ANHI June 2026 Nutrition Research Review

Shaping the Future of Muscle Health: A Clinical Nutrition Perspective and Research Agenda

Publication: Clinical Nutrition
Publish Date: June 2026
Authors: van Zanten ARH, Deutz NE, Liberati Prso AM, Prado CM, Schooneman MG, Soeters MR, de van der Schueren MAE, Weijs PJM, Jager-Wittenaar H

SUMMARY

This comprehensive narrative review highlights muscle health as a central determinant of clinical outcomes across aging, cancer, metabolic disease, obesity, and critical illness. Muscle health is defined as a multidimensional concept including mass, strength, physical performance, and patient-reported outcomes. Current nutrition practices often rely on general recommendations and underuse functional measures, limiting effective care. Evidence shows that muscle loss is linked to poorer recovery, increased complications, and reduced quality of life. The

authors emphasize the need for individualized, phase-specific nutrition and exercise strategies supported by improved assessment methods. A research agenda is proposed focusing on standardizing outcomes, advancing precision nutrition, and integrating muscle-focused care into clinical practice.

READ ARTICLE

Beyond "It's Just a Phase": A Review of Picky Eating in Children

Publication: Nutrients
Publish Date: April 2026
Authors: Alarcon P, Vandenplas Y

SUMMARY

Growing evidence shows that childhood picky eating is more complex than a harmless developmental stage. This narrative review examines how inconsistent definitions have blurred the distinction between temporary food selectivity and persistent patterns that may affect nutrition, family functioning, and psychosocial well-being. The authors describe picky eating as a spectrum, ranging from age-appropriate selectivity with minimal impact to severe, persistent forms linked to dietary inadequacy and functional difficulties. Prevalence estimates are shown to vary widely due to reliance on parental reports and non-standardized tools, which often fail to capture severity or duration. Longitudinal findings highlight that persistence over time, rather than early presence alone, determines clinical relevance. The review emphasizes that picky eating arises from interactions between child traits, such as sensory sensitivity, and feeding environments. Practical implications include focusing assessment and management on functional impact, persistence, and family stress rather than food refusal alone.

READ ARTICLE

Creatine Monohydrate for Lean Mass, Strength, and Bone Density in Postmenopausal Women: A Systematic Review and Meta-Analysis

Publication: Journal of the International Society of Sports Nutrition
Publish Date: May 2026
Authors: Naddafha S, Antonio J, Kreider RB, Stout JR

SUMMARY

Evidence from randomized controlled trials was synthesized to evaluate the effects of creatine supplementation on muscle and bone outcomes in postmenopausal women. Seven trials including 608 participants were analyzed, with intervention durations ranging from 12 to 104 weeks. Creatine supplementation resulted in modest increases in lean body mass and significant improvements in muscle strength, particularly when combined with resistance training and doses of at least 5 g per day. In contrast, no overall effect was observed on bone mineral density. Supplementation was well tolerated, with no meaningful differences in adverse events or renal markers compared with placebo. Findings support creatine as a safe adjunct to exercise for improving muscle-related outcomes in this population.

READ ARTICLE

Muscle Health and Prognosis in Patients with Cancer: New Insights

Publication: Journal of Cachexia, Sarcopenia and Muscle
Publish Date: April 2026
Authors: Cereda E, Casirati A, Gonzalez MC, Souza NC, Prado CM, Ford KL, Mauricio SF, Correia MITD, Pedrazzoli P, Caccialanza R

SUMMARY

Prognostic implications of muscle health components were examined in a multicenter cohort of 477 patients with cancer followed for mortality outcomes.

Measures included muscle mass, muscle radiodensity, recent weight loss, and handgrip strength. During a median follow-up of 43 months, 188 deaths occurred. Analyses showed that low muscle mass and radiodensity were not independently associated with survival. In contrast, weight loss of at least 10% and reduced handgrip strength were significant predictors of higher mortality risk. The combination of low strength and significant weight loss identified patients with the poorest prognosis. These findings highlight the importance of incorporating functional measures, particularly muscle strength, into routine clinical assessment.

READ ARTICLE

Development and Validation of Non-Invasive Machine-Learning Screening Models for Pediatric Malnutrition in Hospitalized Children: A Single-Center Study

Publication: Children
Publish Date: April 2026
Authors: Klanjšek P, Povalej Bržan P, Marčun Varda N, Močnik M, Golob Jančič S, Kovačič M, Pajnkihar M

SUMMARY

Efforts to improve early detection of malnutrition in hospitalized children have led to the development of new screening approaches using clinical data and advanced analytics. This study evaluated multiple non-invasive screening models built from clinical indicators collected in 180 pediatric patients. The models were compared with clinician-based assessments and an established nutritional assessment tool. Results showed that more complex models, including genetic programming, artificial neural networks, and ANFIS, achieved the highest accuracy and agreement in identifying children at risk of malnutrition. Simpler models, such as decision trees, were less accurate but easier to interpret and more practical for routine use at the bedside. All models demonstrated generally good performance, suggesting their potential to support early identification of nutritional risk. However, the findings are

based on a single-center dataset with limited validation, and further research is needed to confirm their applicability in broader clinical settings.

READ ARTICLE

Sarcopenic Obesity: Call to Action and Nutritional Agenda from the International Clinical Nutrition Community

Publication: Clinical Nutrition
Publish Date: June 2026
Authors: Barazzoni R, Ballesteros MD, Bischoff SC, Blaauw R, Boirie Y, Carey S, Cederholm T, Cortes Y, Cuerda C, Deutz NEP, du Toit AL, Figueredo R, Genton L, Gomez-Santa Maria O, Gonzalez MC, Hartono J, Holt D, Ichikawa D, Jaquez A, Klek S, Kliger G, Maza Moscoso C, Naitoh T, Ng D, Pisprasert V, Sanchez AF, Sanchez-Corrales P, Schneider SM, Shi HP, Shukri J, Sinamban R, Varma S, Williams J, Wickramasinghe K, Donini LM

SUMMARY

An international group of clinical nutrition societies presents sarcopenic obesity as an increasingly prevalent condition with significant clinical consequences. Defined by the coexistence of excess adiposity and reduced muscle mass and function, it is driven by factors such as aging, sedentary behavior, and chronic disease. Current obesity treatments, including pharmacologic approaches, may further increase risk by promoting muscle loss. The paper outlines consensus-based recommendations for diagnosis using simplified algorithms and emphasizes the relationship between sarcopenic obesity and malnutrition. Nutritional strategies focus on adequate protein and micronutrient intake, combined with exercise to support muscle preservation. A coordinated research and clinical agenda is proposed to improve identification, prevention, and management in practice.

READ ARTICLE

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