

# HESC3090 Nutrition and Health

View Online



---

About the Global Cancer Update Programme. (n.d.). World Cancer Research Fund International. <http://wcrf.org/int/research-we-fund/continuous-update-project-cup>

AICR eNews: New colorectal cancer report: Whole grains lower risk, processed meat increases it. (n.d.). The American Institute for Cancer Research. <https://www.aicr.org/news/new-colorectal-cancer-report-whole-grains-lower-risk-processed-meat-increases-it/>

AICR Garlic - foods that fight cancer. (n.d.). The American Institute for Cancer Research. <http://www.aicr.org/foods-that-fight-cancer/garlic.html>

Annotated bibliography. (n.d.). Oxford Brookes University. <https://www.brookes.ac.uk/students/academic-development/online-resources/annotated-bibliography/>

Appleby, P. N., Allen, N. E., & Key, T. J. (2011). Diet, vegetarianism, and cataract risk. *American Journal of Clinical Nutrition*, 93(5), 1128–1135. <https://doi.org/10.3945/ajcn.110.004028>

Barasi, M. E. (2007a). *Nutrition at a glance*. Blackwell.

Barasi, M. E. (2007b). *Nutrition at a glance: Vol. At a glance series*. Blackwell Pub. <http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781118682135>

Barkley, A. (n.d.). *Writing an Annotated Bibliography: A Comprehensive Guide*. <https://www.theacademicpapers.co.uk/blog/2021/10/08/writing-an-annotated-bibliography-a-comprehensive-guide/>

Benelam, B. (2009). Satiating, satiety and their effects on eating behaviour. *Nutrition Bulletin*, 34(2), 126–173. <https://doi.org/10.1111/j.1467-3010.2009.01753.x>

BNF Task Force Members. (21 C.E.). British Nutrition Foundation - BNF Task Force report - Nutrition and development. BNF Task Force. <https://archive.nutrition.org.uk/bnf-publications/task-force-reports/development.html>

British Heart Foundation. (n.d.). <https://www.bhf.org.uk/>

British Nutrition Foundation. (n.d.). <https://www.nutrition.org.uk/>

Buttriss, J. L. (2013). Food security through the lens of nutrition. *Nutrition Bulletin*, 38(2),

254-261. <https://doi.org/10.1111/nbu.12031>

Buttriss, J. L. (2016). The Eatwell Guide refreshed. *Nutrition Bulletin*, 41(2), 135-141. <https://doi.org/10.1111/nbu.12211>

Buttriss, J. L. (2017a). Eatwell Guide - the bare facts. *Nutrition Bulletin*, 42(2), 159-165. <https://doi.org/10.1111/nbu.12265>

Buttriss, J. L. (2017b). Eatwell Guide - the bare facts. *Nutrition Bulletin*, 42(2), 159-165. <https://doi.org/10.1111/nbu.12265>

Buttriss, J. L. (2017c). Eatwell Guide - the bare facts. *Nutrition Bulletin*, 42(2), 159-165. <https://doi.org/10.1111/nbu.12265>

Cancer Research UK. Publications. (n.d.). <https://publications.cancerresearchuk.org/>

Carmena, R., Duriez, P., & Fruchart, J.-C. (2004). Atherogenic Lipoprotein Particles in Atherosclerosis. *Circulation*, 109(23\_suppl\_1). <https://doi.org/10.1161/01.CIR.0000131511.50734.44>

Cholesterol. (n.d.). American Heart Organisation. <https://www.heart.org/en/health-topics/cholesterol>

Cholesterol: Synthesis, Metabolism, Regulation. (n.d.). The Medical Biochemistry Page. <http://themedicalbiochemistrypage.org/cholesterol.php>

Department of Health and Social Care. (30 C.E.). Healthy Lives, Healthy People: our strategy for public health in England. Consultation on public health. GOV.UK. <https://www.gov.uk/government/publications/healthy-lives-healthy-people-our-strategy-for-public-health-in-england>

Diabetes explosion - figures expected to soar. (n.d.). Diabetes UK. [https://www.diabetes.org.uk/About\\_us/News\\_Landing\\_Page/2008/Diabetes-explosion---figures-expected-to-soar/](https://www.diabetes.org.uk/About_us/News_Landing_Page/2008/Diabetes-explosion---figures-expected-to-soar/)

Dykes, F., & Moran, V. H. (2009). *Infant and young child feeding: challenges to implementing a global strategy*. Wiley-Blackwell Pub. <https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=470272>

Eating a balanced diet. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. (n.d.). NHS UK. <http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx>

Ernest, Z. (n.d.). What compounds are derived from cholesterol? Socratic. <https://socratic.org/questions/what-compounds-are-derived-from-cholesterol#:~:text=Vitamin%20D%E2%82%82%20is%20one%20of,magnesium%2C%20phosphate%2C%20and%20zinc.&text=There%20are%20many%20compounds%20derived,bile%20salts%2C%20and%20steroid%20hormones.&text=Vitamin%20D%20Synthesis>

Essential nutrition actions: mainstreaming nutrition through the life-course. (8 C.E.). WHO: The World Health Organization. <https://www.who.int/publications/i/item/9789241515856>

European Food and Nutrition Action Plan 2015–2020: Vol. 64th session (Issue 144026). (18 C.E.). WHO: The World Health Organization.  
[https://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0008/253727/64wd14e\\_FoodNutAP\\_140426.pdf](https://www.euro.who.int/__data/assets/pdf_file/0008/253727/64wd14e_FoodNutAP_140426.pdf)

Fibre. We aim to give people access to reliable science-based information to support anyone on their journey towards a healthy, sustainable diet. (n.d.). British Nutrition Foundation. <https://www.nutrition.org.uk/healthyliving/basics/fibre.html>

Food And Behaviour Research. (n.d.). <http://www.fabresearch.org/viewItem.php>

Frayn, K. N. (2010). Metabolic regulation: a human perspective (3rd ed). Wiley-Blackwell Pub. <https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=477875>

Geissler, C., & Powers, H. J. (2009a). Fundamentals of human nutrition: for students and practitioners in the health sciences. Churchill Livingstone.  
<http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9780702049903>

Geissler, C., & Powers, H. J. (2009b). Fundamentals of human nutrition: for students and practitioners in the health sciences. Churchill Livingstone Elsevier.

Gibney, M. J. & Nutrition Society (Great Britain). (2009). Introduction to human nutrition (2nd ed). Wiley-Blackwell.  
<https://www.dawsonera.com/Shibboleth.sso/Login?entityID=https://idp.worc.ac.uk/oala/metadata&target=https://www.dawsonera.com/shibboleth/ShibbolethLogin.html?dest=http://www.dawsonera.com/depp/reader/protected/external/AbstractView/S9781444322965>

Gibney, M. J., Vorster, H. H., Cassidy, A., & Nutrition Society (Great Britain). (2009). Introduction to human nutrition: Vol. The Nutrition Society textbook series (2nd ed). Wiley-Blackwell.

Glycaemic index and diabetes. What is the glycaemic index? (n.d.). Diabetes UK.  
<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/glycaemic-index-and-diabetes>

Glycemic Index. (n.d.). The University of Sydney. <http://www.glycemicindex.com/>

Government Office for Science. (17 C.E.). Reducing obesity: future choices: Foresight report looking at how we can respond to rising levels of obesity in the UK. GOV.UK.  
<https://www.gov.uk/government/publications/reducing-obesity-future-choices>

Government Office for Science & Department of Health and Social Care. (17 C.E.). Tackling obesity: future choices. Foresight project looking at how we can respond to rising levels of obesity in the UK. GOV.UK.  
<https://www.gov.uk/government/collections/tackling-obesity-future-choices>

Gray, J. (2016). The balanced diet - why so difficult to achieve? Nutrition Bulletin, 41(2), 100–103. <https://doi.org/10.1111/nbu.12197>

Harcombe, Z. (2016). Designed by the food industry for wealth, not health: the 'Eatwell

Guide'. *British Journal of Sports Medicine*. <https://doi.org/10.1136/bjsports-2016-096297>

Harland, J. I. (2012). Food combinations for cholesterol lowering. *Nutrition Research Reviews*, 25(02), 249–266. <https://doi.org/10.1017/S0954422412000170>

Harland, J. I., Buttriss, J., & Gibson, S. (2012). Achieving eatwell plate recommendations: is this a route to improving both sustainability and healthy eating? *Nutrition Bulletin*, 37(4), 324–343. <https://doi.org/10.1111/j.1467-3010.2012.01988.x>

Katsilambros, N. (2010). *Clinical nutrition in practice*. Wiley-Blackwell.  
<https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=543015>

Kearns, C. E., Schmidt, L. A., & Glantz, S. A. (2016). Sugar Industry and Coronary Heart Disease Research. *JAMA Internal Medicine*, 176(11).  
<https://doi.org/10.1001/jamainternmed.2016.5394>

Langley-Evans, S. C. (2009). *Nutrition: a lifespan approach*. Wiley-Blackwell.  
<http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781444316407>

Lartey, A. (2013). The year 2013: nutrition at the top of the global agenda. *Public Health Nutrition*, 16(09), 1531–1532. <https://doi.org/10.1017/S1368980013002061>

Leslie, W. S., Comrie, F., Lean, M. E., & Hankey, C. R. (2013). Designing the eatwell week: the application of eatwell plate advice to weekly food intake. *Public Health Nutrition*, 16(5), 795–802. <https://doi.org/10.1017/S1368980012004193>

Lindeberg, S. (2010). *Food and western disease: health and nutrition from an evolutionary perspective*. Wiley-Blackwell.  
<https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=470620>

Malhotra, A. (2013). Saturated fat is not the major issue. *BMJ*, 347(oct22 1), f6340–f6340.  
<https://doi.org/10.1136/bmj.f6340>

Mann, J., & Truswell, A. S. (Eds.). (2017). *Essentials of human nutrition* (Fifth edition). Oxford University Press.

Marieb, E. N., & Keller, S. M. (2018). *Essentials of human anatomy & physiology* (Twelfth edition. Global edition). Pearson.  
<http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781292216201>

Marieb, E. N., & Keller, S. M. (2021). *Essentials of human anatomy & physiology* (Thirteenth edition). Pearson.  
<https://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781292401805>

McCance, K. L., & Huether, S. E. (Eds.). (2014). *Pathophysiology: the biologic basis for disease in adults and children* (Seventh edition). Mosby.

Micronutrients. (n.d.). WHO: The World Health Organization.  
<http://www.who.int/nutrition/topics/micronutrients/en/>

- Miller, R., Spiro, A., & Stanner, S. (2016). Micronutrient status and intake in the UK - where might we be in 10 years' time? *Nutrition Bulletin*, 41(1), 14–41.  
<https://doi.org/10.1111/nbu.12187>
- NHS Digital. (30 C.E.). Statistics on Obesity, Physical Activity and Diet, England 2017. Data on obesity, physical activity and diet from a variety of sources. GOV.UK.  
<https://www.gov.uk/government/statistics/statistics-on-obesity-physical-activity-and-diet-england-2017>
- Nutrients. Essential for healthy living. (n.d.-a). Nutri-Facts.  
[http://www.nutri-facts.org/en\\_US/nutrients.html](http://www.nutri-facts.org/en_US/nutrients.html)
- Nutrients. Essential for healthy living. (n.d.-b). Nutri-Facts.  
[http://www.nutri-facts.org/en\\_US/nutrients.html](http://www.nutri-facts.org/en_US/nutrients.html)
- Popkin, B. M., Adair, L. S., & Ng, S. W. (2012a). Global nutrition transition and the pandemic of obesity in developing countries. *Nutrition Reviews*, 70(1), 3–21.  
<https://doi.org/10.1111/j.1753-4887.2011.00456.x>
- Popkin, B. M., Adair, L. S., & Ng, S. W. (2012b). Global nutrition transition and the pandemic of obesity in developing countries. *Nutrition Reviews*, 70(1), 3–21.  
<https://doi.org/10.1111/j.1753-4887.2011.00456.x>
- Public Health England. (n.d.-a). The Eatwell Guide. The Eatwell Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. GOV.UK. <https://www.gov.uk/government/publications/the-eatwell-guide>
- Public Health England. (n.d.-b). The Eatwell Guide. The Eatwell Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. GOV.UK. <https://www.gov.uk/government/publications/the-eatwell-guide>
- Public Health England. (17 C.E.a). SACN's sugars and health recommendations: why 5%? Explains the sugar recommendations in the Scientific Advisory Committee on Nutrition's (SACN's) carbohydrates and health report. GOV.UK.  
<https://www.gov.uk/government/publications/sacns-sugars-and-health-recommendations-why-5>
- Public Health England. (17 C.E.b). The Eatwell Guide: The Eatwell Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. GOV.UK.  
<https://www.gov.uk/government/publications/the-eatwell-guide#:~:text=The%20Eatwell%20Guide%20has%20replaced,towards%20a%20healthy%20balanced%20diet.>
- Public Health England. (21 C.E.). SACN vitamin D and health report. The Scientific Advisory Committee on Nutrition (SACN) recommendations on vitamin D. GOV.UK.  
<https://www.gov.uk/government/publications/sacn-vitamin-d-and-health-report>
- Public Health England. (31 C.E.). 'SACN Salt and Health report': recommendations on salt in diet. Scientific Advisory Committee on Nutrition advice on salt and recommended Dietary Reference Values (DRVs). GOV.UK.  
<https://www.gov.uk/government/publications/sacn-salt-and-health-report>

Ross, R. (1999). Atherosclerosis — An Inflammatory Disease. *New England Journal of Medicine*, 340(2), 115–126. <https://doi.org/10.1056/NEJM199901143400207>

Ruxton, C. H. S. (2011a). Nutritional implications of obesity and dieting. *Nutrition Bulletin*, 36(2), 199–211. <https://doi.org/10.1111/j.1467-3010.2011.01890.x>

Ruxton, C. H. S. (2011b). Nutritional implications of obesity and dieting. *Nutrition Bulletin*, 36(2), 199–211. <https://doi.org/10.1111/j.1467-3010.2011.01890.x>

Sak, K. (2012). Chemotherapy and Dietary Phytochemical Agents. *Chemotherapy Research and Practice*, 2012, 1–11. <https://doi.org/10.1155/2012/282570>

Scientific Advisory Committee on Nutrition (SACN). SACN advises on nutrition and related health matters. It advises the Office for Health Improvement and Disparities (OHID) and other UK government organisations. (n.d.). GOV.UK. <https://www.gov.uk/government/groups/scientific-advisory-committee-on-nutrition>

Statistics on Obesity, Physical Activity and Diet, England - 2016 - GOV.UK. (n.d.). <https://www.gov.uk/government/statistics/statistics-on-obesity-physical-activity-and-diet-england-2016>

The eatwell guide - A revised healthy eating model - British Nutrition Foundation. (n.d.). <https://www.nutrition.org.uk/nutritioninthenews/headlines/eatwell.html>

The Eatwell Guide. The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. (n.d.). NHS UK. <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

Tortora, G. J., & Derrickson, B. (2017). *Tortora's Principles of anatomy & physiology* ([15th edition], Global edition). John Wiley & Sons, Inc.

Vitamins and minerals. We aim to give people access to reliable science-based information to support anyone on their journey towards a healthy, sustainable diet. (n.d.-a). British Nutrition Foundation. <https://www.nutrition.org.uk/healthy-sustainable-diets/vitamins-and-minerals/?level=Consumer>

Vitamins and minerals. We aim to give people access to reliable science-based information to support anyone on their journey towards a healthy, sustainable diet. (n.d.-b). British Nutrition Foundation. <https://archive.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/minerals-and-trace-elements.html>

Vitamins and minerals. We aim to give people access to reliable science-based information to support anyone on their journey towards a healthy, sustainable diet. (n.d.-c). British Nutrition Foundation. <https://www.nutrition.org.uk/healthy-sustainable-diets/vitamins-and-minerals/?level=Consumer>

Watson, R., & Wyness, L. (2013). 'Don't tell me what to eat!' - Ways to engage the population in positive behaviour change. *Nutrition Bulletin*, 38(1), 23–29. <https://doi.org/10.1111/nbu.12003>

What is the glycaemic index (GI)? (n.d.). NHS UK.

<http://www.nhs.uk/chq/pages/1862.aspx?categoryid=51&subcategoryId=164>

World Cancer Research Fund & American Institute for Cancer Research. (2007). Food, nutrition, physical activity and the prevention of cancer: a global perspective : a project of World Cancer Research Fund International. American Institute for Cancer Research.

World Obesity Federation - What we do. (n.d.). World Obesity Federation.

<http://www.worldobesity.org/what-we-do/lancetcommission/>