

# NAPOMENE

## Uvod

1. Masako, N., 'Dietary walnut supplementation alters mucosal metabolite profiles during DSS-induced colonic ulceration', *Nutrients* (2019); 11(5): 1118
2. J. P. A. Ioannidis, 'The challenge of reforming nutritional epidemiologic research', *JAMA* (2018); 320(10): 969–970
3. D. S. Ludwig, 'Improving the quality of dietary research', *JAMA* (2019)
4. <https://blogs.bmj.com/bmj/2019/10/09/bacon-rashers-statistics-and-controversy/>
5. Kate Taylor, 'These three companies control everything you buy', *Business Insider* (4 April 2017)
6. Marion Nestle, *Unsavoury Truth: How Food Companies Skew the Science of What We Eat*, Basic Books (2018)
7. K. D. Hall, 'Ultra-processed diets cause excess calorie intake and weight gain: an inpatient randomized controlled trial of food intake', *Cell Metabolism* (2019)
8. T. D. Spector, 'Breakfast: a good strategy for weight loss?' *BMJ* (2 February 2019)
9. A. Astrup, 'WHO draft guidelines on dietary saturated and trans fatty acids: time for a new approach?', *BMJ* (2019); 366: l4137
10. A-L. Barabai, 'The Unmapped chemical complexity of our diet', *Nature Food* (2020); 1: 33–37

## 1.

1. [www.choosemyplate.gov](http://www.choosemyplate.gov)
2. [www.nhs.uk/live-well/eat-well/the-eatwell-guide/](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide/)
3. A. J. Johnson, 'Daily sampling reveals personalized diet-microbiome associations in humans', *Cell Host & Microbe* (2019); 25(6): 789–802
4. <https://joinzoe.com/our-studies>
5. S. E. Berry, 'Decoding human postprandial responses to food and their potential for precision nutrition', PREDICT 1 Study, *Nature Medicine* (2020) (in press); <https://pubmed.ncbi.nlm.nih.gov/32528151/>.
6. C. M. Astley, 'Genetic evidence that carbohydrate-stimulated insulin secretion leads to obesity', *Clin Chem* (2018); 64(1): 192–200
7. C. D. Gardner, 'Effect of low-fat vs low-carbohydrate diet on 12-month weight loss in overweight adults and the association with genotype pattern or insulin secretion: the DIETFITS randomized clinical trial', *JAMA* (2018) Feb 20; 319(7): 667–679

## 2.

1. K. Sievert, 'Effect of breakfast on weight and energy intake: systematic review and meta-analysis of randomised controlled trials', *BMJ* (2019); 364: 142
2. J. A. Betts, 'Is breakfast the most important meal of the day?', *Proceedings of the Nutrition Society* (2016); 75(4): 464–474; and K. Casazza, 'Weighing the evidence of common beliefs in obesity research', *Critical Reviews in Food Science and Nutrition* (2014); 55(14): 2014–2053
3. D. J. Jenkins, 'Nibbling versus gorging: metabolic advantages of increased meal frequency', *New England Journal of Medicine* (1989); 321(14): 929–934
4. <https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/> (12 April 2019)
5. K. Gabel, 'Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: a pilot

- study', *Nutrition and Healthy Aging* (2018); 4(4): 345–353; and R. de Cabo, 'Effects of intermittent fasting on health, aging and disease', *New England Journal of Medicine* (2019); 381: 2541–51
6. K. Casazza, 'Weighing the evidence of common beliefs in obesity research', *Critical Reviews in Food Science and Nutrition* (2014); 55(14): 2014–2053
  7. J. Kaczmarek, 'Complex interactions of circadian rhythms, eating behaviors, and the gastrointestinal microbiota and their potential impact on health', *Nutrition Reviews* (2017); 75(9): 673–682
  8. K. Adolphus, 'The effects of breakfast and breakfast composition on cognition in children and adolescents: a systematic review', *Advances in Nutrition* (2016); 7(3): 590S–612S

## 3.

1. J. Levine, 'Energy expenditure of nonexercise activity', *American Journal of Clinical Nutrition* (2000); 72(6): 1451–1454
2. J. A. Novotny, 'Discrepancy between the Atwater factor predicted and empirically measured energy values of almonds in human diet', *Am J Clin Nutr* (2012); 96(2): 296–301 NOTES 249
3. R. N. Carmody, 'Cooking shapes the structure and function of the gut microbiome', *Nature Microbiology* (2019); 4(12): 2052–2063
4. <https://www.gov.uk/government/statistical-data-sets/family-food-datasets>
5. C. Ebbeling, 'Effects of a low carbohydrate diet on energy expenditure during weight loss maintenance: randomized trial', *BMJ* (2018); 363: k4583
6. A. Chaix, 'Time-restricted feeding prevents obesity and metabolic syndrome in mice lacking a circadian clock', *Cell Metab* (2019); 29(2): 303–319
7. C. D. Gardner, 'Effect of low-fat vs low-carbohydrate diet on 12-month weight loss in overweight adults', *JAMA* (2018); 319(7): 667–679
8. M. Stanton et al., „DIETFITS study (diet intervention examining the factors interacting with treatment success) – Study design and methods“ (2018), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5274550/>.

## 4.

1. D. Nunan, 'Implausible discussions in saturated fat "research"; definitive solutions won't come from another million editorials (or a million views of one)', *Br J Sports Med* (2019); 53(24): 1512–1513
2. <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> (28 January 2019)
3. V. W. Zhong, 'Associations of dietary cholesterol or egg consumption with incident cardiovascular disease and mortality', *JAMA* (2019); 321(11): 1081–1095
4. M. Dehghan, 'Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study', *The Lancet* (2017); 390: 2050–2062
5. R. Estruch, 'Primary prevention of cardiovascular disease with a Mediterranean diet supplemented with extra-virgin olive oil or nuts', *New Engl J Med* (2018); 378(25): e34
6. C. N. Serhan, 'Resolvins in inflammation', *J Clin Invest* (2018); 128(7): 2657–2669
7. V. W. Zhong, 'Associations of dietary cholesterol or egg consumption with incident cardiovascular disease and mortality', *JAMA* (2019); 321(11): 1081–1095
8. D. Mozaffarian, 'Dietary and policy priorities for cardiovascular disease, diabetes, and obesity: a comprehensive review', *Circulation* (2016); 133(2): 187–225
9. L. Pimpin, 'Is butter back? A systematic review and meta-analysis of butter consumption and risk of cardiovascular disease, diabetes, and total mortality', *PLOS ONE* (2016); 11(6): e0158118
10. C. D. Gardner, 'Effect of low-fat vs low-carbohydrate diet on 12-month weight loss in overweight adults', *JAMA* (2018); 319(7): 667–679

## 5.

1. H. Hemilä, 'Vitamin C for preventing and treating the common cold', *Cochrane Database of Systematic Reviews* (2013) Jan 31; (1): CD000980

2. S. M. Lippman, 'Effect of selenium and vitamin E on risk of prostate cancer and other cancers: the Selenium and Vitamin E Cancer Prevention Trial', *JAMA* (2009); 301(1): 39–51
3. F. Vellekkatt, 'Efficacy of vitamin D supplementation in major depression: a meta-analysis of randomized controlled trials', *Journal of Postgraduate Medicine* (2019); 65(2): 74–80; and D. Feldman, 'The role of vitamin D in reducing cancer risk and progression', *Nature Reviews Cancer* (2014); 14(5): 342–357
4. K. Trajanoska, 'Assessment of the genetic and clinical determinants of fracture risk: genome wide association and mendelian randomisation study', *BMJ* (2018); 362: k3225
5. B. Ozkan, 'Vitamin D intoxication', *Turkish Journal of Pediatrics* (2012); 54(2): 93–98
6. H. A. Bischo-Ferrari, 'Monthly high-dose vitamin D treatment for the prevention of functional decline: a randomized clinical trial', *JAMA Internal Medicine* (2016); 176(2): 175–183; and H. Smith, 'Effect of annual intramuscular vitamin D on fracture risk in elderly men and women', *Rheumatology* (2007); 46(12): 1852–1857
7. K. Li, 'Associations of dietary calcium intake and calcium supplementation with myocardial infarction and stroke risk and overall cardiovascular mortality in the Heidelberg cohort', *Heart* (2012); 98: 920–925; and J. B. Anderson, 'Calcium intake from diet and supplements and the risk of coronary artery calcification and its progression among older adults: 10-year follow-up of the multi-ethnic study of atherosclerosis (MESA)', *Journal of the American Heart Association* (2016); 5 (10): e003815
8. B. J. Schoenfeld, 'Is there a postworkout anabolic window of opportunity for nutrient consumption?', *Journal of Orthopaedic and Sports Physical Therapy* (2018); 48(12): 911–914
9. M. C. Devries, 'Changes in kidney function do not differ between healthy adults consuming higher – compared with lower – or normal-protein diets: a systematic review and meta-analysis', *Journal of Nutrition* (2018); 148(11): 1760–1775
10. B. M. Burton-Freeman, 'Whole food versus supplement: comparing the clinical evidence of tomato intake and lycopene supplementation on cardiovascular risk factors', *Advances in Nutrition* (2014); 5(5): 457–485

11. S. M. Lippman, 'Effect of selenium and vitamin E on risk of prostate cancer and other cancers: the Selenium and Vitamin E Cancer Prevention Trial', *JAMA* (2009); 310(1): 39–51
12. A. S. Abdelhamid, 'Omega-3 fatty acids for the primary and secondary prevention of cardiovascular disease', *Cochrane Systematic Review* (2018); 7: CD003177
13. J. E. Manson, 'Marine n-3 fatty acids and prevention of cardiovascular disease and cancer', *New England Journal of Medicine* (2019); 380(1): 23–32
14. S.U. Khan, 'Effects of nutritional supplements and dietary interventions on cardiovascular outcomes', *Annals of Internal Medicine* (2019); 171(3): 190–198

## 6.

1. I. Toews, 'Association between intake of non-sugar sweeteners and health outcomes: systematic review and meta-analyses of randomised and non-randomised controlled trials and observational studies', *BMJ* (2019); 364: k4718
2. E. K. Dunford, 'Non-nutritive sweeteners in the packaged food supply – an assessment across 4 countries', *Nutrients* (2018); 10(2): e257
3. D. G. Aaron, 'Sponsorship of national health organizations by two major soda companies', *American Journal of Preventative Medicine* (2017); 52(1): 20–30
4. J. Gornall, 'Sugar: spinning a web of influence', *BMJ* (2015); 350:h231 infographic <https://doi.org/10.1136/bmj.h231>
5. M. G. Veldhuizen, 'Integration of sweet taste and metabolism determines carbohydrate reward', *Current Biology* (2017); 27(16): 2476–2485
6. J. E. Blundell, 'Low-calorie sweeteners: more complicated than sweetness without calories', *American Journal of Clinical Nutrition* (2019); 109(5): 1237–1238
7. J. Suez, 'Artificial sweeteners induce glucose intolerance by altering the gut microbiota', *Nature* (2014); 514(7521): 181–186
8. F. J. Ruiz-Ojeda, 'Effects of sweeteners on the gut microbiota: a review of experimental studies and clinical trials', *Advances in Nutrition* (2019); 10: s31–s48

9. K. Daly, 'Bacterial sensing underlies artificial sweetener-induced growth of gut *Lactobacillus*', *Environmental Microbiology* (2016); 18(7): 2159–2171
10. [www.joinzoe.com](http://www.joinzoe.com)
11. K. A. Higgins, 'A randomized controlled trial contrasting the effects of 4 low-calorie sweeteners and sucrose on body weight in adults with overweight or obesity', *American Journal of Clinical Nutrition* (2019); 109(5): 1288–1301
12. K. Olsson, 'Microbial production of next-generation stevia sweeteners', *Microbial Cell Factories* (2016); 15(1): 207
13. [www.joinzoe.com](http://www.joinzoe.com)
14. Q. P. Wang, 'Non-nutritive sweeteners possess a bacteriostatic effect and alter gut microbiota in mice', *PLOS ONE* (2018); 13(7): e0199080
15. M. C. Borges, 'Artificially sweetened beverages and the response to the global obesity crisis', *PLOS Medicine* (2017); 14(1): e1002195

## 7.

1. G. Cowburn, 'Consumer understanding and use of nutrition labelling: a systematic review', *Public Health Nutrition* (2005); 8(1): 21–28
2. C. J. Geiger, 'Health claims: history, current regulatory status, and consumer research', *Journal of the American Dietetic Association* (1998); 98(11): 1312–1314
3. R. DuBro, 'Fat or fiction: the diet-heart hypothesis', *BMJ Evidence-Based Medicine* (2019); 29 May, p. ii: [bmjebm-2019-111180](https://doi.org/10.1136/bmjebm-2019-111180)
4. <http://www.fao.org/faostat/en/#data/FBS>
5. F. Goiana-da-Silva, 'Front-of-pack labelling policies and the need for guidance', *Lancet Public Health* (2019); 4 (1): PE15
6. R. Estruch, 'Primary prevention of cardiovascular disease with a Mediterranean diet', *New England Journal of Medicine* (2013); 368: 1279–1290
7. G. Ares, 'Comparative performance of three interpretative front-of-pack nutrition labelling schemes: insights for policy making', *Food Quality and Preference* (2018); 68: 215–225

8. R. B. Acton, 'Do consumers think front-of-package "high in" warnings are harsh or reduce their control?', *Obesity* (2018); 26(11): 1687–1691
9. M. Cecchini, 'Impact of food labelling systems on food choices and eating behaviours: a systematic review and meta-analysis of randomized studies', *Obes Rev* (Mar 2016); 17(3): 201–10
10. S. N. Bleich, 'Diet-beverage consumption and caloric intake among US adults, overall and by body weight', *American Journal of Public Health* (2014); 104: e72–e78
11. J. Petimar, 'Estimating the effect of calorie menu labeling on calories purchased in a large restaurant franchise in the southern United States: quasi-experimental study', *BMJ* (2019); 367: l5837
12. J. S. Downs, 'Supplementing menu labeling with calorie recommendations to test for facilitation effects', *American Journal of Public Health* (2012); 103: 1604–1609

## 8.

1. C. A. Monteiro, 'NOVA. The star shines bright', *World Nutrition* (2016); 7(1–3): 28–38
2. C. A. Monteiro, 'Household availability of ultra-processed foods and obesity in nineteen European countries', *Public Health Nutrition* (2018); 21(1): 18–26
3. E. M. Steele, 'Ultra-processed foods and added sugars in the US diet: evidence from a nationally representative cross-sectional study', *BMJ Open* (2016); 6: e009892
4. K. Hall, 'Ultra-processed diets cause excess calorie intake and weight gain: an inpatient randomized controlled trial of ad libitum food intake', *Cell Metabolism* (2019); S1550–4131(19): 30248–7
5. J. M. Poti, 'Ultra-processed food intake and obesity: what really matters for health – processing or nutrient content?', *Current Obesity Reports* (2012); 6(4): 420–431 NOTES 253
6. L. C. Kong, 'Dietary patterns differently associate with inflammation and gut microbiota in overweight and obese subjects', *PLOS ONE* (2014); 9(10): e109434
7. R. Mendonça, 'Ultraprocessed food consumption and risk of overweight and obesity', *American Journal of Clinical Nutrition* (2016); 104(5): 1433–1440; and D. Mozzafarian, 'Changes in diet

and lifestyle and long-term weight gain in women and men', *New England Journal of Medicine* (2011); 364(25): 2392–2404

8. A. Bouzari, 'Vitamin retention in eight fruits and vegetables: a comparison of refrigerated and frozen storage', *Journal of Agricultural and Food Chemistry* (2015); 63(3): 957–962

## 9.

1. <http://www.fao.org/faostat/>
2. V. Bouvard, 'Carcinogenicity of consumption of red and processed meat', *The Lancet Oncology* (2015); 16(16): 1599–1600
3. 'Plant-based meat could create a radically different food chain', *The Economist* (12 October 2019)
4. M. Dehghan, 'Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study', *The Lancet* (2017); 390(10107): 2050–2062
5. X. Wang, 'Red and processed meat consumption and mortality: dose-response meta-analysis of prospective cohort studies', *Public Health Nutrition* (2016); 19(5): 893–905; and A. Etemadi, 'Mortality from different causes associated with meat, heme iron, nitrates, and nitrites in the NIH-AARP Diet and Health Study', *BMJ* (2017); 357: j1957
6. D. Zeraatkar, 'Red and processed meat consumption and risk for all-cause mortality and cardiometabolic outcomes: a systematic review and meta-analysis of cohort studies', *Ann Intern Med* (2019); 171(10): 721–731
7. R. Rubin, 'Backlash over meat dietary recommendations raises questions about corporate lies to nutrition scientists', *JAMA* (2020)
8. T. D. Spector, 'Bacon rashers, statistics, and controversy', blog. [bmj.com](http://bmj.com) (9 October 2019)
9. J. E. Lee, 'Meat intake and cause-specific mortality: a pooled analysis of Asian prospective cohort studies', *American Journal of Clinical Nutrition* (2013); 98(4): 1032–1041
10. E. Lanza, 'The polyp prevention trial continued follow-up study', *Cancer Epidemiology, Biomarkers and Prevention* (2007); 16(9): 1745–1752; and C. A. Thomson, 'Cancer incidence and

mortality during the intervention and post intervention periods of the Women's Health Initiative Dietary Modification Trial', *Cancer Epidemiology, Biomarkers and Prevention* (2014); 23(12): 2924–2935

11. V. Bouvard, 'Carcinogenicity of consumption of red and processed meat', *The Lancet Oncology* (2015); 16(16): 1599–1600
12. J. J. Anderson, 'Red and processed meat consumption and breast cancer: UK Biobank cohort study and meta-analysis', *Eur J Cancer* (2018); 90: 73–82
13. D. Srednicka-Tober, 'Composition differences between organic and conventional meat: a systematic literature review and meta-analysis', *Br J Nutr* (2016); 115(6): 994–1011
14. W. Willett, 'Food in the Anthropocene: the EAT-Lancet commission on healthy diets from sustainable food systems', *The Lancet* (2019); 393: 447–92
15. J. Poore, 'Reducing food's environmental impacts through producers and consumers', *Science* (2018); 360(6392): 987–992
16. M. Springmann, 'Options for keeping the food system within environmental limits', *Nature* (2018); 562: 519–525
17. M. Springmann, 'Health-motivated taxes on red and processed meat: a modelling study on optimal tax levels and associated health impacts', *PLOS ONE* (2018); 13(11): e0204139
18. J. L. Capper, 'The environmental impact of beef production in the United States: 1977 compared with 2007', *Journal of Animal Science* (2011); 89: 4249–4261
19. A. Lopez, 'Iron deficiency anaemia', *The Lancet* (2016); 387(10021): 907–16
20. A. Mentre, 'Evolving evidence about diet and health', *The Lancet Public Health* (2018); 3(9): e408–e409; and F. N. Jacka, 'Association of Western and traditional diets with depression and anxiety in women', *American Journal of Psychiatry* (2010); 167(3): 305–311
21. F. N. Jacka, 'Red meat consumption and mood and anxiety disorders', *Psychotherapy and Psychosomatics* (2012); 81(3): 196–198
22. C. A. Daley, 'A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef', *Nutrition Journal* (2010); 9(1): 10

23. C. Pelucchi, 'Dietary acrylamide and cancer risk: an updated meta-analysis', *International Journal of Cancer* (2015); 136: 2912–2922
24. J. G. Lee, 'Effects of grilling procedures on levels of polycyclic aromatic hydrocarbons in grilled meats', *Food Chemistry* (2016); 199: 632–638; and A. A. Stec, 'Occupational exposure to polycyclic aromatic hydrocarbons and elevated cancer incidence in firefighters', *Scientific Reports* (2018); 8(1): 2476
25. C. L. Gifford, 'Broad and inconsistent muscle food classification is problematic for dietary guidance in the US', *Nutrients* (2017); 9(9): 1027
26. N. Bergeron, 'Effects of red meat, white meat, and nonmeat protein sources on atherogenic lipoprotein measures in the context of low compared with high saturated fat intake: a randomized controlled trial', *Am J Clin Nutr* (2019); <https://pubmed.ncbi.nlm.nih.gov/31161217/>
27. EFSA, 'Opinion of the scientific panel on food additives, flavourings, processing aids and materials in contact with food (AFC) related to treatment of poultry carcasses with chlorine dioxide, acidified sodium chlorite, trisodium phosphate and peroxyacids', *European Food Safety Authority* (2006); 4(1): 297
28. Fiona Harvey, 'British supermarket chickens show record levels of antibiotic-resistant superbugs', *The Guardian* (15 January 2018)
29. Felicity Lawrence, 'Revealed: the dirty secret of the UK's poultry industry', *The Guardian* (23 July 2014)

## 10.

1. C. A. Raji, 'Regular fish consumption and age-related brain gray matter loss', *American Journal of Preventive Medicine* (2014); 47(4): 444–451
2. M. C. Morris, 'Fish consumption and cognitive decline with age in a large community study', *Archives of Neurology* (2005); 62(12): 1849–1853
3. A. V. Saunders, 'Omega-3 polyunsaturated fatty acids and vegetarian diets', *Medical Journal of Australia* (2013); 1(2): 22–26

4. W. Stonehouse, 'Does consumption of LC omega-3 PUFA enhance cognitive performance in healthy school-aged children and throughout adulthood? Evidence from clinical trials,' *Nutrients* (2014); 6(7): 2730–2758; and R. E. Cooper, 'Omega-3 polyunsaturated fatty acid supplementation and cognition: a systematic review & meta-analysis,' *Journal of Psychopharmacology* (2015); 29(7): 753–763
5. J. Øyen, 'Fatty fish intake and cognitive function: FINS-KIDS, a randomized controlled trial in preschool children,' *BMC Medicine* (2018); 16: 41
6. J. F. Gould, 'Seven-year follow-up of children born to women in a randomized trial of prenatal DHA supplementation,' *JAMA* (2017); 317(11): 1173–1175
7. D. Engeset, 'Fish consumption and mortality in the European Prospective Investigation into Cancer and Nutrition cohort,' *European Journal of Epidemiology* (2015); 30(1): 57–70
8. L. Schwingshackl, 'Food groups and risk of all-cause mortality: a systematic review and meta-analysis,' *American Journal of Clinical Nutrition* (2017); 105(6): 1462–1473
9. M. Song, 'Association of animal and plant protein intake with all-cause and cause specific mortality,' *JAMA Internal Medicine* (2016); 176(10): 1453–1463
10. D. S. Siscovick, 'Omega-3 polyunsaturated fatty acid (fish oil) supplementation and the prevention of clinical cardiovascular disease: a science advisory from the American Heart Association,' *Circulation* (2017); 135(15): e867–e884
11. T. Aung, 'Associations of omega-3 fatty acid supplement use with CVD risks: meta-analysis of 10 trials involving 77,917 individuals,' *JAMA Cardiology* (2018); 3(3): 225–234
12. A. S. Abdelhamid, 'Omega-3 fatty acids for the primary and secondary prevention of cardiovascular disease,' *Cochrane Systematic Review* (2018); 7: CD003177
13. J. E. Manson, 'Marine n-3 fatty acids and prevention of cardiovascular disease and cancer,' *New England Journal of Medicine* (2019); 380: 23–32
14. N. K. Senftleber, 'Marine oil supplements for arthritis pain: a systematic review and meta-analysis of randomized trials,' *Nutrients* (2017); 9(1): e42

15. A. G. Tacon, 'Global overview on the use of fish meal and fish oil in industrially compounded aquafeeds,' *Aquaculture* (2008); 285(1–4): 146–158
16. J. Poore, 'Reducing food's environmental impacts through producers and consumers,' *Science* (2018); 360(6392): 987–992
17. Y. Han, 'Fishmeal application induces antibiotic resistance gene propagation in mariculture sediment,' *Environmental Science and Technology* (2017); 51(18): 10850–60.
18. Patrick Whittle, 'Plagues of parasitic sea lice depleting world's salmon stocks,' *The Independent* (19 September 2017)
19. Shebab Khan, 'Scottish salmon sold by a range of supermarkets in the UK has sea lice up to 20 times the acceptable amount,' *The Independent* (29 October 2017)
20. Jen Christensen, 'Fish fraud: what's on the menu often isn't what's on your plate,' *CNN* (March 7, 2019)
21. Kimberly Warner, 'Deceptive dishes: seafood swaps found worldwide,' *Oceana Report* (7 September 2016)
22. D. A. Willette, 'Using DNA barcoding to track seafood mislabeling in Los Angeles restaurants,' *Conservation Biology* (2017); 31(5): 1076–1085
23. Kahmeer Gander, 'Fraudsters are dyeing cheap tuna pink and selling it on as fresh fish in £174m industry,' *The Independent* (18 January 2017)
24. R. Kuchta, 'Diphyllobothrium nihonkaiense tapeworm larvae in salmon from North America,' *Emerging Infectious Diseases* (2017); 23(2): 351–353
25. K. Iwata, 'Is the quality of sushi ruined by freezing raw fish and squid? A randomized double-blind trial,' *Clinical Infectious Diseases* (2015); 60(9): e43–e48
26. A. Planchart, 'Heavy metal exposure and metabolic syndrome: evidence from human and model system studies,' *Current Environmental Health Reports* (2018); 5(1): 110–124
27. E. Oken, 'Fish consumption, methylmercury and child neurodevelopment,' *Current Opinion in Pediatrics* (2008); 20(2): 178–183; and S. K. Sagiv, 'Prenatal exposure to mercury and fish consumption during pregnancy and attention-deficit/hyperactivity disorder-related behavior in children,' *Archives of Pediatrics and Adolescent Medicine* (2012); 166(12): 1123–1131

28. T. S. Galloway, 'Marine microplastics spell big problems for future generations', *Proceedings of the National Academy of Sciences* (2016); 113(9): 2331–2333
29. A. S. Abdelhamid, 'Omega-3 fatty acids for the primary and secondary prevention of cardiovascular disease', *Cochrane Systematic Review* (2018); 7: CD003177

## 11.

1. C. Losasso, 'Assessing influence of vegan, vegetarian and omnivore oriented Westernized dietary styles on human gut microbiota', *Frontiers in Microbiol* (2018); 9: 317
2. J. R. Benatar, 'Cardiometabolic risk factors in vegans; A meta-analysis of observational studies', *PLOS ONE* (2018); 13(12): e0209086
3. H. Kahleova, 'Cardio-metabolic benefits of plant-based diets', *Nutrients* (2017); 9(8): 848
4. M. J. Orlich, 'Vegetarian dietary patterns and mortality in Adventist Health Study 2', *JAMA Internal Medicine* (2013); 173(13): 1230–1238
5. V. Fønnebo, 'The healthy Seventh-Day Adventist lifestyle: what is the Norwegian experience?', *American Journal of Clinical Nutrition* (1994); 59(5): 1124S–1129S
6. S. Mithrshahi, 'Vegetarian diet and all-cause mortality: evidence from a large population-based Australian cohort – the 45 and Up Study', *Preventative Medicine* (2017); 97: 1–7
7. P. N. Appleby, 'Mortality in vegetarians and comparable nonvegetarians in the United Kingdom', *American Journal of Clinical Nutrition* (2016); 103(1): 218–230
8. G. Segovia-Siapco, 'Health and sustainability outcomes of vegetarian dietary patterns: a revisit of the EPIC-Oxford and the Adventist Health Study 2 cohorts', *Eur J Clin Nutr* (Jul 2019); 72(Suppl 1): 60–70
9. G. M. Turner-McGrievy, 'A two-year randomized weight loss trial comparing a vegan diet to a more moderate low-fat diet', *Obesity* (2012); 15: 2276–2281
10. E. Fothergill, 'Persistent metabolic adaptation 6 years after "The Biggest Loser" competition', *Obesity* (2016); 24: 1612–1619

11. F. Barthels, 'Orthorexic and restrained eating behaviour in vegans, vegetarians, and individuals on a diet', *Eat Weight Disord* (2018); 23(2): 159–166
12. N. Veronese, 'Dietary fiber and health outcomes: an umbrella review of systematic reviews and meta-analyses', *Am J Clin Nutr* (2018); 107(3): 436–444
13. H. E. Billingsley, 'The antioxidant potential of the Mediterranean diet in patients at high cardiovascular risk: in-depth review of PREDIMED', *Nutrition and Diabetes* (2018); 8(1): 13; and S. Subash, 'Neuroprotective effects of berry fruits on neurodegenerative diseases', *Neural Regeneration Research* (2014); 9(16): 1557–1566
14. M. J. Bolland, 'Calcium intake and risk of fracture: systematic review', *BMJ* (2015); 351: h4580
15. <https://waterfootprint.org/en/resources/waterstat/> (Nov. 2019)
16. W. J. Craig and U. Fresán, 'International analysis of the nutritional content and a review of health benefits of non-dairy plant-based beverages', *Nutrients* (2021); 13(3): 842
17. C. Whitton, 'National Diet and Nutrition Survey: UK food consumption and nutrient intakes', *British Journal of Nutrition* (2011); 106(12): 1899–1914
18. P. Clarys, 'Dietary pattern analysis: a comparison between matched vegetarian and omnivorous subjects', *Nutrition Journal* (2013); 12: 82
19. H. Lynch, 'Plant-based diets: considerations for environmental impact, protein quality, and exercise performance', *Nutrients* (2018); 10(12): 1841
20. R. Pawlak, 'The prevalence of cobalamin deficiency among vegetarians assessed by serum vitamin B12: a review', *European Journal of Clinical Nutrition* (2014); 68(5): 541–548
21. L. M. Haider, 'The effect of vegetarian diets on iron status in adults: a systematic review and meta-analysis', *Critical Reviews in Food Science & Nutrition* (2018); 58(8): 1359–1374
22. T. A. Saunders, 'Growth and development of British vegan children', *American Journal of Clinical Nutrition* (1988); 48(3): 822–825; and Mitchell Sunderland, 'Judge convicts parents after baby dies from vegan diet', *Vice* (15 June 2017)



## 12.

1. M. Webb, 'Cost effectiveness of a government supported policy strategy to decrease sodium intake: global analysis across 183 nations', *BMJ* (2019); 356: i6699
2. K. Trieu, 'Salt reduction initiatives around the world – a systematic review of progress towards the global target', *PLOS ONE* (2015); 10(7): e0130247
3. 'Hidden salt present in popular restaurant meals', *BBC News online* (11 March 2013)
4. A. J. Moran, 'Consumer underestimation of sodium in fast food restaurant meals', *Appetite* (2017); 113: 155–161
5. K. Luft, 'Influence of genetic variance on sodium sensitivity of blood pressure', *Klin Wochenschr* (1987); 65(3): 101–9
6. O. Dong, 'Excessive dietary sodium intake and elevated blood pressure: a review of current prevention and management strategies and the emerging role of pharmaconutrigenetics', *BMJ Nutrition Prevention & Health* (2018); 1: doi: 10.1136
7. N. A. Graudal, 'Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride', *Cochrane Database Syst Rev* (9 April 2017); 4: CD004022
8. A. J. Adler, 'Reduced dietary salt for the prevention of cardiovascular disease', *Cochrane Database Syst Rev* (2014); 12: CD009217
9. H. Y. Chang, 'Effect of potassium-enriched salt on cardiovascular mortality and medical expenses of elderly men', *Am J Clin Nutr* (2006); 83(6): 1289–96
10. E. I. Ekinici, 'Dietary salt intake and mortality in patients with type 2 diabetes', *Diabetes Care* (2011); 34(3): 703–9
11. R. R. Townsend, 'Salt intake and insulin sensitivity in healthy human volunteers', *Clinical Science* (2007); 113(3): 141–8
12. A. Mente, 'Urinary sodium excretion, blood pressure, cardiovascular disease, and mortality', *The Lancet* (2018); 392(10146): 496–506
13. F. P. Cappuccio, 'Population dietary salt reduction and the risk of cardiovascular disease. A scientific statement from the European Salt Action Network', *Nutr Metab Cardiovasc Dis* (2018); 29(2): 107–114

14. L. Chiavaroli, 'DASH dietary pattern and cardiometabolic outcomes: an umbrella review of systematic reviews and meta-analyses', *Nutrients* (2019); 11(2), pii: E338
15. Caroline Scott-Thomas, 'Salt replacements could be deadly, say renal specialists' *FoodNavigator* (19 March 2009)
16. K. He, 'Consumption of monosodium glutamate in relation to incidence of overweight in Chinese adults: China Health and Nutrition Survey (CHNS)', *Am J Clin Nutr* (2011); 93(6): 1328–36
17. Q. Q. Yang, 'Improved growth performance, food efficiency, and lysine availability in growing rats fed with lysine-biofortified rice', *Sci Rep* (2017); 7(1): 1389

## 13.

1. Boston Collaborative Drug Surveillance Program, 'Coffee drinking and acute myocardial infarction', *The Lancet* (1972); 300(7790): 1278–1281; and H. Jick, 'Coffee and myocardial infarction', *New England Journal of Medicine* (1973); 289(2): 63–67
2. P. Zuchinali, 'Effect of caffeine on ventricular arrhythmia: a systematic review and meta-analysis of experimental and clinical studies', *EP Europace* (2016); 18(2): 257–266
3. M. Ding, 'Long-term coffee consumption and risk of cardiovascular disease: systematic review and a dose-response meta-analysis', *Circulation* (2013); 129(6): 643–659
4. A. Crippa, 'Coffee consumption and mortality from all causes, CVD, and cancer: a dose-response meta-analysis', *Am Journal of Epidemiology* (2014); 180(8): 763–775
5. J. K. Parker, 'Kinetic model for the formation of acrylamide during the finish-frying of commercial French Fries', *J. Agricultural and Food Chemistry* (2012); 60(32): 9321–9331
6. Hannah Devlin, 'How burnt toast and roast potatoes became linked to cancer', *The Guardian* (27 January 2017)
7. B. Marx, 'Mécanismes de l'effet diurétique de la caféine', *Médecine Sciences* (2016); 32(5): 485–490
8. Q. P. Liu, 'Habitual coffee consumption and risk of cognitive decline/dementia: a systematic review and meta-analysis', *Nutrition* (2016); 32(6): 628–636; and G. W. Ross, 'Association of coffee and

- caffeine intake with the risk of Parkinson disease, *JAMA* (2000); 283(20): 2674–2679
9. C. Pickering, 'Caffeine and exercise: what next?', *Sports Medicine* (2019); 49(7): 1007–1030
  10. J. Snel, 'Effects of caffeine on sleep and cognition', *Progress in Brain Research* (2011); 190: 105–117
  11. A. P. Winston, 'Neuropsychiatric effects of caffeine', *Advances in Psychiatric Treatment* (2005); 11(6): 432–439
  12. M. Lucas, 'Coffee, caffeine, and risk of depression among women', *Archives of Internal Medicine* (2011); 171(17): 1571–1578
  13. M. Lucas, 'Coffee, caffeine, and risk of completed suicide: results from three prospective cohorts of American adults', *World Journal of Biological Psychiatry* (2012); 15(5): 377–386
  14. C. Coelho, 'Nature of phenolic compounds in coffee melanoidins', *Journal of Agricultural and Food Chemistry* (2014); 62(31): 7843–7853
  15. D. Gniechwitz, 'Dietary fiber from coffee beverage: degradation by human fecal microbiota', *Journal of Agricultural and Food Chemistry* (2007); 55(17): 6989–6996
  16. M. A. Flaten, 'Expectations and placebo responses to caffeine-associated stimuli', *Psychopharmacology* (2003); 169(2): 198–204; and C. Benke, 'Effects of anxiety sensitivity and expectations on the startle eyeblink response during caffeine challenge', *Psychopharmacology* (2015); 232(18): 3403–3416
  17. L. Mills, 'Placebo caffeine reduces withdrawal in abstinent coffee drinkers', *Psychopharmacology* (2016); 30(4): 388–394
  18. EFSA, 'EFSA opinion on the safety of caffeine' (23 June 2015)
  19. B. Teucher, 'Dietary patterns and heritability of food choice in a UK female twin cohort', *Twin Research and Human Genetics* (2007); 10(5): 734–748
  20. A. G. Dulloo, 'Normal caffeine consumption: influence on thermogenesis and daily energy expenditure in lean and post-obese human volunteers', *American Journal of Clinical Nutrition* (1989); 49(1): 44–50
  21. M. Doherty, 'Effects of caffeine ingestion on rating of perceived exertion during and after exercise: a meta-analysis', *Medicine and Science in Sports* (2005); 15(2): 69–78

## 14.

1. <https://www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-pregnant/> (23 January 2017); and <https://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy> (February 2018)
2. J. Rhee, 'Maternal caffeine consumption during pregnancy and risk of low birth weight: A Dose-response meta-analysis', *PLOS ONE* (2015); 10(7): e0132334
3. L. Holst, 'Raspberry leaf – should it be recommended to pregnant women?', *Complementary Therapies in Clinical Practice* (2009); 15(4): 204–208
4. D. A. Kennedy, 'Safety classification of herbal medicines used in pregnancy in a multinational study', *BMC Complementary Alternative Medicine* (2016); 16: 102
5. E. P. Riley, 'Fetal alcohol spectrum disorders: an overview', *Neuropsychology Review* (2013); 21(2): 73–80
6. U. S. Kesmodel, 'The effect of different alcohol drinking patterns in early to mid pregnancy on the child's intelligence, attention, and executive function', *BJOG* (2012); 119(10): 1180–1190
7. S. Popova, 'Estimation of national, regional, and global prevalence of alcohol use during pregnancy and fetal alcohol syndrome: a systematic review and meta-analysis', *The Lancet* (2017); 5: e290–e299
8. R. F. Goldstein, 'Association of gestational weight gain with maternal and infant outcomes: a systematic review and meta-analysis', *JAMA* (2017); 317(21): 2207–2225
9. <https://www.nice.org.uk/guidance/ph27/chapter/1-Recommendations#recommendation-2-pregnant-women> (July 2010)
10. C. H. Tam, 'The impact of maternal gestational weight gain on cardiometabolic risk factors in children', *Diabetologia* (2018); 61(12): 2539–2548
11. V. Allen-Walker, 'Routine weighing of women during pregnancy — is it time to change current practice?', *BJOG* (2015); 123(6): 871–874
12. F. Hytten, 'Is it important or even useful to measure weight gain in pregnancy?' *Midwifery* (1990); 6(1): 28–32; and M. G.

Dawes, 'Repeated measurement of maternal weight during pregnancy. Is this a useful practice?', *BJOG* (1991); 98(2): 189–194

13. <https://www.nhs.uk/common-health-questions/pregnancy/how-much-weight-will-i-put-on-during-my-pregnancy/> (18 October 2018)

14. K. V. Dalrymple, 'Lifestyle interventions in overweight and obese pregnant or postpartum women for weight management: a systematic review', *Nutrients* (2018); 10(11): e1704.

15. C. Alvarado-Esquivel, 'Miscarriage history and *Toxoplasma gondii* infection: a cross-sectional study in women in Durango City, Mexico', *European Journal of Microbiology and Immunology* (2014); 4(2): 117–122; and F. Roberts, 'Histopathological features of ocular toxoplasmosis in the fetus and infant', *Archives of Ophthalmology* (2001); 119(1): 51–58

16. <https://www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-pregnant/> (23 January 2017)

17. D. L. Villazanakretzer, 'Fish parasites: a growing concern during pregnancy', *Obstetrical & Gynecological Survey* (2016); 71(4): 253–259

18. C. M. Taylor, 'A review of guidance on fish consumption in pregnancy: is it fit for purpose?', *Public Health Nutrition* (2018); 21(11): 2149–2159

19. T. D. Solan, 'Mercury exposure in pregnancy: a review', *Journal of Perinatal Medicine* (2014); 42(6): 725–729

20. E. Ebel, 'Estimating the annual fraction of eggs contaminated with *Salmonella enteritidis* in the United States', *International Journal of Food Microbiology* (2000); 61(1): 51–62

21. A. Gyang, 'Salmonella Mississippi: a rare cause of second trimester miscarriage', *Archives of Gynecology and Obstetrics* (2008); 277(5): 437–438; K. Ravneet, 'A case of *Salmonella typhi* infection leading to miscarriage', *Journal of Laboratory Physicians* (2011); 3(1): 61–62; and S. E. Majowicz, 'The global burden of nontyphoidal salmonella gastroenteritis', *Clinical Infectious Diseases* (2010); 50(6): 882–889

22. <https://www.bbc.co.uk/news/magazine-32033409> (25 March 2015)

23. A. Awofisayo, 'Pregnancy-associated listeriosis in England and Wales', *Epidemiology and Infection* (2015); 143(2): 249–256

24. M. Madjunkov, 'Listeriosis during pregnancy', *Archives of Gynecology and Obstetrics* (2017); 296(2): 143–152

25. <https://www.cdc.gov/listeria/technical.html> (12 Dec. 2016)

26. Maggie Fox, 'Prepared salads recalled for salmonella, listeria risk', *NBC News* (19 October 2018)

27. M. Withers, 'Traditional beliefs and practices in pregnancy, childbirth and postpartum: a review of the evidence from Asian countries', *Midwifery* (2018); 56: 158–170

28. C. Nagata, 'Hot–cold foods in diet and all-cause mortality in a Japanese community: the Takayama study', *Annals of Epidemiology* (2017); 27(3): 194–199

29. O. Koren, 'Host remodeling of the gut microbiome and metabolic changes during pregnancy', *Cell* (2012); 150(3): 470–480; and A. N. Thornburn, 'Evidence that asthma is a developmental origin disease influenced by maternal diet and bacterial metabolites', *Nature Communications* (2015); 6: 7320

## 15.

1. <https://www.cdc.gov/healthcommunication/toolstemplates/entertainment/tips/Allergies.html> (12 August 2019)

2. R. S. Gupta, 'Prevalence and severity of food allergies among US adults', *JAMA Netw Open* (2019); 2(1): 185630

3. Shayla Love, 'Food intolerance tests are shoddy science and traps for disordered eating', *Vice* (23 February 2018)

4. L. Wenyin, 'The epidemiology of food allergy in the global context', *International Journal of Environmental Research and Public Health* (2018); 15(9): 2043

5. C. Hammond, 'Unproven diagnostic tests for food allergy', *Immunology and Allergy Clinics of North America* (2018); 31(1): 153–163

6. D. Venkataram, 'Prevalence and longitudinal trends of food allergy during childhood and adolescence: results of the Isle of Wight Birth Cohort study', *Clinical and Experimental Allergy* (2018); 48(4): 394–402

7. E. Yousef, 'Clinical utility of serum specific IgE food testing in general practice: a tertiary care experience', *Journal of Allergy and Clinical Immunology* (2019); 143(2): AB275

8. B. P. Vickery, 'AR101 oral immunotherapy for peanut allergy', *New England Journal of Medicine* (2018); 379(21): 1991–2001
9. R. A. Pretorius, 'Maternal fiber dietary intakes during pregnancy and infant allergic disease', *Nutrients* (2019); 11(8): 1767
10. P. A. Eigenmann, 'Are avoidance diets still warranted in children with atopic dermatitis?', *Pediatric Allergy and Immunology* (2020); 1: 19–26

## 16.

1. B. Lebwohl, 'Long term gluten consumption in adults without celiac disease and risk of coronary heart disease: prospective cohort study', *BMJ* (2017); 357: j1892
2. U. Volta, 'High prevalence of celiac disease in Italian general population', *Digestive Diseases and Science* (2011); 46(7): 1500–1505
3. J. R. Biesiekierski, 'Non-coeliac gluten sensitivity: piecing the puzzle together', *United European Gastroenterology* (2015); 3(2): 160–165
4. V. Melini, 'Gluten-free diet: gaps and needs for a healthier diet', *Nutrients* (2019); 11(1): 170
5. C. S. Johnston, 'Commercially available gluten-free pastas elevate postprandial glycemia in comparison to conventional wheat pasta in healthy adults: a double-blind randomized crossover trial', *Food Funct* (2017); 8(9): 3139–3144
6. I. D. Croall, 'Gluten does not induce gastrointestinal symptoms in healthy volunteers: a double-blind randomized placebo trial', *Gastroenterology* (2019); 157: 881–883
7. H. M. Roager, 'Whole grain-rich diet reduces body weight and systemic low-grade inflammation without inducing major changes of the gut microbiome: a randomised cross-over trial', *Gut* (2019); 68: 83–93

## 17.

1. UK exercise guidelines: <https://www.nhs.uk/live-well/exercise/> (30 May 2018); US exercise guidelines: <https://health.gov/paguidelines/> (2019)

2. W. W. Tigbe, 'Time spent in sedentary posture is associated with waist circumference and cardiovascular risk', *International Journal of Obesity* (2017); 41(5): 689–696
3. H. Fujita, 'Physical activity earlier in life is inversely associated with insulin resistance among adults in Japan', *Journal of Epidemiology* (2019); 29(2): 57–60
4. H. Pontzer, 'Hunter-gatherer energetics and human obesity', *PLOS ONE* (2012); 7(7): e40503
5. N. Casanova, 'Metabolic adaptations during negative energy balance and potential impact on appetite and food intake', *Proceedings of the Nutrition Society* (2019); 78(3): 279–289
6. D. M. Thomas, 'Why do individuals not lose more weight from an exercise intervention at a defined dose? An energy balance analysis', *Obesity Reviews* (2013); 13(10): 835–847
7. Alexi Mostrous, 'Coca-Cola spends £10m to counter links with obesity', *The Times* (18 December 2015); and Jonathan Gornall, 'Sugar: spinning a web of influence', *BMJ* (2015); 350: h231
8. M. Nestle, *Unsavory Truth: How Food Companies Skew the Science of What We Eat*, Basic Books (2018)
9. T. D. Noakes, 'Lobbyists for the sports drink industry: example of the rise of "contrarianism" in modern scientific debate', *Br J of Sports Med* (2007); 41(2): 107–109
10. L. M. Burke, 'Swifter, higher, stronger: What's on the menu?', *Science* (2018); 362(6416): 781–787
11. S. R. Chekroud, 'Association between physical exercise and mental health in 1.2 million individuals in the USA between 2011 and 2015', *Lancet Psychiatry* (2018); 5: 739–746
12. C. R. Gustafson, 'Exercise and the timing of snack choice: healthy snack choice is reduced in the post-exercise state', *Nutrients* (2018); 10(12): 1941

## 18.

1. E. Jakubovski, 'Systematic review and meta-analysis: dose-response relationship of selective-serotonin reuptake inhibitors in major depressive disorder', *American Journal of Psychiatry* (2016); 173(2): 174–183

2. J. S. Lai, 'A systematic review and meta-analysis of dietary patterns and depression in community-dwelling adults', *American Journal of Clinical Nutrition* (2014); 99(1): 181–197; and D. Recchia, 'Associations between long-term adherence to healthy diet and recurrent depressive symptoms in Whitehall II Study', *European Journal of Nutrition* (2019); 1: 1–11
3. C. F. Reynolds, 'Early intervention to preempt major depression in older black and white adults', *Psychiatric Services* (2014); 65(6): 765–773
4. F. N. Jacka, 'A randomised controlled trial of dietary improvement for adults with major depression (the "SMILES" trial)', *BMC Medicine* (2017); 15(1): 23
5. J. Firth, 'The effects of dietary improvement on symptoms of depression and anxiety: a meta-analysis of randomized controlled trials', *Psychosomatic Medicine* (2019); 81(3): 265–280; and S. Mizuno, 'Bifidobacterium-rich fecal donor may be a positive predictor for successful fecal microbiota transplantation in patients with irritable bowel syndrome', *Digestion* (2017); 96(1): 29–38
6. A. Sánchez-Villegas, 'Mediterranean dietary pattern and depression: the PREDIMED randomized trial', *BMC Medicine* (2013); 11: 208
7. M. Valles Colomer, 'The neuroactive potential of human gut microbiota in quality of life and depression', *Nature Microbiology* (2019); 4: 623–632
8. J. M. Yano, 'Indigenous bacteria from the gut microbiota regulate host serotonin biosynthesis', *Cell* (2015); 161(2): 264–276
9. I. Lukić, 'Antidepressants affect gut microbiota and *Ruminococcus flavefaciens* is able to abolish their effects on depressive-like behavior', *Translational Psychiatry* (2019); 9(1): 133
10. M. J. Walters, 'Associations of lifestyle and vascular risk factors with Alzheimer's brain biomarkers during middle age', *BMJ OPEN* (2018); 8(11): e023664
11. T. Akbaraly, 'Association of long-term diet quality with hippocampal volume: longitudinal cohort study', *American Journal of Medicine* (2018); 131(11): 1372–1381
12. S. E. Setti, 'Alterations in hippocampal activity and Alzheimer's disease', *Translational Issues in Psychological Science* (2018); 3(4): 348–356

13. P. Zheng, 'The gut microbiome from patients with schizophrenia modulates the glutamate-glutamine-GABA cycle and schizophrenia-relevant behaviors in mice', *Science Advances* (2019); 5(2): eaau8317
14. I. Argou-Cardozo, 'Clostridium bacteria and autism spectrum conditions: a systematic review and hypothetical contribution of environmental glyphosate Levels', *Medical Sciences* (2018); 6(2): 29
15. D. W. Kang, 'Differences in fecal microbial metabolites and microbiota of children with autism spectrum disorders', *Anaerobe* (2018); 49: 121–131
16. S. Mizuno, 'Bifidobacterium-rich fecal donor may be a positive predictor for successful fecal microbiota transplantation in patients with irritable bowel syndrome', *Digestion* (2017); 96(1): 29–38
17. M. I. Butler, 'From isoniazid to psychobiotics: the gut microbiome as a new antidepressant target', *British Journal of Hospital Medicine* (2019); 80(3): 139–145
18. F. N. Jacka, 'Maternal and early postnatal nutrition and mental health of offspring by age 5 years: a prospective cohort study', *J Acad Child & Adol Psych* (2013); 52(10): 1038–1047
19. Felice Jacka, *Brain Changer: How diet can save your mental health*, Yellow Kite (2019)

## 19.

1. A. Saylor, 'What's wrong with the tap? Examining perceptions of tap water and bottled water at Purdue University', *Environmental Management* (2011); 48(3): 588–601
2. D. Lantagne, 'Household water treatment and cholera control', *Journal of Infectious Diseases* (2018); 218(3): s147–s153
3. M. McCartney, 'Waterlogged?', *BMJ* (2011); 343: d4280
4. F. Rosario-Ortiz, 'How do you like your tap water?', *Science* (2016); 351(6267): 912–914
5. E. Brezina, 'Investigation and risk evaluation of the occurrence of carbamazepine, oxcarbazepine, their human metabolites and transformation products in the urban water cycle', *Environmental Pollution* (2017); 225: 261–269
6. T. Spector, *Identically Different*, Weidenfeld & Nicolson (2012)

7. M. Wagner, 'Identification of putative steroid receptor antagonists in bottled water', *PLOS ONE* (2013); 8(8): e72472
8. W. Huo, 'Maternal urinary bisphenol A levels and infant low birth weight: a nested case-control study of the Health Baby Cohort in China', *Environmental International* (2015); 85: 96–103; and H. Gao, 'Bisphenol A and hormone-associated cancers: current progress and perspectives', *Medicine* (2015); 94(1): e211
9. EFSA, 'Bisphenol A: new immune system evidence useful but limited', *EFSA Reports* (13 October 2016)
10. Z. Iheozor-Ejiofor, 'Water fluoridation for the prevention of dental caries', *Cochrane Database of System Reviews* (2015); 6: CD010856
11. J. R. Jambeck, 'Marine pollution. Plastic waste inputs from land into the ocean', *Science* (2015) 347(6223): 768–71
12. P. G. Ryan, 'Monitoring the abundance of plastic debris in the marine environment', *Proceedings Transactions Royal Soc B* (2009); 364: 1999–2012
13. L. M. Bartoshuk, 'NaCl thresholds in man: thresholds for water taste or NaCl taste?', *Journal of Comparative and Physiological Psychology* (1974); 87(2): 310–325

## 20.

1. <https://www.alcohol.org/guides/global-drinking-demographics/> (2019)
2. D. W. Lachenmeier, 'Comparative risk assessment of alcohol, tobacco, cannabis and other illicit drugs using the margin of exposure approach', *Scientific Reports* (2015); 5: 8126
3. R. Bruha, 'Alcoholic liver disease', *World Journal of Hepatology* (2012); 4(3): 81–90; and G. P. Jordaan, 'Alcohol-induced psychotic disorder: a review', *Metabolic Brain Disease* (2104); 29(2): 231–243
4. <https://www.alcohol.org/guides/global-drinking-demographics/> (2019)
5. A. S. St Leger, 'Factors associated with cardiac mortality in developed countries with particular reference to the consumption of wine', *Lancet* (1979); 1(8124): 1017–1020; and A. Di Castelnuovo, 'Alcohol dosing and total mortality in men and women: an updated

- meta-analysis', *Archives of Internal Medicine* (2006); 166(22): 2437–2445
6. <https://www.gov.uk/government/news/new-alcohol-guidelines-show-increased-risk-of-cancer> (8 January 2016)
7. B. Xi, 'Relationship of alcohol consumption to all-cause, cardiovascular, and cancer-related mortality in US adults', *J. American College of Cardiology* (2017); 70(8): 913–922
8. K. A. Welch, 'Alcohol consumption and brain health', *BMJ* (2017); 357: j2645
9. S. Sabia, 'Alcohol consumption and risk of dementia: 23 year follow-up of Whitehall II cohort study', *BMJ* (2018); 362: k2927
10. J. Holt-Lunstad, 'Social relationships and mortality risk: a meta-analytic review', *PLOS Medicine* (2010); 7(7): e1000316
11. A. M. Wood, 'Risk thresholds for alcohol consumption: combined analysis of individual-participant data for 599,912 current drinkers in 83 prospective studies', *The Lancet* (2018); 391(10129): 1513–1523
12. M. G. Griswold, 'Alcohol use and burden for 195 countries and territories, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016', *The Lancet* (2018); 392(10152): 1015–1035
13. A. L. Freeman, 'Communicating health risks in science publications: time for everyone to take responsibility', *BMC Medicine* (2018); 16(1): 207
14. H. J. Edenberg, 'The genetics of alcohol metabolism: role of alcohol dehydrogenase and aldehyde dehydrogenase variants', *Alcohol Research and Health* (2007); 30(1): 5–13
15. S. M. Ruiz, 'Closing the gender gap: the case for gender-specific alcoholism research', *Journal of Alcoholism and Drug Dependence* (2013); 1(6): e106
16. V. Vatsalya, 'A review on the sex differences in organ and system pathology with alcohol drinking', *Current Drug Abuse Reviews* (2017); 9(2): 87–92
17. Peter Lloyd, 'Deadly link between alcohol and breast cancer is "ignored by middle-aged women who are most at risk of developing the disease"', *Mail Online* (13 February 2019)
18. M. I. Queipo-Ortuño, 'Influence of red wine polyphenols and ethanol on the gut microbiota ecology and biomarkers', *Am Journal of Clinical Nutrition* (2012); 95(6): 1323–1334

19. A. Chaplin, 'Resveratrol, metabolic syndrome, and gut microbiota', *Nutrients* (2018); 10(11): e1651; and X. Fan, 'Drinking alcohol is associated with variation in the human oral microbiome in a large study of American adults', *Microbiome* (2018); 6(1): 59
20. C. I. LeRoy, 'Red wine consumption associated with increased gut microbiota -diversity in 3 independent cohorts', *Gastroenterology* (2019); pii: S0016-5085(19): 41244-4
21. R. O. de Visser, 'The growth of "Dry January": promoting participation and the benefits of participation', *Eur J Public Health* (2017); 27(5): 929-931
22. T. S. Naimi, 'Erosion of state alcohol excise taxes in the United States', *Journal of Studies on Alcohol and Drugs* (2018); 79(1): 43-48
23. <https://www.cdc.gov/alcohol/index.htm> (2019)
24. Z. Zupan, 'Erosion of state alcohol excise taxes in the United States', *BMJ* (2017); 359: j5623

## 21.

1. D. Coley, 'Local food, food miles and carbon emissions: a comparison of farm shop and mass distribution approaches', *Food Policy* (2009); 34(2): 150-155
2. C. Saunders, 'Food miles, carbon footprinting and their potential impact on trade', *Semantic Scholar* (2009); AARES 53rd annual conference at Cairns, 10-13 February 2009
3. E. Soode-Schimonsky, 'Product environmental footprint of strawberries: case studies in Estonia and Germany', *J Environ Management* (2017); 203(Pt 1): 564-577
4. W. Willett, 'Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems', *The Lancet* (2019); 393(10170): 447-492
5. J. Milner, 'Health effects of adopting low greenhouse gas emission diets in the UK', *BMJ Open* (2015); 5: e007364
6. J. Poore, 'Reducing food's environmental impacts through producers and consumers', *Science* (2018); 360: 987-992
7. T. D. Searchinger, 'Assessing the efficiency of changes in land use for mitigating climate change', *Nature* (2018); 564: 249-253

8. George Monbiot, 'We can't keep eating as we are - why isn't the IPCC shouting this from the rooftops?', *The Guardian* (9 August 2019)

## 22.

1. R. Mesnage, 'Facts and fallacies in the debate on glyphosate toxicity', *Frontiers in Public Health* (2017); 5: 316
2. <https://www.iarc.fr/wp-content/uploads/2018/07/MonographVolume112-1.pdf> (20 March 2015)
3. Ben Webster, 'Weedkiller scientist was paid £120,000 by cancer lawyers', *The Times* (18 October 2017)
4. P. J. Mills, 'Excretion of the herbicide glyphosate in older adults between 1993 and 2016', *JAMA* (2017); 318(16): 1610-1611
5. J. V. Tarazona, 'Glyphosate toxicity and carcinogenicity: a review of the scientific basis of the European Union assessment and its differences with IARC', *Archives of Toxicology* (2017); 91(8): 2723-2743; and C. J. Portier, 'Update to Tarazona et al. (2017): glyphosate toxicity and carcinogenicity: a review of the scientific basis of the European Union assessment and its differences with IARC', *Archives of Toxicology* (2018); 92(3): 1341
6. E. T. Chang, 'Systematic review and meta-analysis of glyphosate exposure and risk of lymphohematopoietic cancers', *Journal of Environmental Science and Health, Part B* (2016); 51(6): 402-434
7. C. Gillezeau, 'The evidence of human exposure to glyphosate: a review', *Environmental Health* (2019); 18(1): 2; and M. E. Leon, 'Pesticide use and risk of non-Hodgkin lymphoid malignancies in agricultural cohorts from France, Norway and the USA: a pooled analysis from the AGRICOH consortium', *International Journal of Epidemiology* (2019); 48(5): 1519-1535
8. L. Hu, 'The association between non-Hodgkin lymphoma and organophosphate pesticides exposure: a meta-analysis', *Environmental Pollution* (2017); 231: 319-328
9. B. González-Alzaga, 'A systematic review of neurodevelopmental effects of prenatal and postnatal organophosphate pesticide exposure', *Toxicology Letters* (2014); 230(2): 104-121; and Y. Chiu, 'Association between pesticide

residue intake from consumption of fruits and vegetables and pregnancy outcomes among women undergoing infertility treatment with assisted reproductive technology', *JAMA* (2018); 178(1): 17–26

10. F. Manservigi, 'The Ramazzini Institute 13-week pilot study glyphosate-based herbicides administered at human-equivalent dose to Sprague Dawley rats', *Environmental Health* (2019); 18(1): 15; and Y. Aitbali, 'Glyphosate-based herbicide exposure affects gut microbiota, anxiety and depression-like behaviors in mice', *Neurotoxicology and Teratology* (2018); 67: 44–49
11. E. V. Motta, 'Glyphosate perturbs the gut microbiota of honey bees', *PNAS* (2018); 115(41): 10305–10310
12. J. Baudry, 'Association of frequency of organic food consumption with cancer risk: findings from NutriNet-Santé Prospective Cohort Study', *JAMA* (2018); 178(12): 1597–1606
13. K. E. Bradbury, 'Organic food consumption and the incidence of cancer in a large prospective study of women in the UK', *British Journal of Cancer* (2014); 110: 2321–2326
14. <http://www.anh-usa.org/wp-content/uploads/2016/04/ANHUSA-glyphosate-breakfaststudy-FINAL.pdf> (19 April 2016)

### 23.

1. K. Womersley, 'Medical schools should be prioritising nutrition and lifestyle education', *BMJ* (2017); 359: j4861
2. J. Crowley, 'Nutrition in medical education: a systematic review', *Lancet Planetary Health* (2019); 9: PE379–E389
3. S. Greenhalgh, 'Making China safe for Coke: how Coca-Cola shaped obesity science and policy in China', *BMJ* (2019); 364: k5050
4. M. E. Lean, 'Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial', *The Lancet* (2018); 391(10120): 541–551
5. <https://www.ncbi.nlm.nih.gov/pubmed/21366836>; D. Zhu, 'The relationship between health professionals' weight status and attitudes towards weight management: a systematic review', *Obesity Reviews* (2011); 12(5): e324–337
6. [www.nutritank.com](http://www.nutritank.com) and [www.thedoctorskitchen.com](http://www.thedoctorskitchen.com)

7. K. E. Aspary, 'Medical nutrition education, training and competencies to advance guideline-based diet counseling by physicians', *Circulation* (2018); 137: e821–e841

### ZAKLJUČAK

1. D. McDonald, 'American gut: an open platform for citizen science microbiome research', *mSystems* (2018); 3(3): e00031–18
2. [www.joinzoe.com](http://www.joinzoe.com)
3. M. J. Blaser, 'Antibiotic use and its consequences for the normal microbiome', *Science* (2016); 352: 544–545
4. R. de Cabo, 'Effects of intermittent fasting on health, aging and disease', *New England Journal of medicine* (2019); 381: 2541–51
5. US Burden of Disease Collaborators, 'The state of us health, 1990–2010: burden of diseases, injuries, and risk factors', *JAMA* (2013); 310(6): 591–606
6. Laura Reiley, 'How the Trump administration limited the scope of the USDA's 2020 dietary guidelines', *Washington Post* (30 August 2019)
7. <https://www.nationalfoodstrategy.org/the-report/>
8. Ron Sterk, 'EU Sugar producers suffer after reform', *Food Business News* (8 August 2019)
9. H. Moses, 'The anatomy of medical research: US and international comparisons', *JAMA* (2015); 313(2): 174–89
10. R. G. Kyle, 'Obesity prevalence among healthcare professionals in England: a cross-sectional study using the Health Survey for England', *BMJ Open* (2017); 4 Dec: 018498; and S. E. Luckhaupt, 'Prevalence of obesity among US workers and associations with occupational factors', *Am J Prev Med* (2014); 46(3): 237–248