outperforming conventional methods. Oncology staff rated the tool as highly usable (SUS 87.9) with strong recommendation intent (NPS 9.1). The protocol was quick and user friendly, facilitating early detection of nutritional issues in outpatient oncology.

READ ARTICLE

Autism Spectrum Disorder and Typically Developing Children: Comparison of Eating Behaviors and Parents’ Nutrition Knowledge

Publication: Research in Autism
Publish Date: January 2026
Authors: Hekimci D, Demirel B, Kılınç GE, Öztürk G

SUMMARY

This cross-sectional study compared eating behaviors of children with autism spectrum disorder (ASD) and typically developing children, along with their parents’ nutrition knowledge. Data from 69 parent-child pairs revealed that children with ASD consumed fewer snacks, showed more emotional overeating, and were more likely to have temper tantrums when denied preferred foods. They also consumed core food groups less frequently and had higher intake of packaged products. Parents of typically developing children had higher education levels and scored better on nutrition-health knowledge assessments. Findings suggest that children with ASD face greater nutritional challenges, and targeted nutrition education for their parents may be beneficial.

READ ARTICLE

A Focus Shift from Sarcopenia to Muscle Health in the Asian Working Group for Sarcopenia 2025 Consensus Update
Journal: Nature Aging

Publication: Nature Aging
Publish Date: November 2025
Authors: Chen L K, Hsiao F Y, Akishita M, Assantachai P, Lee W J, Lim W S, Muangpaisan W, Kim M, Merchant R A, Peng L N, Tan M P, Won C W, Yamada M, Woo J, Arai H, the Asian Working Group for Sarcopenia

SUMMARY

The AWGS's 2025 consensus moves beyond traditional sarcopenia definitions to promote overall muscle health across the lifespan, starting from mid adulthood (50–64 years). Diagnostic criteria are simplified to include only concurrent low muscle mass and strength; physical performance is treated as an outcome. The framework emphasizes the interconnected roles of muscle with brain, bone, adipose tissue, and immunity. Multimodal interventions combining resistance exercise and nutrition are recommended to prevent functional decline in aging Asian populations.

READ ARTICLE

A Review of Human Milk Oligosaccharide Concentrations of Breast Milk for Infants and Young Children Through 24 Months of Age

Publication: Frontiers in Pediatrics
Publish Date: October 2025
Authors: Kenney AD, Sabag-Daigle A, Stoecklein MM, Buck RH, Reverri EJ

SUMMARY

This review and meta-analysis examined human milk oligosaccharide (HMO) concentrations in breast milk from 12 to 24 months of lactation. Thirteen eligible studies were analyzed to identify core HMOs and assess changes over time. Six HMOs—2'-FL, 3-

FL, LNT, LNnT, 3'-SL, and 6'-SL—were consistently present and accounted for over 70% of total HMO content. Total HMO concentrations declined from colostrum to 6 months but stabilized from 12 to 24 months. Notably, 3-FL increased over time. The findings suggest HMOs remain biologically relevant beyond infancy, supporting continued breastfeeding. Further research is recommended to explore the impact of prolonged HMO exposure on child health outcomes.

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