

HESC3090 Nutrition and Health

View Online



1.

Gibney MJ, Nutrition Society (Great Britain). Introduction to human nutrition [Internet]. 2nd ed. Chichester: Wiley-Blackwell; 2009. Available from: <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>

2.

Gibney MJ, Vorster HH, Cassidy A, Nutrition Society (Great Britain). Introduction to human nutrition. 2nd ed. Vol. The Nutrition Society textbook series. Oxford: Wiley-Blackwell; 2009.

3.

Barasi ME. Nutrition at a glance [Internet]. Vol. At a glance series. Oxford, UK: Blackwell Pub; 2007. Available from: <http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781118682135>

4.

Barasi ME. Nutrition at a glance. Oxford: Blackwell; 2007.

5.

Frayn KN. Metabolic regulation: a human perspective [Internet]. 3rd ed. Chichester, U.K.: Wiley-Blackwell Pub; 2010. Available from: <https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=477875>

6.

Geissler C, Powers HJ. Fundamentals of human nutrition: for students and practitioners in the health sciences [Internet]. Edinburgh: Churchill Livingstone; 2009. Available from: <http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9780702049903>

7.

Geissler C, Powers HJ. Fundamentals of human nutrition: for students and practitioners in the health sciences. Edinburgh: Churchill Livingstone Elsevier; 2009.

8.

Mann J, Truswell AS, editors. Essentials of human nutrition. Fifth edition. Oxford: Oxford University Press; 2017.

9.

Marieb EN, Keller SM. Essentials of human anatomy & physiology [Internet]. Thirteenth edition. Upper Saddle River: Pearson; 2021. Available from: <https://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781292401805>

10.

Marieb EN, Keller SM. Essentials of human anatomy & physiology [Internet]. Twelfth edition. Global edition. New York, New York: Pearson; 2018. Available from: <http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781292216201>

11.

Tortora GJ, Derrickson B. Tortora's Principles of anatomy & physiology. [15th edition], Global edition. Hoboken, NJ: John Wiley & Sons, Inc; 2017.

12.

The eatwell guide - A revised healthy eating model - British Nutrition Foundation [Internet]. Available from: <https://www.nutrition.org.uk/nutritioninthenews/headlines/eatwell.html>

13.

Public Health England. The Eatwell Guide: The Eatwell Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. [Internet]. GOV.UK; 17AD. Available from: <https://www.gov.uk/government/publications/the-eatwell-guide#:~:text=The%20Eatwell%20Guide%20has%20replaced,towards%20a%20healthy%20balanced%20diet>.

14.

Public Health England. The Eatwell Guide. The Eatwell Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. [Internet]. GOV.UK; Available from: <https://www.gov.uk/government/publications/the-eatwell-guide>

15.

Buttriss JL. Eatwell Guide - the bare facts. Nutrition Bulletin. 2017 Jun;42(2):159–65.

16.

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. [Internet]. NHS UK; Available from: <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

17.

Buttriss JL. The Eatwell Guide refreshed. Nutrition Bulletin. 2016 Jun;41(2):135–41.

18.

Harcombe Z. Designed by the food industry for wealth, not health: the 'Eatwell Guide'. British Journal of Sports Medicine. 2016 Jun 13;

19.

Gray J. The balanced diet - why so difficult to achieve? Nutrition Bulletin. 2016 Jun;41(2):100–3.

20.

Harland JI, Buttriss J, Gibson S. Achieving eatwell plate recommendations: is this a route to improving both sustainability and healthy eating? Nutrition Bulletin. 2012 Dec;37(4):324–43.

21.

Leslie WS, Comrie F, Lean ME, Hankey CR. Designing the eatwell week : the application of eatwell plate advice to weekly food intake. Public Health Nutrition. 2013 May;16(5):795–802.

22.

Nutrients. Essential for healthy living [Internet]. Nutri-Facts; Available from: http://www.nutri-facts.org/en_US/nutrients.html

23.

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. [Internet]. British Nutrition Foundation; Available from: <https://www.nutrition.org.uk/healthy-sustainable-diets/vitamins-and-minerals/?level=Consumer>

24.

Miller R, Spiro A, Stanner S. Micronutrient status and intake in the UK - where might we be in 10 years' time? Nutrition Bulletin. 2016 Mar;41(1):14–41.

25.

Benelam B. Satiation, satiety and their effects on eating behaviour. Nutrition Bulletin. 2009 Jun;34(2):126–73.

26.

Harland JI. Food combinations for cholesterol lowering. *Nutrition Research Reviews*. 2012 Dec;25(02):249–66.

27.

Ruxton CHS. Nutritional implications of obesity and dieting. *Nutrition Bulletin*. 2011 Jun;36(2):199–211.

28.

Appleby PN, Allen NE, Key TJ. Diet, vegetarianism, and cataract risk. *American Journal of Clinical Nutrition*. 2011 May 1;93(5):1128–35.

29.

BNF Task Force Members. British Nutrition Foundation - BNF Task Force report - Nutrition and development [Internet]. BNF Task Force; 21AD. Available from: <https://archive.nutrition.org.uk/bnf-publications/task-force-reports/development.html>

30.

Barkley A. Writing an Annotated Bibliography: A Comprehensive Guide. Available from: <https://www.theacademicpapers.co.uk/blog/2021/10/08/writing-an-annotated-bibliography-a-comprehensive-guide/>

31.

Annotated bibliography [Internet]. Oxford Brookes University; Available from: <https://www.brookes.ac.uk/students/academic-development/online-resources/annotated-bibliography/>

32.

About the Global Cancer Update Programme [Internet]. World Cancer Research Fund International; Available from: <http://wcrf.org/int/research-we-fund/continuous-update-project-cup>

33.

Cancer Research UK. Publications [Internet]. Available from: <https://publications.cancerresearchuk.org/>

34.

Diabetes explosion - figures expected to soar [Internet]. Diabetes UK; Available from: https://www.diabetes.org.uk/About_us/News_Landing_Page/2008/Diabetes-explosion---figures-expected-to-soar/

35.

British Nutrition Foundation [Internet]. Available from: <https://www.nutrition.org.uk/>

36.

Ruxton CHS. Nutritional implications of obesity and dieting. Nutrition Bulletin. 2011 Jun;36(2):199–211.

37.

Buttriss JL. Eatwell Guide - the bare facts. Nutrition Bulletin. 2017 Jun;42(2):159–65.

38.

Public Health England. The Eatwell Guide. The Eatwell Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. [Internet]. GOV.UK; Available from: <https://www.gov.uk/government/publications/the-eatwell-guide>

39.

Buttriss JL. Eatwell Guide - the bare facts. Nutrition Bulletin. 2017 Jun;42(2):159–65.

40.

Eating a balanced diet. Eating a healthy, balanced diet is an important part of maintaining

good health, and can help you feel your best. [Internet]. NHS UK; Available from: <http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx>

41.

Dykes F, Moran VH. Infant and young child feeding: challenges to implementing a global strategy [Internet]. Chichester, U.K.: Wiley-Blackwell Pub; 2009. Available from: <https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=470272>

42.

Katsilambros N. Clinical nutrition in practice [Internet]. Chichester: Wiley-Blackwell; 2010. Available from: <https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=543015>

43.

Langley-Evans SC. Nutrition: a lifespan approach [Internet]. Chichester: Wiley-Blackwell; 2009. Available from: <http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9781444316407>

44.

Lindeberg S. Food and western disease: health and nutrition from an evolutionary perspective [Internet]. Oxford: Wiley-Blackwell; 2010. Available from: <https://ebookcentral.proquest.com/lib/worcester/detail.action?docID=470620>

45.

McCance KL, Huether SE, editors. Pathophysiology: the biologic basis for disease in adults and children. Seventh edition. St. Louis: Mosby; 2014.

46.

Buttriss JL. Food security through the lens of nutrition. Nutrition Bulletin. 2013 Jun;38(2):254–61.

47.

Government Office for Science. Reducing obesity: future choices: Foresight report looking at how we can respond to rising levels of obesity in the UK. [Internet]. GOV.UK; 17AD. Available from: <https://www.gov.uk/government/publications/reducing-obesity-future-choices>

48.

Popkin BM, Adair LS, Ng SW. Global nutrition transition and the pandemic of obesity in developing countries. Nutrition Reviews. 2012 Jan;70(1):3-21.

49.

Lartey A. The year 2013: nutrition at the top of the global agenda. Public Health Nutrition. 2013 Sep;16(09):1531-2.

50.

Watson R, Wyness L. 'Don't tell me what to eat!' - Ways to engage the population in positive behaviour change. Nutrition Bulletin. 2013 Mar;38(1):23-9.

51.

Popkin BM, Adair LS, Ng SW. Global nutrition transition and the pandemic of obesity in developing countries. Nutrition Reviews. 2012 Jan;70(1):3-21.

52.

NHS Digital. Statistics on Obesity, Physical Activity and Diet, England 2017. Data on obesity, physical activity and diet from a variety of sources. [Internet]. GOV.UK; 30AD. Available from: <https://www.gov.uk/government/statistics/statistics-on-obesity-physical-activity-and-diet-england-2017>

53.

Department of Health and Social Care. Healthy Lives, Healthy People: our strategy for public health in England. Consultation on public health. [Internet]. GOV.UK; 30AD. Available from:

<https://www.gov.uk/government/publications/healthy-lives-healthy-people-our-strategy-for-public-health-in-england>

54.

European Food and Nutrition Action Plan 2015–2020 [Internet]. Vol. 64th session. WHO: The World Health Organization; 18AD. Available from: https://www.euro.who.int/__data/assets/pdf_file/0008/253727/64wd14e_FoodNutAP_140426.pdf

55.

Essential nutrition actions: mainstreaming nutrition through the life-course [Internet]. WHO: The World Health Organization; 8AD. Available from: <https://www.who.int/publications/i/item/9789241515856>

56.

Public Health England. SACN vitamin D and health report. The Scientific Advisory Committee on Nutrition (SACN) recommendations on vitamin D. [Internet]. GOV.UK; 21AD. Available from: <https://www.gov.uk/government/publications/sacn-vitamin-d-and-health-report>

57.

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. [Internet]. GOV.UK; Available from: <https://www.gov.uk/government/groups/scientific-advisory-committee-on-nutrition>

58.

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

59.

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. [Internet]. British Nutrition Foundation; Available from:

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

60.

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. [Internet]. British Nutrition Foundation; Available from: <https://www.nutrition.org.uk/healthy-sustainable-diets/vitamins-and-minerals/?level=Consumer>

61.

Nutrients. Essential for healthy living [Internet]. Nutri-Facts; Available from: http://www.nutri-facts.org/en_US/nutrients.html

62.

Micronutrients [Internet]. WHO: The World Health Organization; Available from: <http://www.who.int/nutrition/topics/micronutrients/en/>

63.

Food And Behaviour Research [Internet]. Available from: <http://www.fabresearch.org/viewItem.php>

64.

Glycaemic index and diabetes. What is the glycaemic index? [Internet]. Diabetes UK; Available from: <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/glycaemic-index-and-diabetes>

65.

What is the glycaemic index (GI)? [Internet]. NHS UK; Available from: <http://www.nhs.uk/chq/pages/1862.aspx?categoryid=51&subcategoryid=164>

66.

Glycemic Index [Internet]. The University of Sydney; Available from: <http://www.glycemicindex.com/>

67.

British Heart Foundation [Internet]. Available from: <https://www.bhf.org.uk/>

68.

Cholesterol [Internet]. American Heart Organisation; Available from: <https://www.heart.org/en/health-topics/cholesterol>

69.

Cholesterol: Synthesis, Metabolism, Regulation [Internet]. The Medical Biochemistry Page; Available from: <http://themedicalbiochemistrypage.org/cholesterol.php>

70.

World Obesity Federation - What we do. [Internet]. World Obesity Federation; Available from: <http://www.worldobesity.org/what-we-do/lancetcommission/>

71.

Public Health England. 'SACN Salt and Health report': recommendations on salt in diet. Scientific Advisory Committee on Nutrition advice on salt and recommended Dietary Reference Values (DRVs). [Internet]. GOV.UK; 31AD. Available from: <https://www.gov.uk/government/publications/sacn-salt-and-health-report>

72.

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. [Internet]. GOV.UK; 17AD. Available from: <https://www.gov.uk/government/publications/sacns-sugars-and-health-recommendations-why-5>

73.

Sak K. Chemotherapy and Dietary Phytochemical Agents. *Chemotherapy Research and Practice*. 2012 Dec 20;2012:1-11.

74.

AICR eNews: New colorectal cancer report: Whole grains lower risk, processed meat increases it [Internet]. The American Institute for Cancer Research; Available from: <https://www.aicr.org/news/new-colorectal-cancer-report-whole-grains-lower-risk-processed-meat-increases-it/>

75.

AICR Garlic - foods that fight cancer [Internet]. The American Institute for Cancer Research; Available from: <http://www.aicr.org/foods-that-fight-cancer/garlic.html>

76.

Statistics on Obesity, Physical Activity and Diet, England - 2016 - GOV.UK [Internet]. Available from: <https://www.gov.uk/government/statistics/statistics-on-obesity-physical-activity-and-diet-england-2016>

77.

Government Office for Science, 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. [Internet]. GOV.UK; 17AD. Available from: <https://www.gov.uk/government/collections/tackling-obesities-future-choices>

78.

World Cancer Research Fund, 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. Washington, D.C.: American Institute for Cancer Research; 2007.

79.

Ernest Z. What compounds are derived from cholesterol? [Internet]. Socratic; Available from: <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>.

80.

Kearns CE, Schmidt LA, Glantz SA. Sugar Industry and Coronary Heart Disease Research. JAMA Internal Medicine. 2016 Nov 1;176(11).

81.

Malhotra A. Saturated fat is not the major issue. BMJ. 2013 Oct 22;347(oct22 1):f6340–f6340.

82.

Carmena R, Duriez P, Fruchart JC. Atherogenic Lipoprotein Particles in Atherosclerosis. Circulation. 2004 Jun 15;109(23_suppl_1).

83.

Ross R. Atherosclerosis — An Inflammatory Disease. New England Journal of Medicine. 1999 Jan 14;340(2):115–26.