

HESC3090 Nutrition and Health

View Online



'About the Global Cancer Update Programme'

<<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'

<<https://www.aicr.org/news/new-colorectal-cancer-report-whole-grains-lower-risk-processed-meat-increases-it/>>

'AICR Garlic - Foods That Fight Cancer'

<<http://www.aicr.org/foods-that-fight-cancer/garlic.html>>

'Annotated Bibliography'

<<https://www.brookes.ac.uk/students/academic-development/online-resources/annotated-bibliography/>>

Appleby PN, Allen NE and Key TJ, 'Diet, Vegetarianism, and Cataract Risk' (2011) 93 American Journal of Clinical Nutrition 1128

Barasi ME, Nutrition at a Glance, vol At a glance series (Blackwell Pub 2007)

<<http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781118682135>>

—, Nutrition at a Glance (Blackwell 2007)

Barkley A, '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, 'Satiation, Satiety and Their Effects on Eating Behaviour' (2009) 34 Nutrition Bulletin 126

BNF Task Force Members, 'British Nutrition Foundation - BNF Task Force Report - Nutrition and Development'

<<https://archive.nutrition.org.uk/bnf-publications/task-force-reports/development.html>>

'British Heart Foundation' <<https://www.bhf.org.uk/>>

'British Nutrition Foundation' <<https://www.nutrition.org.uk/>>

Buttriss JL, 'Food Security through the Lens of Nutrition' (2013) 38 Nutrition Bulletin 254

——, 'The Eatwell Guide Refreshed' (2016) 41 Nutrition Bulletin 135

——, 'Eatwell Guide - the Bare Facts' (2017) 42 Nutrition Bulletin 159

——, 'Eatwell Guide - the Bare Facts' (2017) 42 Nutrition Bulletin 159

——, 'Eatwell Guide - the Bare Facts' (2017) 42 Nutrition Bulletin 159

'Cancer Research UK. Publications' <<https://publications.cancerresearchuk.org/>>

Carmena R, Duriez P and Fruchart J-C, 'Atherogenic Lipoprotein Particles in Atherosclerosis' (2004) 109 Circulation

'Cholesterol' <<https://www.heart.org/en/health-topics/cholesterol>>

'Cholesterol: Synthesis, Metabolism, Regulation'
<<http://themedicalbiochemistrypage.org/cholesterol.php>>

Department of Health and Social Care, 'Healthy Lives, Healthy People: Our Strategy for Public Health in England. Consultation on Public Health.'
<<https://www.gov.uk/government/publications/healthy-lives-healthy-people-our-strategy-for-public-health-in-england>>

'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 and Moran VH, Infant and Young Child Feeding: Challenges to Implementing a Global Strategy (Wiley-Blackwell Pub 2009)
<<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.'
<<http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx>>

Ernest Z, 'What Compounds Are Derived from Cholesterol?'
<<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'
<<https://www.who.int/publications/i/item/9789241515856>>

'European Food and Nutrition Action Plan 2015–2020'
<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.'
<<https://www.nutrition.org.uk/healthyliving/basics/fibre.html>>

'Food And Behaviour Research' <<http://www.fabresearch.org/viewItem.php>>

Frayn KN, Metabolic Regulation: A Human Perspective (3rd ed, Wiley-Blackwell Pub 2010)
<<https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=477875>>

Geissler C and Powers HJ, Fundamentals of Human Nutrition: For Students and Practitioners in the Health Sciences (Churchill Livingstone 2009)
<<http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9780702049903>>

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

Gibney MJ and others, Introduction to Human Nutrition, vol The Nutrition Society textbook series (2nd ed, Wiley-Blackwell 2009)

Gibney MJ and Nutrition Society (Great Britain), Introduction to Human Nutrition (2nd ed, Wiley-Blackwell 2009)
<<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>>

'Glycaemic Index and Diabetes. What Is the Glycaemic Index?'
<<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/glycaemic-index-and-diabetes>>

'Glycemic Index' <<http://www.glycemicindex.com/>>

Government Office for Science, 'Reducing Obesity: Future Choices: Foresight Report Looking at How We Can Respond to Rising Levels of Obesity in the UK.'
<<https://www.gov.uk/government/publications/reducing-obesity-future-choices>>

Government Office for Science and Department of Health and Social Care, 'Tackling Obesities: Future Choices. Foresight Project Looking at How We Can Respond to Rising Levels of Obesity in the UK.' (17AD)
<<https://www.gov.uk/government/collections/tackling-obesities-future-choices>>

Gray J, 'The Balanced Diet - Why so Difficult to Achieve?' (2016) 41 Nutrition Bulletin 100
Harcombe Z, 'Designed by the Food Industry for Wealth, Not Health: The "Eatwell Guide"' [2016] British Journal of Sports Medicine

Harland JI, 'Food Combinations for Cholesterol Lowering' (2012) 25 Nutrition Research Reviews 249

Harland JI, Buttriss J and Gibson S, 'Achieving Eatwell Plate Recommendations: Is This a Route to Improving Both Sustainability and Healthy Eating?' (2012) 37 Nutrition Bulletin 324

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

Kearns CE, Schmidt LA and Glantz SA, 'Sugar Industry and Coronary Heart Disease Research' (2016) 176 JAMA Internal Medicine

Langley-Evans SC, Nutrition: A Lifespan Approach (Wiley-Blackwell 2009)
<<http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781444316407>>

Lartey A, 'The Year 2013: Nutrition at the Top of the Global Agenda' (2013) 16 Public Health Nutrition 1531

Leslie WS and others, 'Designing the Eatwell Week: The Application of Eatwell Plate Advice to Weekly Food Intake' (2013) 16 Public Health Nutrition 795

Lindeberg S, Food and Western Disease: Health and Nutrition from an Evolutionary Perspective (Wiley-Blackwell 2010)
<<https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=470620>>

Malhotra A, 'Saturated Fat Is Not the Major Issue' (2013) 347 BMJ f6340

Mann J and Truswell AS (eds), Essentials of Human Nutrition (Fifth edition, Oxford University Press 2017)

Marieb EN and Keller SM, Essentials of Human Anatomy & Physiology (Twelfth edition Global edition, Pearson 2018)
<<http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781292216201>>

—, Essentials of Human Anatomy & Physiology (Thirteenth edition, Pearson 2021)
<<https://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781292401805>>

McCance KL and Huether SE (eds), Pathophysiology: The Biologic Basis for Disease in Adults and Children (Seventh edition, Mosby 2014)

'Micronutrients' <<http://www.who.int/nutrition/topics/micronutrients/en/>>

Miller R, Spiro A and Stanner S, 'Micronutrient Status and Intake in the UK - Where Might We Be in 10 Years' Time?' (2016) 41 Nutrition Bulletin 14

NHS Digital, 'Statistics on Obesity, Physical Activity and Diet, England 2017. Data on Obesity, Physical Activity and Diet from a Variety of Sources.'
<<https://www.gov.uk/government/statistics/statistics-on-obesity-physical-activity-and-diet-england-2017>>

'Nutrients. Essential for Healthy Living' <http://www.nutri-facts.org/en_US/nutrients.html>

'—' <http://www.nutri-facts.org/en_US/nutrients.html>

Popkin BM, Adair LS and Ng SW, 'Global Nutrition Transition and the Pandemic of Obesity in Developing Countries' (2012) 70 Nutrition Reviews 3

——, 'Global Nutrition Transition and the Pandemic of Obesity in Developing Countries' (2012) 70 Nutrition Reviews 3

Public Health England, '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.'

<<https://www.gov.uk/government/publications/sacns-sugars-and-health-recommendations-why-5>>

——, 'The Eatwell Guide: The Eatwell Guide Is a Policy Tool Used to Define Government Recommendations on Eating Healthily and Achieving a Balanced Diet.'

<<https://www.gov.uk/government/publications/the-eatwell-guide#:~:text=The%20Eatwell%20Guide%20has%20replaced,towards%20a%20healthy%20balanced%20diet.>>

——, 'SACN Vitamin D and Health Report. The Scientific Advisory Committee on Nutrition (SACN) Recommendations on Vitamin D.'

<<https://www.gov.uk/government/publications/sacn-vitamin-d-and-health-report>>

——, '"SACN Salt and Health Report": Recommendations on Salt in Diet. Scientific Advisory Committee on Nutrition Advice on Salt and Recommended Dietary Reference Values (DRVs).' <<https://www.gov.uk/government/publications/sacn-salt-and-health-report>>

——, 'The Eatwell Guide. The Eatwell Guide Is a Policy Tool Used to Define Government Recommendations on Eating Healthily and Achieving a Balanced Diet.'

<<https://www.gov.uk/government/publications/the-eatwell-guide>>

——, 'The Eatwell Guide. The Eatwell Guide Is a Policy Tool Used to Define Government Recommendations on Eating Healthily and Achieving a Balanced Diet.'

<<https://www.gov.uk/government/publications/the-eatwell-guide>>

Ross R, 'Atherosclerosis — An Inflammatory Disease' (1999) 340 New England Journal of Medicine 115

Ruxton CHS, 'Nutritional Implications of Obesity and Dieting' (2011) 36 Nutrition Bulletin 199

——, 'Nutritional Implications of Obesity and Dieting' (2011) 36 Nutrition Bulletin 199

Sak K, 'Chemotherapy and Dietary Phytochemical Agents' (2012) 2012 Chemotherapy Research and Practice 1

'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.'

<<https://www.gov.uk/government/groups/scientific-advisory-committee-on-nutrition>>

'Statistics on Obesity, Physical Activity and Diet, England - 2016 - GOV.UK'

<<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'

<<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.'

<<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>>

Tortora GJ and Derrickson B, Tortora's Principles of Anatomy & Physiology ([15th edition], Global edition, John Wiley & Sons, Inc 2017)

'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.'

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

'___'

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

'___'

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

Watson R and Wyness L, "'Don't Tell Me What to Eat!' - Ways to Engage the Population in Positive Behaviour Change' (2013) 38 Nutrition Bulletin 23

'What Is the Glycaemic Index (GI)?'

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

World Cancer Research Fund and American Institute for Cancer Research, 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 2007)

'World Obesity Federation - What We Do.'

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