HESC3090 Nutrition and Health



'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., N. E. Allen, and T. J. Key. 2011. 'Diet, Vegetarianism, and Cataract Risk', American Journal of Clinical Nutrition, 93.5: 1128–35 https://doi.org/10.3945/ajcn.110.004028

Barasi, Mary E. 2007a. Nutrition at a Glance (Oxford, UK: Blackwell Pub) http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781118682 135>

———. 2007b. Nutrition at a Glance (Oxford: Blackwell)

Barkley, Albert. [n.d.]. 'Writing an Annotated Bibliography: A Comprehensive Guide' (The Academic Papers UK)

https://www.theacademicpapers.co.uk/blog/2021/10/08/writing-an-annotated-bibliography-a-comprehensive-guide/

Benelam, B. 2009. 'Satiation, Satiety and Their Effects on Eating Behaviour', Nutrition Bulletin, 34.2: 126–73 https://doi.org/10.1111/j.1467-3010.2009.01753.x

BNF Task Force Members. 21AD. '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: 254–61 <a href="https://doi.org/10.1111/nbu.12031">https://doi.org/10.1111/nbu.12031</a>

——. 2016. 'The Eatwell Guide Refreshed', Nutrition Bulletin, 41.2: 135–41 <a href="https://doi.org/10.1111/nbu.12211">https://doi.org/10.1111/nbu.12211</a>

——. 2017a. 'Eatwell Guide - the Bare Facts', Nutrition Bulletin, 42.2: 159–65 <a href="https://doi.org/10.1111/nbu.12265">https://doi.org/10.1111/nbu.12265</a>

——. 2017b. 'Eatwell Guide - the Bare Facts', Nutrition Bulletin, 42.2: 159–65 <a href="https://doi.org/10.1111/nbu.12265">https://doi.org/10.1111/nbu.12265</a>

——. 2017c. 'Eatwell Guide - the Bare Facts', Nutrition Bulletin, 42.2: 159–65 <a href="https://doi.org/10.1111/nbu.12265">https://doi.org/10.1111/nbu.12265</a>
```

'Cancer Research UK. Publications'. [n.d.]. https://publications.cancerresearchuk.org/

Carmena, Rafael, Patrick Duriez, and Jean-Charles Fruchart. 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. 30AD. '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/>

Dykes, Fiona, and Victoria Hall Moran. 2009. Infant and Young Child Feeding: Challenges to Implementing a Global Strategy (Chichester, U.K.: 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)

'Essential Nutrition Actions: Mainstreaming Nutrition through the Life-Course'. 8AD. (WHO: The World Health Organization)

https://www.who.int/publications/i/item/9789241515856

'European Food and Nutrition Action Plan 2015–2020'. 18AD. (WHO: The World Health Organization)

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 (Chichester, U.K.: Wiley-Blackwell Pub)

https://ebookcentral.proguest.com/lib/worcester/detail.action?docID=477875>

Geissler, Catherine, and Hilary J. Powers. 2009a. Fundamentals of Human Nutrition: For Students and Practitioners in the Health Sciences (Edinburgh: Churchill Livingstone) http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9780702049

———. 2009b. Fundamentals of Human Nutrition: For Students and Practitioners in the Health Sciences (Edinburgh: Churchill Livingstone Elsevier)

Gibney, Michael J. and Nutrition Society (Great Britain). 2009. Introduction to Human Nutrition, 2nd ed (Chichester: Wiley-Blackwell)

Gibney, Michael J., H. H. Vorster, Aiden Cassidy, and Nutrition Society (Great Britain). 2009. Introduction to Human Nutrition, 2nd ed (Oxford: 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. 17AD. '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 and Department of Health and Social Care. 17AD. 'Tackling Obesities: 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-obesities-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, Zoe. 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., J. Buttriss, and S. Gibson. 2012. 'Achieving Eatwell Plate Recommendations: Is This a Route to Improving Both Sustainability and Healthy Eating?', Nutrition Bulletin, 37.4: 324–43 https://doi.org/10.1111/j.1467-3010.2012.01988.x

Harland, Janice I. 2012. 'Food Combinations for Cholesterol Lowering', Nutrition Research Reviews, 25.02: 249-66 https://doi.org/10.1017/S0954422412000170

Katsilambros, Nicholas. 2010. Clinical Nutrition in Practice (Chichester: Wiley-Blackwell) https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=543015

Kearns, Cristin E., Laura A. Schmidt, and Stanton A. Glantz. 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 (Chichester: Wiley-Blackwell) http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781444316 407>

Lartey, Anna. 2013. 'The Year 2013: Nutrition at the Top of the Global Agenda', Public Health Nutrition, 16.09: 1531–32 https://doi.org/10.1017/S1368980013002061

Leslie, Wilma S, Fiona Comrie, Michael EJ Lean, and Catherine R Hankey. 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, Staffan. 2010. Food and Western Disease: Health and Nutrition from an Evolutionary Perspective (Oxford: 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, Jim, and A. Stewart Truswell (eds.). 2017. Essentials of Human Nutrition, Fifth edition (Oxford: Oxford University Press)

Marieb, Elaine Nicpon, and Suzanne M. Keller. 2018. Essentials of Human Anatomy & Physiology, Twelfth edition. Global edition (New York, New York: Pearson) http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781292216

——. 2021. Essentials of Human Anatomy & Physiology, Thirteenth edition (Upper Saddle River: Pearson)

https://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781292401805

McCance, Kathryn L., and Sue E. Huether (eds.). 2014. Pathophysiology: The Biologic Basis for Disease in Adults and Children, Seventh edition (St. Louis: Mosby)

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

Miller, R., A. Spiro, and S. Stanner. 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. 30AD. '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>

'---'. [n.d.-b]. (Nutri-Facts) < http://www.nutri-facts.org/en_US/nutrients.html>

Popkin, Barry M, Linda S Adair, and Shu Wen Ng. 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

———. 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. 17ADa. '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>

———. 17ADb. '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.>

———. 21AD. '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

———. 31AD. '"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

———. [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

———. [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>

Ross, Russell. 1999. 'Atherosclerosis — An Inflammatory Disease', New England Journal of Medicine, 340.2: 115–26 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

——. 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, Katrin. 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, Gerard J., and Bryan Derrickson. 2017. Tortora's Principles of Anatomy & Physiology, [15th edition], Global edition (Hoboken, NJ: 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>

''.	[n.db].	(British	Nutrition	Foundation)

https://archive.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/minerals-and-trace-elements.html

'———'. [n.d.-c]. (British Nutrition Foundation)

https://www.nutrition.org.uk/healthy-sustainable-diets/vitamins-and-minerals/?level=Consumer>

Watson, R., and L. Wyness. 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/chg/pages/1862.aspx?categoryid=51&subcategoryid=164>

World Cancer Research Fund and 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 (Washington, D.C.: American Institute for Cancer Research)

'World Obesity Federation - What We Do.' [n.d.]. (World Obesity Federation) http://www.worldobesity.org/what-we-do/lancetcommission/