ANHI May 2026 Nutrition Research Review

Dose-Response Association Between Handgrip Strength and All-Cause Mortality Across Different Levels of Systemic Inflammation

Publication: Journal of Cachexia, Sarcopenia and Muscle
Publish Date: March 2026
Authors: Tur-Boned A, Andersen LL, López-Bueno R, Núñez-Cortés R, Cruz-Montecinos C, Suso-Martí L, Polo-López A, Calatayud J

SUMMARY

An analysis of data from over 20,000 older adults examined how handgrip strength relates to mortality across different levels of systemic inflammation. Participants were followed for approximately five years, with results showing a consistent inverse relationship between handgrip strength and all-cause mortality. Individuals with lower strength had significantly higher mortality risk, while those with higher strength

experienced protective effects. Importantly, this association remained across varying levels of C-reactive protein, indicating that muscle strength predicts outcomes independently of inflammation status. The findings support handgrip strength as a simple, accessible clinical measure that can aid in risk stratification and inform patient assessment in routine practice.

READ ARTICLE

The Role of Hydrolysed Rice Formula in the Dietary Management of Infants with Cow's Milk Allergy: A UK Healthcare Perspective

Publication: Nutrients
Publish Date: April 2026
Authors: Makwana N, Arpe L, Ivanova A, Evans-Howells H, Trigg C, Van de Bor B, Walsh J, Weaver A, Wood R, Venter C, Vandenplas Y, Meyer R

SUMMARY

Expert discussions held in the UK in 2025 explored when hydrolysed rice formula (HRF) may be preferred for non-breastfed infants with cow's milk allergy. Drawing on clinical experience and current international guidance, the authors describe the development of a practical decision tree to support formula selection. HRF is presented as a nutritionally complete, plant-based alternative with a long history of use in Europe and growing endorsement as a first-line option alongside extensively hydrolysed cow's milk formulas. Key factors influencing HRF choice include persistent symptoms despite multiple formula changes, caregiver stress, cultural or religious dietary needs, and specialist recommendations. Secondary considerations include taste acceptance, faltering growth, and parental preference. The paper emphasizes education and consistent implementation of guidance across healthcare 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, Donini LM, Williams J, Wickramasinghe K

SUMMARY

Recognition of sarcopenic obesity as a clinically relevant condition has led to a call for coordinated action in nutrition care and research. This expert consensus highlights that the coexistence of excess adiposity and reduced muscle mass and function is increasing due to population aging, sedentary lifestyles, and chronic disease burden. The paper outlines practical approaches for identification using simplified diagnostic tools and emphasizes the importance of nutrition in both prevention and management. Adequate protein intake, sufficient micronutrient provision, and overall diet quality are central recommendations. Integration of nutrition with physical activity and broader clinical strategies is emphasized to preserve muscle while addressing obesity risks.

READ ARTICLE

Trends in Weight Loss Attempts and Strategies Among US Adolescents with Overweight or Obesity

Publication: Obesity
Publish Date: April 2026
Authors: Liu L, Xiong G, Zhao H, Shi H, Liang M, Nahata MC

SUMMARY

Nationally representative NHANES data from 1999 to 2023 were analyzed to examine changes in weight loss attempts, strategies, and outcomes among U.S. adolescents aged

16–19 years with overweight or obesity. Over the study period, the proportion of adolescents reporting efforts to lose weight increased significantly, rising from approximately 54% to 66%. Despite this increase, the prevalence of clinically meaningful weight loss remained low, with about 27% achieving at least 5% weight loss and roughly 13% achieving at least 10% weight loss. Exercise and dietary changes were the most commonly reported strategies, while use of prescription medications was rare. Reducing sugar intake and using prescription weight loss medications were the strategies most strongly associated with successful weight loss. No significant improvement over time was observed in achieving clinically meaningful weight reduction, highlighting a persistent gap between weight loss efforts and effective outcomes in this population.

READ ARTICLE

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 NEP, Liberati Prso AM, de van der Schueren MAE, Weijs PJM, Jager-Wittenaar H

SUMMARY

Growing recognition of muscle health as a key determinant of clinical outcomes has prompted a call for its stronger integration into nutrition care. This review highlights that muscle mass, strength, and function are inconsistently assessed in practice despite their relevance across aging, cancer, obesity, and acute illness. Evidence presented demonstrates wide variability in individual responses to nutrition and exercise interventions, underscoring limitations of generalized dietary recommendations. The authors emphasize the need for more personalized approaches, supported by improved assessment methods and consistent use of functional outcomes in research. A coordinated effort to standardize evaluation and embed muscle-focused nutrition strategies in clinical care is proposed to improve patient outcomes.

READ ARTICLE

Maternal and Child Nutrition Insecurity, Microbiome, and Early Neurodevelopment: An Intricate Interplay

Publication: European Journal of Public Health
Publish Date: April 2026
Authors: Specchia ML, Beccia F, Cacciuttolo MG, Petrella L, Mungo T, Thiella S, Lucarelli A, Zace D, Di Pietro ML

SUMMARY

Evidence on the relationships among maternal and child nutrition insecurity, the gut microbiome, and early neurodevelopment was synthesized through a systematic review conducted according to PRISMA guidelines. Eleven mainly cohort-based studies from diverse geographic settings were included. Across studies, early-life gut microbiota composition was consistently associated with cognitive, motor, and behavioral development in infants and young children. Nutrition insecurity emerged as an important upstream factor capable of altering maternal and infant microbiota balance, contributing to dysbiosis and less favorable neurodevelopmental outcomes. Breastfeeding was repeatedly identified as a key modulator of the infant microbiome and a supportive factor for neurodevelopment. Additional influences included maternal pre-pregnancy overweight or obesity, prenatal diet quality, micronutrient status, and environmental stressors. Overall, the review highlights a complex interaction linking nutrition insecurity to the gut–brain axis during critical developmental windows and emphasizes the importance of targeted nutritional strategies to support microbiome health and early neurodevelopment.

READ ARTICLE

Muscle Health and Prognosis in Patients With Cancer: New Insights

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

SUMMARY

Muscle strength and unintentional weight loss emerged as key predictors of mortality in patients with cancer in this multinational cohort analysis. Data from 477 adults showed that low handgrip strength and weight loss of at least 10% were independently associated with higher mortality risk, whereas low muscle mass and radiodensity alone were not. Combinations including both low strength and weight loss identified the highest-risk groups. Reduced muscle mass contributed to poorer outcomes only when present alongside these factors. These findings emphasize the importance of functional measures and weight changes, which may reflect more clinically meaningful declines in muscle health than imaging-based assessments alone.

READ ARTICLE

Preliminary Clinical Study on the Synergistic Effects of Prebiotics and β-hydroxy-β-methylbutyrate in Improving Muscle Function and Intestinal Barrier Function in Elderly Patients with Sarcopenia

Publication: Aging Clinical and Experimental Research
Publish Date: February 2026
Authors: Zhuo J, Han T, Yang N, Qu Z, Li Z, Hong F

SUMMARY

A randomized controlled trial evaluated the combined effects of β-hydroxy-β-methylbutyrate (HMB) and prebiotics on muscle function and intestinal health in older adults with sarcopenia. Seventy-eight participants were assigned to standard diet alone,

HMB supplementation, or HMB plus prebiotics for 30 days. Improvements in skeletal muscle mass index and handgrip strength were observed in both HMB groups, with greater gains in the combined intervention group. Markers of intestinal barrier integrity and inflammation also improved most with the addition of prebiotics. These findings indicate that combining HMB with prebiotics may enhance muscle function while supporting gut health in this population.

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