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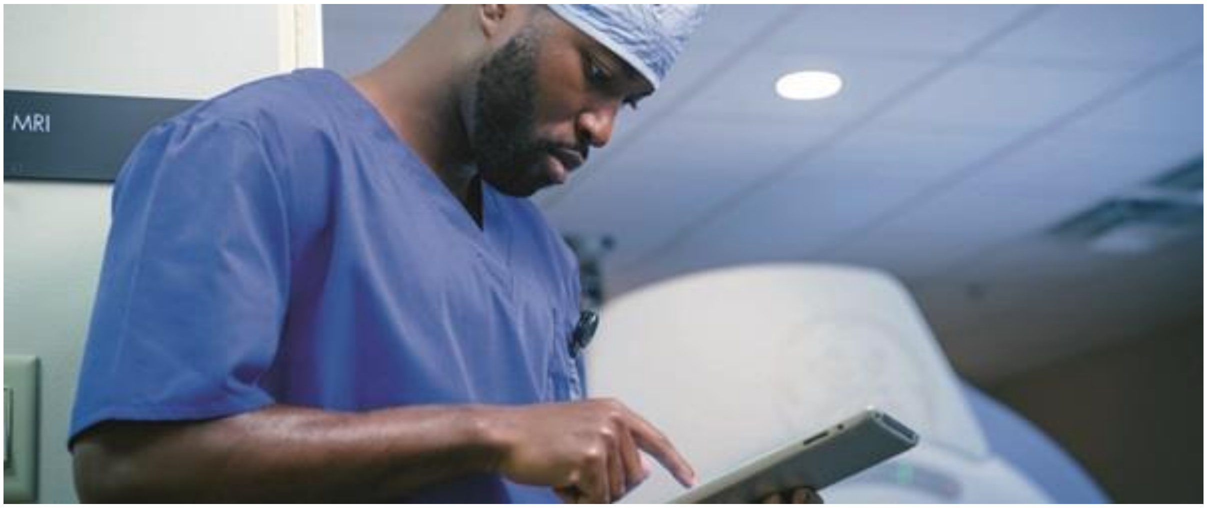

ANHI November 2025 Nutrition Research Review

Association between Changes in Obesity Status and Neuropsychiatric Health and Brain Structure in Different Glucose Status

Publication: Frontiers in Nutrition
Publish Date: November 2025
Authors: Zhang Y, Li X, Wang J, Chen L

SUMMARY

Researchers explored how changes in obesity status relate to neuropsychiatric health and brain structure across different glucose profiles. Using longitudinal data, participants were categorized by obesity and glucose status, and brain imaging assessed structural changes. Findings revealed that transitioning from obesity to non-obesity was associated with improved neuropsychiatric outcomes and favorable brain morphology, particularly in regions linked to cognition and mood regulation. Conversely, persistent obesity correlated with structural alterations and higher neuropsychiatric risk. Glucose status moderated these associations, suggesting metabolic health plays a critical role in brain

integrity. These results underscore the importance of weight and glucose management for preserving mental and neurological health.

READ ARTICLE

Examining Associations Between Human Milk Fatty Acids, Oligosaccharides, and Early Infant Cognitive, Language and Motor Development in the CHILD Cohort Study

Publication: Frontiers in Nutrition
Publish Date: October 2025
Authors: Turner SE, Roos LE, Nickel NC, Moraes TJ, Turvey SE, Simons E, Subbarao P, Robertson B, Chikuma J, Goruk S, Field CJ, Bode L, Pei J, Mandhane PJ, Azad MB

SUMMARY

This study examined how human milk fatty acids and human milk oligosaccharides (HMOs) relate to early neurodevelopment in infants. Researchers analyzed milk samples from 240 breastfeeding parent-infant pairs in the CHILD Cohort Study and assessed cognitive, language, and motor development at ages 1 and 2. A fatty acid profile high in saturated fats and low in n-3 and n-6 fatty acids was associated with enhanced motor development. Among HMOs, disialyllacto-N-tetraose showed a negative association with motor scores, while difucosyllacto-N-hexaose and 3’-sialyllactose were positively linked to language and motor outcomes, depending on maternal secretor status. These findings suggest that both fatty acids and HMOs in human milk may influence neurodevelopment, with maternal genetics playing a moderating role in these associations. These findings suggest that both fatty acids and HMOs in human milk influence neurodevelopment, and maternal genetics may moderate these effects. Results from this work can inform future studies seeking to understand the mechanisms of fatty acids and HMOs on infant neurodevelopment.

READ ARTICLE

Type 2 Diabetes Remission: A Systematic Review and Meta-analysis of Nonsurgical Randomized Controlled Trials

Publication: Diabetes Care
Publish Date: November 2025
Authors: Taylor R, Lean MEJ, Zhyzhneuskaya S, Leslie WS

SUMMARY

This systematic review and meta-analysis examined nonsurgical interventions for achieving remission in type 2 diabetes. Data from randomized controlled trials were pooled to evaluate dietary, behavioral, and pharmacologic strategies. Results showed that intensive lifestyle interventions, particularly those involving significant weight loss, were most effective in inducing remission. Pharmacologic approaches demonstrated modest benefits, while combined strategies yielded higher success rates. Duration of diabetes and baseline weight strongly influenced outcomes, with earlier intervention linked to better remission rates. The findings highlight the potential of structured, nonsurgical programs to reverse type 2 diabetes and emphasize the importance of early, comprehensive management.

READ ARTICLE

Effect of Nutritional Interventions on Autism Spectrum Disorder in Children: A Systematic Review

Publication: Research in Autism
Publish Date: October 2025
Authors: Arif MI, Ru L, Maimaiti R

SUMMARY

Autism Spectrum Disorder (ASD) affects communication, social interaction, and behavior, with increasing global prevalence. This systematic review examined 21 studies published between 2013 and 2024 to assess the effects of nutritional interventions on children with ASD. Interventions included probiotics, vitamin supplementation, gluten-free and ketogenic diets. Several studies reported improvements in cognitive function, sociability, gastrointestinal symptoms, sensory processing, and core ASD symptoms. Despite promising findings, the review highlights inconsistencies in study design and outcomes. Due to heterogeneity and limited data, a narrative synthesis was used. The authors conclude that while nutritional strategies show potential, larger and more rigorous studies are needed to confirm efficacy and guide clinical recommendations.

READ ARTICLE

Effectiveness of Interventions to Improve Malnutrition Among Older Adults Living with Frailty Who Are Discharged from the Acute Setting: A Systematic Review

Publication: Nutrients
Publish Date: October 2025
Authors: Smith P, Brown L, Nguyen T, Patel R

SUMMARY

This review assessed interventions aimed at improving malnutrition in frail older adults following hospital discharge. Studies included nutritional counseling, oral nutritional supplements, and multidisciplinary approaches. Evidence indicated that individualized nutrition plans combined with follow-up support significantly improved energy and protein intake, weight stability, and functional outcomes. Oral nutritional supplements were effective when adherence was high, while interventions lacking post-discharge monitoring showed limited impact. The review emphasizes the need for integrated strategies that extend beyond hospitalization to address ongoing nutritional challenges in this vulnerable population.

READ ARTICLE

The Impact of Feeding Styles on Unhealthy Dietary Intakes and Weight-for-Length Z-Scores: Investigating Sweet Beverages and Snack Food Consumption During Early Childhood in a Diverse Sample

Publication: Appetite
Publish Date: January 2026
Authors: Serwatka CA, Smith LM, Moore AM, Sethi T, Engel H, Smith AR, Kong KL

SUMMARY

Feeding styles may influence early childhood dietary habits and growth outcomes. This study examined associations between caregiver feeding styles and the consumption of sweet beverages and snack foods among a diverse sample of young children. Findings revealed that indulgent and uninvolved feeding styles were linked to higher intake of unhealthy foods and elevated weight-for-length z-scores. In contrast, authoritative feeding styles were associated with healthier dietary patterns and more favorable growth metrics. The study highlights the importance of caregiver behavior in shaping early nutrition and suggests that promoting responsive feeding practices may help reduce the risk of childhood obesity. These results underscore the need for culturally sensitive interventions that support healthy feeding environments during early development.

READ ARTICLE

Sarcopenia and Cachexia in Older Patients with Cancer: Pathophysiology, Diagnosis, Impact on Outcomes, and Management Strategies

Publication: Drugs & Aging
Publish Date: November 2025
Authors: Martinez A, Rossi F, Chen Y, Gupta S

SUMMARY

This article provides an in-depth overview of sarcopenia and cachexia in older cancer patients, focusing on mechanisms, diagnosis, and treatment implications. Both conditions were linked to poor tolerance of therapy, increased complications, and reduced survival. Diagnostic approaches include imaging and functional assessments, with emphasis on early detection. Management strategies combine nutritional support, exercise programs, and pharmacologic agents targeting inflammation and muscle metabolism. Despite advances, treatment remains challenging, and individualized care is essential to improve outcomes. The review calls for multidisciplinary interventions to mitigate the impact of muscle wasting in oncology care for older adults.

READ ARTICLE

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