



## ANHI March 2026 Nutrition Research Review

### **Nutrition for Children With CKD: A Systematic Review of Qualitative Studies**

**Publication:** American Journal of Kidney Diseases

**Publish Date:** March 13 2026

**Authors:** Zhang A, van Zwieten A, Hughes A, Kim S, Lambert K, Torrisi LG, Jaure A, Guha C

#### **SUMMARY**

This systematic review synthesizes qualitative research exploring how children with chronic kidney disease (CKD) and their caregivers experience diet and fluid restrictions. Across 70 studies involving 1,941 participants from 21 countries, five themes emerged: frustration with unpalatable foods, feelings of deprivation from strict restrictions, the added burden placed on caregivers, the desire for greater agency in dietary decisions, and efforts to control diet for health. Children often struggled with taste changes, cravings, and reduced social participation, while caregivers faced emotional and financial strain. Despite these challenges, families developed coping strategies and sought

nutritional guidance. The review concludes that improving nutrition literacy and support may enhance adherence and strengthen social and emotional well-being.

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### **Nutritional Care Using Oral Nutritional Supplements: 22 Questions Every Clinician Asks—Answered by Global Experts in a Delphi Consensus Study**

**Publication:** Clinical Nutrition

**Publish Date:** February 2026

**Authors:** Bahat G, Pinar E, Abbasoglu O, et al.

#### **SUMMARY**

A global panel of 22 experts from 13 countries validated and refined 22 practical recommendations to guide oral nutritional supplement use in adult care. Using a two round modified Delphi process, the group reached consensus on indications, timing, dosing, product selection, and monitoring, as well as strategies to improve adherence and manage issues such as taste, tolerance, and volume. The guidance also addresses condition specific considerations across diabetes, chronic kidney disease, cirrhosis, heart failure, COPD, neurological disease, pressure injuries, surgery, cancer, geriatrics, and multimorbidity. Emphasis is placed on a food first approach, individualized decisions, and multidisciplinary collaboration, including when to continue or discontinue supplements.

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### **3-Month Oral Nutritional Supplementation Adherence Impacts Positively on Survival in Malnourished Older Patients Following Hip Fracture: A Real-Life Study**

**Publication:** Frontiers in Nutrition

**Publish Date:** March 2026

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

## SUMMARY

Following hip fracture, malnourished older adults were tracked for 12 months to examine whether adherence to three months of prescribed oral nutritional supplements influenced survival. Participants were classified as well nourished, moderately malnourished without ONS, malnourished non adherent, or malnourished adherent. Adherence was defined by pharmacy retrieval covering at least three months. After adjustment for confounders, non-adherent malnourished patients had a significantly higher risk of death than adherent malnourished patients, while the adherent group showed survival comparable to well-nourished peers. The findings underscore the clinical importance of achieving and maintaining short term ONS adherence after discharge to support survival in this high-risk population.

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## Early Enteral Nutritional Support and Clinical Outcomes in Critically Ill Children: A Scoping Review

**Publication:** Intensive & Critical Care Nursing

**Publish Date:** April 2026

**Authors:** Maffeo M, Caggianelli G, Buccione E, Vanzi V, Ciofi D, Gregorini M, Zega M, Fiorini J

## SUMMARY

Evidence gathered across 14 studies shows that initiating enteral nutrition within 24–48 hours of PICU admission is consistently linked with better outcomes for critically ill children. Reported benefits included shorter mechanical ventilation duration—“ $5.86 \pm 3.63$ ... versus  $11.96 \pm 9.17$  days”—and reduced hospital stays, with one study noting “4

days... versus 11.5 days.” Early feeding was also associated with lower rates of infections such as sepsis and ventilator associated pneumonia. Despite these advantages, common barriers included hemodynamic instability, gastrointestinal intolerance, and frequent procedural interruptions. The review highlights that standardized feeding pathways and strong nursing involvement can improve timely nutrition delivery and support recovery.

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## **The Effectiveness of Medical Nutrition Therapy in Prevention and Treatment of Chronic Disease: A Position Paper of the Academy of Nutrition and Dietetics**

**Publication:** Journal of the Academy of Nutrition and Dietetics

**Publish Date:** February 2026

**Authors:** Moloney L, Rozga M, Steiber A, Handu D

### **SUMMARY**

Drawing on 25 systematic reviews, this position paper consolidates evidence showing that medical nutrition therapy delivered by registered dietitian nutritionists can improve key outcomes across multiple chronic conditions. Reported benefits include reductions in hemoglobin A1c, blood pressure, total cholesterol, and body weight, along with improvements in quality of life for conditions such as diabetes, obesity, hypertension, chronic kidney disease, head and neck cancer, and chronic obstructive pulmonary disease. The paper also highlights persistent barriers to accessing dietitian led care, including inconsistent reimbursement, limited referral practices, and shortages of qualified practitioners. Recommendations emphasize expanding coverage, strengthening referral networks, improving staffing, and increasing awareness of the clinical value of medical nutrition therapy.

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## **Long-Term Associations of Early-Life Human Milk Oligosaccharide Intake with Allergic Disease Development and Gut Microbiota Profiles in 5-Year-Old Children**

**Publication:** Nutrients

**Publish Date:** February 2026

**Authors:** Kou R, Pan C, Xing X, Wang J, Morrin ST, Buck RH, Li X, Mao Y, Wang S

### **SUMMARY**

Early-life exposure to specific human milk oligosaccharides (HMOs) appears to have meaningful links to children's later immune and gut health. This study followed infants into early childhood to examine how varying HMO intake patterns related to allergic outcomes and microbiota composition at age five. Higher intake of certain HMOs during infancy was associated with a reduced likelihood of developing eczema and food sensitization. Children with greater HMO exposure also demonstrated more favorable gut microbial profiles, including higher levels of taxa associated with immune regulation. While the authors emphasize that these findings reflect associations rather than causation, the results suggest that HMO-rich early nutrition may support healthier immune development. The study reinforces the potential long-term importance of breastfeeding and early dietary exposures in shaping childhood health trajectories.

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## **Sarcopenia Interventions Targeted at Improving Muscle Health in Adults with Cancer: A Systematic Review and Meta-Analysis**

**Publication:** Frontiers in Nutrition

**Publish Date:** January 2026

**Authors:** Zhao Y, Ying L, Gao X, Tang L, Zhang Y, Pan W, Tian W, Liu Y, Feng X

### **SUMMARY**

Research across 59 randomized clinical trials was reviewed to evaluate how targeted interventions influence muscle health in adults with cancer. The analysis found

consistent improvements in muscle mass, muscle strength, and selected measures of physical performance, including the six minute walk distance and the 30 second sit to stand test. However, other performance assessments, such as the Short Physical Performance Battery and the five times chair stand test, showed no meaningful change. Subgroup analyses indicated that multimodal approaches, combining nutrition and exercise components, produced the greatest gains in muscle mass. Although publication bias was detected in some outcomes, sensitivity analyses supported the overall reliability of the findings.

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## **Modifiable Risk Factors for Anemia in Pregnancy**

**Publication:** BMC Pregnancy and Childbirth

**Publish Date:** December 2025

**Authors:** Woldeteklehaymanot Kassahun Dagne, Shiferaw M, Gedfie S, Jemal A, Gashaw M, Kumie G, Bazezew A, Sisay A, Abebe W, Nigatie M, Misganaw T, Asmare Z, Getachew E, Gashaw Y, Ashagre A, Tefera Z, Alemu BB, Tamrat E, Kassanew B, Dejazmach Z, Reta MA

### **SUMMARY**

This umbrella review synthesizes evidence from ten systematic reviews and meta-analyses examining modifiable risk factors for anemia during pregnancy. The analysis identifies four major categories of determinants: nutritional factors, maternal health conditions, sociodemographic characteristics, and healthcare access. Low dietary diversity, poor dietary practices, and inadequate iron–folic acid supplementation consistently increased anemia risk. Infections—particularly intestinal parasites and malaria—were strongly associated with anemia. Sociodemographic risks included low maternal education, adolescent pregnancy, short birth intervals, and large family size. Limited antenatal care access further elevated risk. Although heterogeneity across studies varied, the review highlights that many contributors to maternal anemia are preventable and require context-specific, multisectoral interventions.

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