



ANHI September 2026 Nutrition Research Review

Impact of Vitamin D-Fortified Foods and Beverages on Growth, Bone Mineralization, and Nutritional Biomarkers in Children: Insights from a Comprehensive Meta-Analysis and Meta-Regression

Publication: BMC Pediatrics

Publish Date: August 2026

Authors: Simanjuntak AMT, Putra MGD, Rusmil K, et al.

SUMMARY

Addressing the widespread burden of vitamin D deficiency in childhood, Simanjuntak and colleagues conducted a systematic review, meta-analysis, and meta-regression

examining the effects of vitamin D-fortified foods and beverages on growth, bone health, and nutritional biomarkers in children. Drawing on randomized controlled trials, the authors found that fortification consistently improved serum 25-hydroxyvitamin D concentrations, supporting its effectiveness as a population-level strategy to improve vitamin D status. The review also evaluated outcomes related to growth and bone mineralization, although the magnitude and consistency of these effects varied across studies. Factors such as baseline vitamin D status, the type of fortified food or beverage, and differences in study design contributed to variability in outcomes. Overall, the findings support food fortification as a practical approach to improving vitamin D nutrition in children, particularly in populations at risk for deficiency, while highlighting the need for continued research on long-term effects on growth and skeletal health.

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Inflammation Hinders Anabolic Potential of Nutritional Support in Cancer: Findings from the Protein Recommendation to Increase Muscle (PRIMe) Trial

Publication: The American Journal of Clinical Nutrition

Publish Date: October 2026

Authors: Engelen MPKJ, Ford KL, Porter Starr KN, Sawyer MB, Bales CW, Siervo M, Schuetz P, Prado CM, Deutz NEP

SUMMARY

A post hoc analysis of 50 patients with stage II–IV colorectal cancer evaluated whether baseline inflammation, hormones, and amino acids influenced lean soft tissue response to increased protein intake during 12 weeks of nutrition counseling. Lean soft tissue response varied despite increased protein intake, with positive changes at 6 weeks associated with a daily protein increase of at least 27 g. Higher baseline IL-6 reduced the

anabolic response to increased protein intake, suggesting that baseline inflammation may influence the effectiveness of protein-focused nutritional support. The analysis indicated that an increase of at least 27 g/day of protein was associated with an anabolic response, with potentially greater increases needed in patients with elevated IL-6.

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Editorial: Innovative Approaches to Nutrition Counseling in Pediatric Dietetics: Guidelines, Practices, and Future Directions

Publication: Frontiers in Nutrition

Publish Date: April 2026

Authors: Krupa-Kotara K, Koziół-Kozakowska A, Brzeziński M

SUMMARY

Effective pediatric nutrition care extends beyond dietary recommendations, and this editorial highlights emerging directions in nutrition counseling that emphasize individualized, family-centered, and interdisciplinary approaches. The authors describe how advances in understanding child nutrition, eating behaviors, the gut microbiome, and psychosocial influences are shaping modern pediatric dietetics. They note that substantial variation remains in counseling practices, documentation, and use of technology across healthcare settings. The editorial advocates moving away from isolated nutrition consultations toward continuous, process-oriented models of care that better reflect the realities faced by children and families. It also emphasizes adapting nutrition guidance to social, cultural, and environmental contexts while leveraging digital tools to improve monitoring and support. Overall, the article frames pediatric nutrition

counseling as a dynamic and evolving field requiring flexibility, collaboration, and long-term engagement to promote optimal health outcomes.

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Sarcopenia in Diabetes: A Proposal on Integrating Muscle Assessment and Nutritional Intervention in People Living with Diabetes

Publication: Diabetes Research and Clinical Practice

Publish Date: August 2026

Authors: Tarazona-Santabalbina FJ, Giorgino F, Donini LM, Ballesteros-Pomar MD, Cruz-Jentoft AJ, Soeters MR, Halil M, Cukierman-Yaffe T, Aldahash R, Al Dossari K, Liberati Pršo AM, Guzman-Rolo G, Catino MA, Olivier L, Topcuoglu MA, Barazzoni R

SUMMARY

An international multidisciplinary expert panel developed a consensus approach for identifying and managing sarcopenia in people with diabetes, informed by a targeted literature review and structured expert discussion and voting. The panel proposed that annual sarcopenia screening could be considered, particularly in people over 60 years of age or those with complications or comorbidities, with diagnosis based on low muscle strength and reduced muscle mass. Management should include adequate protein and micronutrient intake, with protein targets reaching 1.2 to 1.5 g/kg/day in older adults. Medical nutrition, including diabetes-specific formulas, may be incorporated when nutritional supplementation is indicated. The proposed algorithm integrates screening, diagnosis, nutrition, exercise, and optimization of diabetes treatment to support earlier identification and personalized management of sarcopenia.

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Artificial Intelligence in Child Nutrition and Eating Behavior: From Prediction to Gastronomic Mediation

Publication: Frontiers in Nutrition

Publish Date: August 2026

Authors: Xing L, Wu X

SUMMARY

Artificial intelligence is increasingly influencing how children's nutrition is assessed, monitored, and supported, prompting Xing and Wu to examine its emerging role in dietary care and eating behaviors. This mini review describes how AI tools are being used for dietary assessment, malnutrition prediction, clinical decision support, meal recommendations, and food-environment monitoring. The authors propose that AI serves two functions: generating nutritional insights from data and shaping food-related decisions through recommendations and digital interactions. Evidence reviewed in the article suggests that AI performs best in structured tasks such as assessment and forecasting, whereas applications involving meal planning and food recommendations still face challenges related to nutritional safety, practicality, and real-world acceptance. The review also highlights the importance of caregiver involvement, food familiarity, sensory preferences, and cultural context when implementing AI-supported nutrition solutions.

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Systematic Review of Health Economic Evaluations of Oral Nutritional Supplement Interventions in Older Adults: An ISPOR Special Interest Group Report

Publication: Value in Health

Publish Date: September 2026

Authors: Desai A, Dong OM, Gautier SCZ, Johnson T, Wong A, Osman AMY, Harvey J, Tran TH, Holladay Ford DM, Kerr KW; ISPOR Nutrition SIG Key Project Working Group

SUMMARY

Twelve economic evaluations assessed oral nutritional supplement (ONS) interventions in older adults across hospital, community, long-term care, and post-acute settings. All 12 studies concluded that ONS interventions were cost-effective or cost-saving, with seven reporting cost savings primarily from reductions in hospital admissions, readmissions, and length of stay. Nine studies reported improved health outcomes, including nutritional status, healing outcomes, and quality-adjusted life years. Overall, these benefits were generally achieved with minimal additional costs. Evidence was strongest for short-term outcomes, highlighting the need for longer-term economic evaluations.

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