ANHI February 2026 Nutrition Research Review

Clinical Practice Guide for Integrating Diabetes Specific Nutritional Formulas into Diabetes Care: Evidence Review and Expert Consensus

Publication: Diabetology (MDPI)
Publish Date: February 2026
Authors: Lin S, Deed G, Khoo C, Murfet G, Barclay AW, Maberly G, Blackie A, Peng W, Andrikopoulos S

SUMMARY

An expert working group translates the evidence base on diabetes specific nutritional formulas into a pragmatic pathway for routine care. The guide outlines three steps: assess suitability, including clinical indications and cultural context, tailor dose and timing to individual goals and glycemic patterns, and monitor at 2–4 weeks, then at 3, 6, and 12 months for glycemic indices and body composition, where available. Recommendations emphasize person-centered use as an adjunct to lifestyle and standard therapy, with practical cues for initiation, integration, and medication review.

The document provides clinicians with implementable checkpoints that can standardize DSNF use across primary and specialty settings.

READ ARTICLE

Association Between Dietary n6/n3 Ratio and Attention-Deficit/Hyperactivity Disorder Among American Children and Adolescents: Findings from the National Health and Nutrition Examination Survey

Publication: Lipids in Health and Disease
Publish Date: December 2025
Authors: Wang L, Wang Y, Li L

SUMMARY

Emerging evidence suggests that shifts in modern dietary patterns may influence neurodevelopmental outcomes in youth. This study analyzed data from 5,882 U.S. children and adolescents aged 4–15 years to explore how the balance of dietary n-6 and n-3 polyunsaturated fatty acids relates to attention deficit/hyperactivity disorder (ADHD). Researchers found that higher dietary n 6/n 3 ratios were consistently associated with an increased likelihood of ADHD, with risk rising steadily across ratio tertiles. The dose–response analysis showed a nearly linear relationship, indicating no clear threshold effect. Findings remained robust across subgroup comparisons and sensitivity analyses. Because n-6 and n-3 fatty acids share metabolic pathways and influence inflammatory and neural signaling processes, an imbalanced intake may contribute to elevated ADHD risk. The authors conclude that adjusting dietary fatty acid patterns—particularly by lowering n-6 intake and increasing n-3 sources—may offer a practical strategy to support long-term neurodevelopmental health.

READ ARTICLE

Asian Reference Values for Handgrip Strength, Gait Speed, Five Times Sit to Stand Test, Muscle Mass, and Calf Circumference

Authors: Grgic J, Tey SL, Huynh DTT, Low YL, Pedisic Z, Schaller N, Wazny VK, Wang W, Saito Y, Rannan Eliya RP, Ghattas H, Chaaya M, Mendes de Leon C, Gupta P, Lamoureux EL, Subramaniam M, Abdin E, Malhotra R, Chan A, Tumenbayar B, Luvsandavaajav O, Enkhtuvshin B, Mansor N, Awang H, Maier AB

SUMMARY

This publication presents harmonized Asian reference values derived from a pooled analysis of individual participant data across 20 national cohorts from 12 countries, covering adults aged 20 years and older. The study provides sex- and age-stratified percentiles for handgrip strength, gait speed, five-times sit-to-stand performance, skeletal muscle mass, and calf circumference, with pan Asian, regional, and country-specific results. Younger adults consistently performed better across all muscle health indicators. Clear differences by sex and region highlight the need for Asian specific benchmarks rather than Western thresholds. These reference values offer a standardized foundation for clinical screening, population monitoring, and early identification of individuals at risk for muscle decline.

READ ARTICLE

Effects of Carbohydrate Modified Diets on Insulin Sensitivity in Children and Adolescents with Overweight/Obesity: A Systematic Review and Meta Analysis of Randomized Controlled Trials

Authors: Khorshidi Y, Moslehi N, Zolfaghari F, Golzarand M, Asghari G

SUMMARY

Growing interest in diet-based strategies for pediatric metabolic health has raised questions about whether modifying carbohydrate intake can improve insulin sensitivity in youth with overweight or obesity. This systematic review and meta-analysis examined 17 randomized clinical trials evaluating low-glycemic index (GI) diets and reduced-carbohydrate diets. Overall, carbohydrate-modified diets did not significantly change fasting insulin levels but did produce modest improvements in HOMA-IR, indicating better insulin sensitivity. Low-GI diets were especially beneficial when paired with calorie restriction or when carbohydrates made up 46–65% of energy intake. In contrast, reduced-carbohydrate diets showed no meaningful impact on insulin markers, likely due to wide variation in carbohydrate levels and challenges with dietary adherence. The authors highlight that improving carbohydrate quality—rather than strict reduction—appears more effective for enhancing insulin sensitivity in this population. They recommend prioritizing balanced, low GI dietary patterns rich in fiber and whole-food carbohydrate sources.

READ ARTICLE

Multimodal Prehabilitation Enhances Perioperative Outcomes in Gastric Cancer Patients: A Single-Center Randomized Controlled Trial

Publication: Frontiers in Nutrition
Publish Date: February 2026
Authors: Mu GC, Tu YH, Xie HL, Liu SY, Jia K, He MY, Chen YY, Chen JQ

SUMMARY

Preoperative prehabilitation that includes nutrition, exercise, and psychological support improved outcomes for adults undergoing radical gastrectomy. In this single-center randomized controlled trial, 150 participants were allocated to a one-week multimodal prehabilitation program plus standard care or standard care alone. The prehabilitation group had fewer 30-day complications, earlier gastrointestinal recovery, faster ambulation, and shorter postoperative length of stay. Baseline characteristics were comparable between groups. Improvements in preoperative functional capacity and

higher preoperative energy and protein intake were also observed in the intervention arm. The findings support embedding structured nutritional support within short-course prehabilitation to enhance recovery trajectories around major cancer surgery.

READ ARTICLE

Multi-Faceted Nutritional Interventions are Imperative to Reduction of Stunting Among Children in Low- and Middle-Income Countries

Publication: Frontiers in Nutrition
Publish Date: September 2025
Authors: Sharn AR, Oliveros E, Lai S, Sanchez CP, Villa-Real Guno MJ, Rojas Montenegro C

SUMMARY

Research from multiple low- and middle-income countries highlights how inadequate nutrient and energy intake contributes to stunted growth in young children. This article reviews global strategies aimed at reducing stunting by evaluating nine community-based interventions conducted across diverse regions. Many programs emphasized caregiver nutrition education, and several included guidance on breastfeeding frequency, macronutrient or micronutrient supplementation, and routine monitoring of growth indicators. However, few interventions used frequent or standardized nutrition screening. Economic outcomes were inconsistently reported, while clinical and process outcomes were more commonly tracked. The authors note that effective strategies should include structured screening, targeted nutrition education, appropriate supplementation, and consistent follow-up. Despite limited study numbers, findings underscore the importance of comprehensive, multi-level approaches to address the long-term risks associated with pediatric undernutrition.

READ ARTICLE

Comparative Performance of the Patient-Generated Subjective Global Assessment, ESPEN, and GLIM Criteria in Patients with Colorectal Cancer: A Multicenter Study Utilizing Bayesian Inference

Authors: Zhang ZC, Jin WD, Ma HJ, Zhang Y, Li Y, Zhu J, Qiao YH, Du YT, Jiang Y, Song JW, Wang JL, Liu S, Guo YJ, Kang BY, Wang Q, Qin SH, Song CH, Shi HP, Li JP

SUMMARY

Using data from 3,182 adults with colorectal cancer across multiple centers, this analysis compared three malnutrition tools with Bayesian methods. PG SGA demonstrated high sensitivity and specificity for diagnosing malnutrition, while GLIM showed strong specificity and superior prognostic alignment with survival outcomes. ESPEN criteria also performed well on sensitivity. All three methods were independently associated with overall survival, underscoring the clinical value of systematic nutrition assessment in oncology. The results help clinicians choose validated tools for early identification of nutrition risk, which supports timely referral to nutrition therapy within cancer care pathways.

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