



ANHI May 2025 Nutrition Research Review

Dietitian-Provided Interventions for Adults with Cancer: An Umbrella Review of Systematic Reviews

Publication: Nutrition and Cancer

Publish Date: March 2025

Authors: Rozga M, Moloney L, Handu D.

SUMMARY

This umbrella review by Rozga et al. synthesizes 17 systematic reviews on dietitian-provided interventions for adults with cancer. Interventions, including dietary counseling and oral nutritional supplements, improved body weight and quality of life in some studies. Limited evidence suggests reduced mortality and treatment complications with medical nutrition therapy. The review highlights moderate-quality evidence supporting dietitian-led interventions but notes inconsistent

findings and a need for standardized protocols to clarify their impact on clinical outcomes in cancer care.

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Gastrointestinal Changes in Paediatric Malnutrition that May Impact on Nutrition Choice

Publication: Frontiers in Pediatrics

Publish Date: March 2025

Authors: Rosan Meyer, Lauren Arpe, Aydan Kansu, Veronica Kelly, Keith Lindley, Mairéad O'Meara, Maria del Carmen Rivero, Suzanne van Zundert, Saioa Vicente-Santamaría, Orjena Žaja, Elena Oliveros, Leanne Olivier, Koen Joosten

SUMMARY

This article explores the gastrointestinal changes in pediatric malnutrition and their implications for nutritional choices. Malnutrition leads to alterations in gut function, including malabsorption of nutrients, altered motility, and reduced stomach acid, which can result in pathogen colonization and diarrhea. The study emphasizes the importance of gut-protective interventions and suggests peptide-based feeds for better tolerance and absorption in malnourished children. The findings highlight the need for further research on peptide-based feeds to improve clinical practices and outcomes in pediatric malnutrition.

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Comparison of the Inflammatory Biomarkers IL-6, TNF- α , and CRP to Predict the Effect of Nutritional Therapy on Mortality in Medical Patients at Risk of Malnutrition: A Secondary Analysis of the Randomized Clinical Trial EFFORT

Publication: Journal of Inflammation (London)

Publish Date: April 2025

Authors: Wunderle C, Martin E, Wittig A, Tribolet P, Lutz TA, Köster-Hegmann C, Stanga Z, Mueller B, Schuetz P.

SUMMARY

This secondary analysis of the EFFORT trial by Wunderle et al. examines whether IL-6, TNF- α , and CRP predict the effect of nutritional therapy on 30-day mortality in 1,999 medical patients at malnutrition risk. Patients received individualized nutritional support or standard care. Lower baseline IL-6 levels were associated with reduced mortality in the intervention group. CRP showed similar trends, while TNF- α was not predictive. IL-6 and possibly CRP may identify patients likely to benefit from nutritional support regarding mortality risk.

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Evaluating the Efficacy and Impact of Neutropenic Diet in Pediatric Hematology and Oncology Patients

Publication: Frontiers in Nutrition

Publish Date: March 2025

Authors: Amitabh Singh, Neetu Kushwaha, Raja Srishwan, Shamsuz Zaman, Noreen Grace George, Raj Kamal, Sandeep Kumar Swain, Manpreet Kaur, Fouzia Siraj, Saurabh Sharma, Baseer Noor, Prashant Prabhakar, Bhavika Rishi, Aroonima Misra

SUMMARY

This study evaluates the effectiveness of a neutropenic diet in reducing

hospitalizations due to febrile neutropenia and sepsis among pediatric hematology patients. Conducted over 18 months, the study involved 100 patients, with an adherence rate of 66% initially, dropping to 57% after six months. Results showed no significant correlation between diet adherence and reduced febrile admissions, sepsis, hospitalizations, or mortality. The study concludes that strict adherence to a neutropenic diet does not significantly impact morbidity and mortality and may impose financial burdens on patients.

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GLIM Consensus Approach to Diagnosis of Malnutrition: A 5-Year Update

Publication: JPEN Journal of Parenteral and Enteral Nutrition

Publish Date: May 2025

Authors: Jensen GL, Cederholm T, Correia MITD, Gonzalez MC, Fukushima R, Pisprasert V, Blaauw R, Braz DC, Carrasco F, Cruz Jentoft AJ, Cuerda C, Evans DC, Fuchs-Tarlovsky V, Gramlich L, Shi HP, Hasse JM, Hiesmayr M, Hiki N, Jager-Wittenaar H, Jahit S, Jáquez A, Keller H, Klek S, Malone A, Mogensen KM, Mori N, Mundi M, Muscaritoli M, Ng D, Nyulasi I, Pirlich M, Schneider S, de van der Schueren M, Siltharm S, Singer P, Steiber A, Tappenden KA, Yu J, van Gossum A, Wang JY, Winkler MF, Compher C, Barazzoni R.

SUMMARY

This 5-year update by Jensen et al. refines the Global Leadership Initiative on Malnutrition (GLIM) consensus criteria for diagnosing malnutrition in adults. The article reviews evidence from 2019-2024, validating GLIM's phenotypic (weight loss, low BMI, reduced muscle mass) and etiologic (reduced food intake, disease burden/inflammation) criteria. New guidance emphasizes practical screening tools, muscle mass assessment via imaging, and context-specific adaptations for diverse populations. The update strengthens GLIM's applicability in clinical settings, improving malnutrition detection and management to enhance patient outcomes across global healthcare systems.

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Enteral Nutrition in Hospitalized Adults

Publication: New England Journal of Medicine

Publish Date: April 2025

Authors: Gramlich L, Guenter P.

SUMMARY

This review by Gramlich and Guenter examines enteral nutrition (EN) for hospitalized adults, focusing on its role in managing disease-related malnutrition, affecting 30-45% of patients. Enteral nutrition is used in 5% of malnourished patients and benefits critically ill and non-critically ill individuals. Randomized trials, including the EFFORT study, show EN reduces complications, hospital stay, and mortality when initiated early, particularly in surgical patients. The authors discuss optimal timing, dosing and delivery methods. Practical guidelines emphasize multidisciplinary care and patient-centered approaches to enhance outcomes.

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