

Nutrition Bulletin Module Reading List

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Article types

Reviews are concise, critical but constructive and conclusive topical accounts, written by experts in the field for non-specialists and covering aspects of the broad range of topics of concern to those working in the field of nutrition and health.

Original research papers report the results of new studies.

Emerging Research papers are updates on new research projects, funded by, for example the EU or UK Research Councils. They describe the rationale, protocol and expected outcomes for new studies or give a summary overview of findings at the end of a project.

News and Views, Facts behind the Headlines or In Perspective articles may include comments on papers published elsewhere. Articles referring to the publication or content of recently published official documents and a discussion or comment on the impact of legislation may also come under this category.

Pre-Reading List Suggestions

Reviews

Brouwer, I.A. (2020), The public health rationale for reducing saturated fat intakes: Is a maximum of 10% energy intake a good recommendation? *Nutr Bull*, 45: 271-280.

<https://doi.org/10.1111/nbu.12449>

Koç, F., Mills, S., Strain, C., Ross, R.P. and Stanton, C. (2020), The public health rationale for increasing dietary fibre: Health benefits with a focus on gut microbiota. *Nutr Bull*, 45: 294-308.

<https://doi.org/10.1111/nbu.12448>

Kristek, A., Schär, M.Y., Soykan, G., Alsharif, S., Kuhnle, G.G.C., Walton, G. and Spencer, J.P.E. (2018), The gut microbiota and cardiovascular health benefits: A focus on wholegrain oats. *Nutr Bull*, 43: 358-373.

<https://doi.org/10.1111/nbu.12354>

Lonnie, M. and Johnstone, A.M. (2020), The public health rationale for promoting plant protein as an important part of a sustainable and healthy diet. *Nutr Bull*, 45: 281-293.

<https://doi.org/10.1111/nbu.12453>

Pettinger, C. (2018), Sustainable eating: Opportunities for nutrition professionals. *Nutr Bull*, 43: 226-237.

<https://doi.org/10.1111/nbu.12335>

Stanner, S.A. and Spiro, A. (2020), Public health rationale for reducing sugar: Strategies and challenges. *Nutr Bull*, 45: 253-270.

<https://doi.org/10.1111/nbu.12460>

Steenson, S. & Buttriss, J.L. (2021) Healthier and more sustainable diets: What changes are needed in high-income countries? *Nutrition Bulletin*, 46, 279– 309.

<https://doi.org/10.1111/nbu.12518>

News and Views

Buttriss, J.L. (2017), Eatwell Guide – the bare facts. *Nutr Bull*, 42: 159-165.

<https://doi.org/10.1111/nbu.12265>

Facts behind the headlines

Steenson, S. (2019), The Mediterranean diet and depression – can a healthier dietary pattern reduce the risk of depression? *Nutr Bull*, 44: 65-73.

<https://doi.org/10.1111/nbu.12365>

Fundamentals of Nutrition

Reviews

Givens, D.I. (2017), Saturated fats, dairy foods and health: A curious paradox? *Nutr Bull*, 42: 274-282.

<https://doi.org/10.1111/nbu.12283>

Gleeson, J.P. (2017), Diet, food components and the intestinal barrier. *Nutr Bull*, 42: 123-131.

<https://doi.org/10.1111/nbu.12260>

Koç, F., Mills, S., Strain, C., Ross, R.P. and Stanton, C. (2020), The public health rationale for increasing dietary fibre: Health benefits with a focus on gut microbiota. *Nutr Bull*, 45: 294-308.

<https://doi.org/10.1111/nbu.12448>

Kristek, A., Schär, M.Y., Soykan, G., Alsharif, S., Kuhnle, G.G.C., Walton, G. and Spencer, J.P.E. (2018), The gut microbiota and cardiovascular health benefits: A focus on wholegrain oats. *Nutr Bull*, 43: 358-373.

<https://doi.org/10.1111/nbu.12354>

Lockyer, S. and Nugent, A.P. (2017), Health effects of resistant starch. *Nutr Bull*, 42: 10-41.

<https://doi.org/10.1111/nbu.12244>

Lockyer, S. and Spiro, A. (2020), The role of bread in the UK diet: An update. *Nutr Bull*, 45: 133-164.

<https://doi.org/10.1111/nbu.12435>

Murphy, C.H. and Roche, H.M. (2018), Nutrition and physical activity countermeasures for sarcopenia: Time to get personal? *Nutr Bull*, 43: 374-387.

<https://doi.org/10.1111/nbu.12351>

Shewry, P.R., Hassall, K.L., Grausgruber, H., Andersson, A.A.M., Lampi, A.-M., Piironen, V., Rakszegi, M., Ward, J.L. and Lovegrove, A. (2020), Do modern types of wheat have lower quality for human health? *Nutr Bull*, 45: 362-373.

<https://doi.org/10.1111/nbu.12461>

Williamson, G. (2017), The role of polyphenols in modern nutrition. *Nutr Bull*, 42: 226-235.

<https://doi.org/10.1111/nbu.12278>

News and Views

Lockyer, S. and Stanner, S. (2019), Prebiotics - an added benefit of some fibre types. *Nutr Bull*, 44: 74-91.

<https://doi.org/10.1111/nbu.12366>

Mendes, M.M., Hart, K.H., Botelho, P.B. and Lanham-New, S.A. (2018), Vitamin D status in the tropics: Is sunlight exposure the main determinant? Nutr Bull, 43: 428-434.
<https://doi.org/10.1111/nbu.12349>

Editorial

Buttriss, J.L. and Lanham-New, S.A. (2020), Is a vitamin D fortification strategy needed? Nutr Bull, 45: 115-122.
<https://doi.org/10.1111/nbu.12430>

Public/Global Health Nutrition

Reviews

Lockyer, S., White, A. and Buttriss, J.L. (2018), Biofortified crops for tackling micronutrient deficiencies – what impact are these having in developing countries and could they be of relevance within Europe?. *Nutr Bull*, 43: 319-357.

<https://doi.org/10.1111/nbu.12347>

Lonnie, M. and Johnstone, A.M. (2020), The public health rationale for promoting plant protein as an important part of a sustainable and healthy diet. *Nutr Bull*, 45: 281-293.

<https://doi.org/10.1111/nbu.12453>

Koç, F., Mills, S., Strain, C., Ross, R.P. and Stanton, C. (2020), The public health rationale for increasing dietary fibre: Health benefits with a focus on gut microbiota. *Nutr Bull*, 45: 294-308.

<https://doi.org/10.1111/nbu.12448>

Brouwer, I.A. (2020), The public health rationale for reducing saturated fat intakes: Is a maximum of 10% energy intake a good recommendation?. *Nutr Bull*, 45: 271-280.

<https://doi.org/10.1111/nbu.12449>

Stanner, S.A. and Spiro, A. (2020), Public health rationale for reducing sugar: Strategies and challenges. *Nutr Bull*, 45: 253-270.

<https://doi.org/10.1111/nbu.12460>

Emerging Research

Balk, J., Connorton, J.M., Wan, Y., Lovegrove, A., Moore, K.L., Uauy, C., Sharp, P.A. and Shewry, P.R. (2019), Improving wheat as a source of iron and zinc for global nutrition. *Nutr Bull*, 44: 53-59.

<https://doi.org/10.1111/nbu.12361>

Lockyer, S., Ryder, C., Jaworska, S., Benelam, B. and Jones, R. (2020), Developing a digital toolkit to enhance the communication of health claims: The Health Claims Unpacked project. *Nutr Bull*, 45: 432-443.

<https://doi.org/10.1111/nbu.12469>

News and Views

Buttriss, J.L. (2017), Eatwell Guide – the bare facts. *Nutr Bull*, 42: 159-165.

<https://doi.org/10.1111/nbu.12265>

Gibson-Moore, H. & Spiro, A. (2021) Evolution not revolution – what might the future hold for front-of-pack nutrition labelling in the UK?: A British Nutrition Foundation roundtable. *Nutrition Bulletin*, 46, 383– 394.

<https://doi.org/10.1111/nbu.12517>

Lockyer, S., Cade, J., Darmon, N., Flynn, M., Gatenby, S., Govindji, A., Quick, B., Raats, M., Rayner, M., Sokolović, M., Spiro, A., Sritharan, N., Stanner, S. and Buttriss, J.L. (2020), Proceedings of a roundtable event 'Is communicating the concept of nutrient density important?' Nutr Bull, 45: 74-97.

<https://doi.org/10.1111/nbu.12421>

Mendes, M.M., Hart, K.H., Botelho, P.B. and Lanham-New, S.A. (2018), Vitamin D status in the tropics: Is sunlight exposure the main determinant?. Nutr Bull, 43: 428-434.

<https://doi.org/10.1111/nbu.12349>

Robinson, E. and Chambers, L. (2018), The challenge of increasing wholegrain intake in the UK. Nutr Bull, 43: 135-146.

<https://doi.org/10.1111/nbu.12319>

Spiro, A. & Wood, V. (2021) Can the concept of nutrient density be useful in helping consumers make informed and healthier food choices? A mixed-method exploratory approach. Nutr Bull, 46, 354– 372.

<https://doi.org/10.1111/nbu.12512>

Traka, M.H., Plumb, J., Berry, R., Pinchen, H. and Finglas, P.M. (2020), Maintaining and updating food composition datasets for multiple users and novel technologies: Current challenges from a UK perspective. Nutr Bull, 45: 230-240.

<https://doi.org/10.1111/nbu.12433>

Original Articles

Jenneson, V., Greenwood, D.C., Clarke, G.P., Hancock, N., Cade, J.E. and Morris, M.A. (2020), Restricting promotions of 'less healthy' foods and beverages by price and location: A big data application of UK Nutrient Profiling Models to a retail product dataset. Nutr Bull, 45: 389-402.

<https://doi.org/10.1111/nbu.12468>

Jenneson, V. and Morris, M.A. (2021), Data considerations for the success of policy to restrict in-store food promotions: A commentary from a food industry nutritionist consultation. Nutr Bull, 46: 40-51.

<https://doi.org/10.1111/nbu.12486>

Silva, A.R.C.S., Braga, L.V.M. and Anastácio, L.R. (2021), A comparison of four different Nutritional Profile models in their scoring of critical nutrient levels in food products targeted at Brazilian children. Nutr Bull, 46: 128-138.

<https://doi.org/10.1111/nbu.12490>

Diet-Related Disease

Spotlight: Obesity - Risks and Management (2018-19)

Reviews

Kristek, A., Schär, M.Y., Soykan, G., Alsharif, S., Kuhnle, G.G.C., Walton, G. and Spencer, J.P.E. (2018), The gut microbiota and cardiovascular health benefits: A focus on wholegrain oats. *Nutr Bull*, 43: 358-373.

<https://doi.org/10.1111/nbu.12354>

Malcomson, F.C. (2018), Mechanisms underlying the effects of nutrition, adiposity and physical activity on colorectal cancer risk. *Nutr Bull*, 43: 400-415.

<https://doi.org/10.1111/nbu.12359>

Olsen, N.J. & Heitmann, B.L. (2021) Consumption of sugar-sweetened beverages and metabolic markers in children – a narrative review of the evidence. *Nutr Bull*, 46: 264– 278.

<https://doi.org/10.1111/nbu.12510>

Roager, H.M. and Dragsted, L.O. (2019), Diet-derived microbial metabolites in health and disease. *Nutr Bull*, 44: 216-227.

<https://doi.org/10.1111/nbu.12396>

Ruxton, C.H.S., Derbyshire, E. & Sievenpiper, J.L. (2021) Pure 100% fruit juices – more than just a source of free sugars? A review of the evidence of their effect on risk of cardiovascular disease, type 2 diabetes and obesity. *Nutr Bull*, 46, 415– 431.

<https://doi.org/10.1111/nbu.12526>

Price, D., Jackson, K.G., Lovegrove, J.A. & Givens, D.I. (2022) The effects of whey proteins, their peptides and amino acids on vascular function. *Nutr Bull*, 47, 9– 26.

<https://doi.org/10.1111/nbu.12543>

Emerging Research

Curtis, E.M., Suderman, M., Phillips, C.M., Relton, C. and Harvey, N.C. (2018), Early-life dietary and epigenetic influences on childhood musculoskeletal health: Update on the UK component of the ALPHABET project. *Nutr Bull*, 43: 158-173.

<https://doi.org/10.1111/nbu.12322>

Lynch, S., Johnston, J.D. and Robertson, M.D. (2021), Early versus late time-restricted feeding in adults at increased risk of developing type 2 diabetes: Is there an optimal time to eat for metabolic health?. *Nutr Bull*, 46: 69-76.

<https://doi.org/10.1111/nbu.12479>

Owens, M., Watkins, E., Bot, M., Brouwer, I.A., Roca, M., Kohls, E., Penninx, B.W.J.H., van Grootheest, G., Hegerl, U., Gili, M., Visser, M. and (2020), Nutrition and depression:

Summary of findings from the EU-funded MoodFOOD depression prevention randomised controlled trial and a critical review of the literature. *Nutr Bull*, 45: 403-414.

<https://doi.org/10.1111/nbu.12447>

Partridge, D., Lloyd, K.A., Rhodes, J.M., Walker, A.W., Johnstone, A.M. and Campbell, B.J. (2019), Food additives: Assessing the impact of exposure to permitted emulsifiers on bowel and metabolic health – introducing the FADiets study. *Nutr Bull*, 44: 329-349.

<https://doi.org/10.1111/nbu.12408>

News and Views

Thompson, R., Mitrou, G., Brown, S., Almond, E., Bandurek, I., Brockton, N., Kälfors, M., McGinley-Gieser, D., Sinclair, B., Meincke, L., Wiseman, M. and Allen, K. (2018), Major new review of global evidence on diet, nutrition and physical activity: A blueprint to reduce cancer risk. *Nutr Bull*, 43: 269-283.

<https://doi.org/10.1111/nbu.12345>

Facts behind the headlines

Steenson, S. (2019), The Mediterranean diet and depression – can a healthier dietary pattern reduce the risk of depression? *Nutr Bull*, 44: 65-73.

<https://doi.org/10.1111/nbu.12365>

Annual Lecture

Jebb, S.A. and White, A. (2018), British Nutrition Foundation Annual Lecture 2017 – Diet, obesity and cardiovascular risk. *Nutr Bull*, 43: 119-124.

<https://doi.org/10.1111/nbu.12317>

Nutritional Assessment

Reviews

Finglas, P., Roe, M., Pinchen, H. and Astley, S. (2017), The contribution of food composition resources to nutrition science methodology. *Nutr Bull*, 42: 198-206.

<https://doi.org/10.1111/nbu.12274>

News and Views

de la Hunty, A., Buttriss, J., Draper, J., Roche, H., Levey, G., Florescu, A., Penfold, N. and Frost, G. (2021), UK Nutrition Research Partnership (NRP) workshop: Forum on advancing dietary intake assessment. *Nutr Bull*, 46: 228-237.

<https://doi.org/10.1111/nbu.12501>

Traka, M.H., Plumb, J., Berry, R., Pinchen, H. and Finglas, P.M. (2020), Maintaining and updating food composition datasets for multiple users and novel technologies: Current challenges from a UK perspective. *Nutr Bull*, 45: 230-240.

<https://doi.org/10.1111/nbu.12433>

Nutritional Epidemiology

Reviews

Robinson, S.M. (2017), Preventing childhood obesity: Early-life messages from epidemiology. *Nutr Bull*, 42: 219-225.

<https://doi.org/10.1111/nbu.12277>

Wiseman, M. (2017), The contribution of epidemiology to nutrition science. *Nutr Bull*, 42: 212-218.

<https://doi.org/10.1111/nbu.12276>

Editorial

Williams, C.M., Buttriss, J.L. and Whelan, K. (2021), Synthesising nutrition science into dietary guidelines for populations amidst the challenge of fake news: Summary of an Academy of Nutrition Sciences position paper. *Nutr Bull*, 46: 2-7.

<https://doi.org/10.1111/nbu.12480>

Original Articles

Lachat, C., Hawwash, D., Ocké, M.C., Berg, C., Forsum, E., Hörnell, A., Larsson, C.I., Sonestedt, E., Wirfält, E., Åkesson, A., Kolsteren, P., Byrnes, G., De Keyzer, W., Van Camp, J., Cade, J.E., Slimani, N., Cevallos, M., Egger, M. and Huybrechts, I. (2016), Strengthening the Reporting of Observational Studies in Epidemiology – nutritional epidemiology (STROBE-nut): An extension of the STROBE statement. *Nutr Bull*, 41: 240-251.

<https://doi.org/10.1111/nbu.12217>

Eating Behaviour/Psychology

Reviews

McCrickerd, K. (2018), Cultivating self-regulatory eating behaviours during childhood: The evidence and opportunities. *Nutr Bull*, 43: 388-399.

<https://doi.org/10.1111/nbu.12355>

Blundell, J.E. (2017), The contribution of behavioural science to nutrition: Appetite control. *Nutr Bull*, 42: 236-245.

<https://doi.org/10.1111/nbu.12279>

Rolls, B.J. (2017), Dietary energy density: Applying behavioural science to weight management. *Nutr Bull*, 42: 246-253.

<https://doi.org/10.1111/nbu.12280>

Emerging Research

Hetherington, M.M. (2019), The portion size effect and overconsumption – towards downsizing solutions for children and adolescents – An update. *Nutr Bull*, 44: 130-137.

<https://doi.org/10.1111/nbu.12375>

Higgs, S., Liu, J., Collins, E.I.M. and Thomas, J.M. (2019), Using social norms to encourage healthier eating. *Nutr Bull*, 44: 43-52.

<https://doi.org/10.1111/nbu.12371>

News and Views

Benelam, B. and Stanner, S. (2019), Find your balance – the challenges of developing portion size guidance for the public. *Nutr Bull*, 44: 254-266.

<https://doi.org/10.1111/nbu.12401>

Flint, S.W. (2019), Weight stigma and discrimination: Time for change! *Nutr Bull*, 44: 249-253.

<https://doi.org/10.1111/nbu.12398>

Rogers, P.J., Ferriday, D., Jebb, S.A. and Brunstrom, J.M. (2016), Connecting biology with psychology to make sense of appetite control. *Nutr Bull*, 41: 344-352.

<https://doi.org/10.1111/nbu.12237>

Editorial

Benelam, B. and Wiseman, M. (2019), Size matters: Developing portion size guidance for consumers. *Nutr Bull*, 44: 4-6.

<https://doi.org/10.1111/nbu.12360>

Nutrition through the Life-course

Virtual Issue: Nutrition and the Brain: Across the life-course (2018-2021)

Reviews

Malcomson, F.C. and Mathers, J.C. (2017), Nutrition, epigenetics and health through life. *Nutr Bull*, 42: 254-265.

<https://doi.org/10.1111/nbu.12281>

McCarthy, E.K. and Kiely, M.E. (2019), The neonatal period: A missed opportunity for the prevention of iron deficiency and its associated neurological consequences?. *Nutr Bull*, 44: 309-319.

<https://doi.org/10.1111/nbu.12407>

Murphy, C.H. and Roche, H.M. (2018), Nutrition and physical activity countermeasures for sarcopenia: Time to get personal? *Nutr Bull*, 43: 374-387.

<https://doi.org/10.1111/nbu.12351>

Robinson, S.M. (2017), Preventing childhood obesity: Early-life messages from epidemiology. *Nutr Bull*, 42: 219-225.

<https://doi.org/10.1111/nbu.12277>

Emerging Research

Curtis, E.M., Suderman, M., Phillips, C.M., Relton, C. and Harvey, N.C. (2018), Early-life dietary and epigenetic influences on childhood musculoskeletal health: Update on the UK component of the ALPHABET project. *Nutr Bull*, 43: 158-173.

<https://doi.org/10.1111/nbu.12322>

News and Views

Ni Lochlainn, M. & Robinson, S. (2022) UK Nutrition Research Partnership workshop: Nutrition and frailty—opportunities for prevention and treatment. *Nutrition Bulletin*, 47, 123– 129.

<https://doi.org/10.1111/nbu.12538>

Food Systems/Chains

Emerging Research

Baungaard, C., Kok, K.P., den Boer, A.C., Brierley, C., van der Meij, M.G., Gjeffen, M.D., Wenink, J., Wagner, P., Gemen, R., Regeer, B.J. and Broerse, J.E. (2021), FIT4FOOD2030: Future-proofing Europe's Food Systems with Tools for Transformation and a Sustainable Food Systems Network. *Nutr Bull*, 46: 172-184.

<https://doi.org/10.1111/nbu.12502>

Capper, T., Brennan, S., Woodside, J. and McKinley, M. (2019), The EIT Food School Network: Integrating solutions to improve eating habits and reduce food wastage in secondary schoolchildren. *Nutr Bull*, 44: 356-362.

<https://doi.org/10.1111/nbu.12406>

Jackson, P., Cameron, D., Rolfe, S., Dicks, L.V., Leake, J., Caton, S., et al (2021) Healthy soil, healthy food, healthy people: An outline of the H3 project. *Nutrition Bulletin*, 46, 497– 505.

<https://doi.org/10.1111/nbu.12531>

Rivington, M., King, R., Duckett, D., Iannetta, P., Benton, T.G., Burgess, P., Hawes, C., Wellesley, L., Polhill, J.G., Aitkenhead, M., Lozada-Ellison, L.-M., Begg, G., Williams, A.G., Newton, A., Lorenzo-Arribas, A., Neilson, R., Watts, C., Harris, J., Loades, K., Stewart, D., Wardell-Johnson, D., Gandossi, G., Udugbezi, E., Hannam, J. and Keay, C. (2021), UK food and nutrition security during and after the COVID-19 pandemic. *Nutr Bull*, 46: 88-97.

<https://doi.org/10.1111/nbu.12485>

Bob Doherty, Maria Bryant, Katherine Denby, Ioan Fazey, Sarah Bridle, Corinna Hawkes, Michelle Cain, Steven Banwart, Lisa Collins, Kate Pickett, Myles Allen, Peter Ball, Grace Gardner, Esther Carmen, Maddie Sinclair, Alana Kluczkowski, Ulrike Ehgartner, Belinda Morris, Anthonia James, Christopher Yap, Eugyen Suzanne Om, Annie Connolly (2021) Transformations to regenerative food systems—An outline of the FixOurFood project. *Nutr Bull* 47:106-114

<https://doi.org/10.1111/nbu.12536>

Obesity and Weight Management

Spotlight: Obesity - Risks and Management (2018-19)

Review

Blundell, J.E. (2017), The contribution of behavioural science to nutrition: Appetite control. *Nutr Bull*, 42: 236-245.

<https://doi.org/10.1111/nbu.12279>

Brown, A. and Leeds, A.R. (2019), Very low-energy and low-energy formula diets: Effects on weight loss, obesity co-morbidities and type 2 diabetes remission – an update on the evidence for their use in clinical practice. *Nutr Bull*, 44: 7-24.

<https://doi.org/10.1111/nbu.12372>

Hengist, A., Perkin, O., Gonzalez, J.T., Betts, J.A., Hewison, M., Manolopoulos, K.N., Jones, K.S., Koulman, A. and Thompson, D. (2019), Mobilising vitamin D from adipose tissue: The potential impact of exercise. *Nutr Bull*, 44: 25-35.

<https://doi.org/10.1111/nbu.12369>

Robinson, S.M. (2017), Preventing childhood obesity: Early-life messages from epidemiology. *Nutr Bull*, 42: 219-225.

<https://doi.org/10.1111/nbu.12277>

Rolls, B.J. (2017), Dietary energy density: Applying behavioural science to weight management. *Nutr Bull*, 42: 246-253.

<https://doi.org/10.1111/nbu.12280>

Emerging Research

Hetherington, M.M. (2019), The portion size effect and overconsumption – towards downsizing solutions for children and adolescents – An update. *Nutr Bull*, 44: 130-137.

<https://doi.org/10.1111/nbu.12375>

Ruddick-Collins, L.C., Johnston, J.D., Morgan, P.J. and Johnstone, A.M. (2018), The Big Breakfast Study: Chrono-nutrition influence on energy expenditure and bodyweight. *Nutr Bull*, 43: 174-183.

<https://doi.org/10.1111/nbu.12323>

Lynch, S., Johnston, J.D. and Robertson, M.D. (2021), Early versus late time-restricted feeding in adults at increased risk of developing type 2 diabetes: Is there an optimal time to eat for metabolic health?. *Nutr Bull*, 46: 69-76.

<https://doi.org/10.1111/nbu.12479>

Clayton, D.J., Mode, W.J.A. and Slater, T. (2020), Optimising intermittent fasting: Evaluating the behavioural and metabolic effects of extended morning and evening fasting. *Nutr Bull*, 45: 444-455.

<https://doi.org/10.1111/nbu.12467>

News and Views

Flint, S.W. (2019), Weight stigma and discrimination: Time for change! Nutr Bull, 44: 249-253.

<https://doi.org/10.1111/nbu.12398>

Facts behind the headlines

Gibson-Moore, H. and Chambers, L. (2019), Sleep matters: Can a good night's sleep help tackle the obesity crisis? Nutr Bull, 44: 123-129.

<https://doi.org/10.1111/nbu.12386>

Annual Lecture

Jebb, S.A. and White, A. (2018), British Nutrition Foundation Annual Lecture 2017 – Diet, obesity and cardiovascular risk. Nutr Bull, 43: 119-124.

<https://doi.org/10.1111/nbu.12317>

Food Science and Processing

Special Issue: Food reformulation and innovation: Future solutions for healthier and more sustainable diets: Nutrition Bulletin: Vol 45, No 3 2020

Reviews

Guo, J., Lovegrove, J.A. and Givens, D.I. (2019), Food fortification and biofortification as potential strategies for prevention of vitamin D deficiency. *Nutr Bull*, 44: 36-42.

<https://doi.org/10.1111/nbu.12363>

Lockyer, S., White, A. and Buttriss, J.L. (2018), Biofortified crops for tackling micronutrient deficiencies – what impact are these having in developing countries and could they be of relevance within Europe?. *Nutr Bull*, 43: 319-357.

<https://doi.org/10.1111/nbu.12347>

McClements, D.J. (2020), Future foods: Is it possible to design a healthier and more sustainable food supply? *Nutr Bull*, 45: 341-354.

<https://doi.org/10.1111/nbu.12457>

Emerging Research

Balk, J., Connorton, J.M., Wan, Y., Lovegrove, A., Moore, K.L., Uauy, C., Sharp, P.A. and Shewry, P.R. (2019), Improving wheat as a source of iron and zinc for global nutrition. *Nutr Bull*, 44: 53-59.

<https://doi.org/10.1111/nbu.12361>

Clark, A., Kuznesof, S., Davies, S., Waller, A., Ritchie, A., Wilson, S., et al (2021) Egg enrichment with vitamin D: The Sunshine Eggs projects. *Nutr Bull*, 46, 332– 338.

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