



ANHI June 2025 Nutrition Research Review

Nutritional Priorities to Support GLP-1 Therapy for Obesity: A Joint Advisory from the American College of Lifestyle Medicine, the American Society for Nutrition, the Obesity Medicine Association, and The Obesity Society

Publication: Obesity

Publish Date: May 2025

Authors: Mozaffarian D, Agarwal M, Aggarwal M, Alexander L, Apovian CM, Bindlish S, Bonnet J, Butsch WS, Christensen S, Gianos E, Gulati M, Gupta A, Horn D, Kane RM, Saluja J, Sannidhi D, Stanford FC, Callahan EA

SUMMARY

This Joint clinical statement from the American College of Lifestyle Medicine, the American Society for Nutrition, and the Obesity Medicine Association outlines

nutritional strategies to optimize outcomes for individuals using GLP-1 receptor agonists for obesity treatment. It outlines eight practical nutrition strategies to support patients prescribed GLP-1 receptor agonists:

- Initiation of GLP-1 therapy with a patient-centered approach
- Completion of baseline nutrition assessment and screening
- Management of GI side effects
- Navigation of dietary preferences and intakes
- Prevention and mitigation of nutrient deficiencies
- Preservation of muscle and bone mass
- Maximization of weight reduction efficacy
- Promotion of other supportive lifestyle measures

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ESPGHAN/NASPGHAN Guidelines for Treatment of Irritable Bowel Syndrome and Functional Abdominal Pain-Not Otherwise Specified in Children Aged 4–18 Years

Publication: Journal of Pediatric Gastroenterology and Nutrition

Publish Date: May 2025

Authors: Groen J, Gordon M, Chogle A, Benninga M, Borlack R, Borrelli O, Darbari A, Dolinsek J, Khlevner J, Di Lorenzo C, Person H, Sanghavi R, Snyder J, Thapar N, Vlieger A, Sinopoulou V, Tabbers M, Saps M

SUMMARY

This joint ESPGHAN/NASPGHAN guideline provides evidence-based recommendations for treating irritable bowel syndrome (IBS) and functional abdominal pain-not otherwise specified (FAP-NOS) in children aged 4–18 years. The panel supports a stepwise approach beginning with education and dietary advice,

followed by psychological therapies and pharmacological interventions when needed. Cognitive behavioral therapy and gut-directed hypnotherapy are strongly recommended for moderate to severe cases. Limited evidence supports probiotics and peppermint oil; pharmacologic treatments should be individualized. The guideline emphasizes shared decision-making and tailoring interventions to symptom severity and patient/family preferences.

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The Association Between Muscle Mass and Change in Physical Functioning in Older Adults: A Systematic Review and Meta-Analysis of Prospective Studies

Publication: European Geriatric Medicine

Publish Date: April 2025

Authors: Visser M, Säcksjärvi K, Burchell GL, Schaap LA

SUMMARY

This systematic review and meta-analysis examined 72 prospective studies to assess the relationship between muscle mass and physical functioning in older adults (mean age ≥ 65 years). Most of the studies reviewed were conducted in community settings and focused on the development of difficulties with daily activities. A wide range of methods and measurements were used to assess muscle mass. The findings indicate that lower muscle mass is linked to a greater risk of functional decline in older adults. This relationship was more evident when muscle mass was adjusted for body size or measured using more precise techniques. The variability seen in earlier research appears to be due to differences in measurement methods, how body size was accounted for, and the types of physical function outcomes used.

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Effect of a Low Glycemic Index/Slow Digesting (LGI/SD) Carbohydrate Product on Maternal Glycemia and Neonatal Body Composition in Obese Pregnant Women: The NIGOHealth Randomized Clinical Trial

Publication: Nutrients

Publish Date: June 2025

Authors: Bermúdez MG, García-Ricobaraza M, García-Santos JA, Segura MT, Puertas-Prieto A, Gallo-Vallejo JL, Padilla-Vinuesa C, Koletzko B, Baggs GE, Oliveros E, Rueda R, Campoy C

SUMMARY

This randomized clinical trial evaluated the effects of a low glycemic index/slow digesting (LGI/SD) carbohydrate product on maternal glycemia and neonatal body composition in 190 obese pregnant women. Compared to a standard product, the LGI/SD intervention significantly reduced maternal fasting glucose and insulin resistance at 24–28 weeks gestation. Neonates in the LGI/SD group had lower fat mass and fat percentage without differences in birth weight. These findings suggest that LGI/SD carbohydrate supplementation during pregnancy may improve maternal metabolic health and reduce neonatal adiposity, potentially lowering future obesity risk

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Nutritional Approach to Small Intestinal Bacterial Overgrowth: A Narrative Review

Publication: Nutrients

Publish Date: April 2025

Authors: Velasco-Aburto S, Llama-Palacios A, Sánchez MC, Ciudad MJ, Collado L

SUMMARY

Small intestinal bacterial overgrowth (SIBO) is a digestive condition recognized by leading medical organizations, including the American Gastroenterological Association. It frequently coexists with irritable bowel syndrome, making precise diagnosis essential for effective treatment. Nutrition plays a central role in managing SIBO, helping to ease symptoms and reduce the likelihood of recurrence. This review aims to provide updated insights into dietary strategies for SIBO, clarify the responsibilities of dietitians in its management, and identify the most evidence-based nutritional approaches. It explores a range of interventions, from specialized diets to supplements, and evaluates how dietary therapy can support recovery and symptom control.

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Dietary Interventions and Oral Nutritional Supplementation in Inflammatory Bowel Disease: Current Evidence and Future Directions

Publication: Nutrients

Publish Date: May 2025

Authors: Barberio B, Bertin L, Facchin S, Bonazzi E, Cusano S, Romanelli G, Francini Pesenti F, Cazzaniga E, Palestini P, Zingone F, Savarino EV

SUMMARY

This review summarizes current evidence on dietary strategies and oral nutritional supplementation (ONS) in Crohn's disease and ulcerative colitis. Exclusive enteral nutrition remains first-line for pediatric Crohn's disease, while partial enteral nutrition and the Crohn's Disease Exclusion Diet show promise. Whole-food diets like the Mediterranean and Specific Carbohydrate Diets offer symptom relief and maintenance benefits. Emerging exclusion diets (e.g., low-FODMAP, low-emulsifier) may modulate inflammation, though evidence is preliminary. The review calls for standardized protocols to integrate nutrition into IBD care.

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Handgrip Strength and Risk of Cognitive Impairment Across Different Glucose Metabolism Statuses: Insights From the CHARLS Study

Publication: Frontiers in Aging Neuroscience

Publish Date: April 2025

Authors: Wang S, Li L, Yu J, Sun X, Chen J

SUMMARY

This study investigated the link between handgrip strength (HGS) and the risk of cognitive impairment in middle-aged and older Chinese adults, while also considering how glucose metabolism might influence this relationship. Using data from a large national survey conducted over seven years, researchers found that individuals with stronger handgrip strength were less likely to experience cognitive decline. This association held true regardless of whether participants had normal glucose levels, prediabetes, or diabetes. The findings suggest that HGS could serve as a simple and effective indicator for identifying individuals at higher risk of cognitive issues, independent of their metabolic health. Overall, the study highlights the potential value of incorporating muscle strength assessments into routine health evaluations for aging populations.

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