

# Nutrition Perspectives

University of California at Davis, Department of Nutrition, Cooperative Extension, and Center for Health and Nutrition Research

## Nutrition Perspectives 2015 Subject Index

<i>Topic</i>	<i>Issue</i>	<i>Page</i>
<b><u>Adolescents</u></b>		
Potassium Improved Blood Pressure in Teen Girls, Salt Had No Adverse Effect.....	Apr-Jun .....	10
AAP Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle.....	Jul-Sep .....	5
Summer Break Opens Door to Soda and TV .....	Jul-Sep .....	7
Negative Body Image, Not Depression, Increases Adolescent Obesity Risk.....	Oct-Dec .....	7
<b><u>Alcohol</u></b>		
Light to Moderate Drinking Linked to Increased Risk of Certain Cancers in Women and Male Smokers.....	Jul-Sep .....	14
<b><u>Athletics and Exercise</u></b>		
Community-Wide Cardiovascular Disease Prevention Programs Associated with Reductions in Hospitalizations, Deaths, Over a 40 Year Period .....	Jan-Mar .....	1
From Soda Bans to Bike Lanes: Which "Natural Experiments" Really Reduce Obesity? .....	Jan-Mar .....	4
Lack of Exercise Responsible for Twice as Many Deaths as Obesity.....	Jan-Mar .....	9
Smartphone Applications, Wearable Devices Appear to be Accurate in Tracking Step Counts.....	Jan-Mar .....	12
Partners Can Help Each Other Make Positive Health Behavior Changes.....	Jan-Mar .....	15
"Fitness" Foods May Cause Consumers to Eat More and Exercise Less.....	Apr-Jun .....	4
Does Exercise Type Matter in the Fight Against Obesity?.....	Apr-Jun .....	5
<b><u>Cancer</u></b>		
Light to Moderate Drinking Linked to Increased Risk of Certain Cancers in Women and Male Smokers.....	Jul-Sep .....	14
<b><u>Cardiovascular Disease</u></b>		
Community-Wide Cardiovascular Disease Prevention Programs Associated with Reductions in Hospitalizations, Deaths, Over a 40 Year Period .....	Jan-Mar .....	1
Study Finds High Prevalence of Metabolic Syndrome in U.S.....	Apr-Jun .....	2
Does Exercise Type Matter in the Fight Against Obesity?.....	Apr-Jun .....	5
Lifestyle Focused Text Messaging Results in Improvement in LDL Cholesterol and Other Cardiovascular Risk Factors.....	Jul-Sep .....	15
Moderate Coffee Drinking May Lower Risk of Premature Death .....	Oct-Dec .....	4
<b><u>Children</u></b>		
AAP Recommends Whole Diet Approach to Children's Nutrition .....	Jan-Mar .....	6
Study Finds Peanut Consumption in Infancy Prevents Peanut Allergy .....	Jan-Mar .....	7

<i>Topic</i>	<i>Issue</i>	<i>Page</i>
<b><u>Children, Continued</u></b>		
Grandparental Support Helps Reduce the Risk of Child Obesity .....	Apr-Jun .....	8
Study Finds Inadequate Hydration Among U.S. Children.....	Apr-Jun .....	9
Food Industry Has Achieved Only Baby Steps to Improve Nutritional Quality of Foods		
Advertised to Children on TV .....	Apr-Jun .....	12
Attractive Packaging Makes Identical Products Taste Better to Children.....	Apr-Jun .....	14
Parents' Health Literacy Affects Child Weight-Loss Tactics, Study Finds.....	Jul-Sep .....	3
AAP Updates Recommendations on Obesity Prevention: It's Never Too Early to		
Begin Living a Healthy Lifestyle .....	Jul-Sep .....	5
Summer Break Opens Door to Soda and TV.....	Jul-Sep .....	7
Is the Prevalence of Childhood Food Allergies in the United States Increasing? .....	Jul-Sep .....	9
New Review: What to Do to Prevent Food Allergies in Infants.....	Oct-Dec.....	8
New AAP Report Targets Lack of Adequate Food as Ongoing Health Risk to U.S. Children .....	Oct-Dec.....	9
<b><u>Consumer Information</u></b>		
From Soda Bans to Bike Lanes: Which "Natural Experiments" Really Reduce Obesity?.....	Jan-Mar.....	4
<b><u>Diabetes</u></b>		
Study Finds High Prevalence of Metabolic Syndrome in U.S. ....	Apr-Jun .....	2
Blood Sugar Levels in Response to Foods Are Highly Individual.....	Oct-Dec.....	1
Moderate Coffee Drinking May Lower Risk of Premature Death.....	Oct-Dec.....	4
<b><u>Dietary Behaviors</u></b>		
Community-Wide Cardiovascular Disease Prevention Programs Associated with		
Reductions in Hospitalizations, Deaths, Over a 40 Year Period.....	Jan-Mar.....	1
From Soda Bans to Bike Lanes: Which "Natural Experiments" Really Reduce Obesity?.....	Jan-Mar.....	4
AAP Recommends Whole Diet Approach to Children's Nutrition.....	Jan-Mar.....	6
Study Finds Peanut Consumption in Infancy Prevents Peanut Allergy .....	Jan-Mar.....	7
Health Consciousness: Do Consumers Believe Healthy Food Always Tastes Bad?.....	Jan-Mar.....	11
Diet and Nutrition Essential for Mental Health .....	Jan-Mar.....	13
Partners Can Help Each Other Make Positive Health Behavior Changes.....	Jan-Mar.....	15
"Fitness" Foods May Cause Consumers to Eat More and Exercise Less.....	Apr-Jun .....	4
Study Finds Inadequate Hydration Among U.S. Children .....	Apr-Jun .....	9
Potassium Improved Blood Pressure in Teen Girls, Salt Had No Adverse Effect.....	Apr-Jun .....	10
Attractive Packaging Makes Identical Products Taste Better to Children .....	Apr-Jun .....	14
Paleo Diet: The Importance Of Dietary Carbohydrate In Human Evolution .....	Jul-Sep .....	1
UC Davis Study Identifies Tools, Strategies for Enhancing Obesity Prevention in		
Rural Communities .....	Jul-Sep .....	6
Summer Break Opens Door to Soda and TV.....	Jul-Sep .....	7
Tetris Can Block Cravings, New Study Reveals.....	Jul-Sep .....	12
Light to Moderate Drinking Linked to Increased Risk of Certain Cancers in		
Women and Male Smokers.....	Jul-Sep .....	14
Blood Sugar Levels in Response to Foods Are Highly Individual.....	Oct-Dec.....	1
Moderate Coffee Drinking May Lower Risk of Premature Death.....	Oct-Dec.....	4
Rebates a Cost-Effective Way to Boost Healthy Eating Among Low-Income People, Study Finds .....	Oct-Dec.....	11
<b><u>Dietary Interventions</u></b>		
Community-Wide Cardiovascular Disease Prevention Programs Associated with		
Reductions in Hospitalizations, Deaths, Over a 40 Year Period.....	Jan-Mar.....	1

<i>Topic</i>	<i>Issue</i>	<i>Page</i>
<b><u>Dietary Interventions, Continued</u></b>		
From Soda Bans to Bike Lanes: Which “Natural Experiments” Really Reduce Obesity? .....	Jan-Mar .....	4
Ease of Weight Loss Influenced by Individual Biology .....	Apr-Jun .....	7
UC Davis Study Identifies Tools, Strategies for Enhancing Obesity Prevention in Rural Communities.....	Jul-Sep .....	6
Rebates a Cost-Effective Way to Boost Healthy Eating Among Low-Income People, Study Finds .....	Oct-Dec .....	11
<b><u>Dietary Guidelines and Recommendations</u></b>		
AAP Recommends Whole Diet Approach to Children's Nutrition.....	Jan-Mar .....	6
AAP Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle.....	Jul-Sep .....	5
2015–2020 Dietary Guidelines for Americans Now Available .....	Oct-Dec .....	15
<b><u>Fats, Fatty Acids, and Dietary Cholesterol</u></b>		
From Soda Bans to Bike Lanes: Which “Natural Experiments” Really Reduce Obesity? .....	Jan-Mar .....	4
The FDA Takes Step to Remove Artificial Trans Fats in Processed Foods .....	Apr-Jun .....	3
<b><u>Food Allergies</u></b>		
Study Finds Peanut Consumption in Infancy Prevents Peanut Allergy.....	Jan-Mar .....	7
Is the Prevalence of Childhood Food Allergies in the United States Increasing? .....	Jul-Sep .....	9
New Review: What to Do to Prevent Food Allergies in Infants .....	Oct-Dec .....	8
<b><u>Food Composition</u></b>		
From Soda Bans to Bike Lanes: Which “Natural Experiments” Really Reduce Obesity? .....	Jan-Mar .....	4
AAP Recommends Whole Diet Approach to Children's Nutrition.....	Jan-Mar .....	6
Little or No Benefit from Nutrient Additions to Vitamin Waters And Energy Drinks .....	Jan-Mar .....	8
Health Consciousness: Do Consumers Believe Healthy Food Always Tastes Bad? .....	Jan-Mar .....	11
The FDA Takes Step to Remove Artificial Trans Fats in Processed Foods .....	Apr-Jun .....	3
Potassium Improved Blood Pressure in Teen Girls, Salt Had No Adverse Effect.....	Apr-Jun .....	10
Food Industry Has Achieved Only Baby Steps to Improve Nutritional Quality of Foods Advertised to Children on TV.....	Apr-Jun .....	12
Paleo Diet: The Importance Of Dietary Carbohydrate In Human Evolution.....	Jul-Sep .....	1
Blood Sugar Levels in Response to Foods Are Highly Individual.....	Oct-Dec .....	1
Moderate Coffee Drinking May Lower Risk of Premature Death .....	Oct-Dec .....	4
<b><u>Food Processing and Fortification</u></b>		
The FDA Takes Step to Remove Artificial Trans Fats in Processed Foods .....	Apr-Jun .....	3
<b><u>Food Safety</u></b>		
Study Finds Peanut Consumption in Infancy Prevents Peanut Allergy.....	Jan-Mar .....	7
Is the Prevalence of Childhood Food Allergies in the United States Increasing? .....	Jul-Sep .....	9
Kitchen Utensils Can Spread Bacteria Between Foods.....	Oct-Dec .....	5
New Review: What to Do to Prevent Food Allergies in Infants .....	Oct-Dec .....	8
<b><u>Food Security</u></b>		
New AAP Report Targets Lack of Adequate Food as Ongoing Health Risk to U.S. Children.....	Oct-Dec .....	9
Food Policy: Cutting Waste, Broadening Systems .....	Oct-Dec .....	13

<i>Topic</i>	<i>Issue</i>	<i>Page</i>
--------------	--------------	-------------

**Government Programs**

The FDA Takes Step to Remove Artificial Trans Fats in Processed Foods .....	Apr-Jun .....	3
Rebates a Cost-Effective Way to Boost Healthy Eating Among Low-Income People, Study Finds .....	Oct-Dec .....	11
2015–2020 Dietary Guidelines for Americans Now Available .....	Oct-Dec .....	15

**Health and Disease**

Community-Wide Cardiovascular Disease Prevention Programs Associated with Reductions in Hospitalizations, Deaths, Over a 40 Year Period .....	Jan-Mar .....	1
From Soda Bans to Bike Lanes: Which “Natural Experiments” Really Reduce Obesity? .....	Jan-Mar .....	4
AAP Recommends Whole Diet Approach to Children's Nutrition .....	Jan-Mar .....	6
Study Finds Peanut Consumption in Infancy Prevents Peanut Allergy .....	Jan-Mar .....	7
Lack of Exercise Responsible for Twice as Many Deaths as Obesity .....	Jan-Mar .....	9
Diet and Nutrition Essential for Mental Health .....	Jan-Mar .....	13
Partners Can Help Each Other Make Positive Health Behavior Changes .....	Jan-Mar .....	15
Prevalence of Overweight, Obesity in the United States .....	Apr-Jun .....	1
Study Finds High Prevalence of Metabolic Syndrome in U.S. ....	Apr-Jun .....	2
Does Exercise Type Matter in the Fight Against Obesity? .....	Apr-Jun .....	5
Ease of Weight Loss Influenced by Individual Biology .....	Apr-Jun .....	7
Grandparental Support Helps Reduce the Risk of Child Obesity .....	Apr-Jun .....	8
Parents' Health Literacy Affects Child Weight-Loss Tactics, Study Finds .....	Jul-Sep .....	3
AAP Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle .....	Jul-Sep .....	5
UC Davis Study Identifies Tools, Strategies for Enhancing Obesity Prevention in Rural Communities .....	Jul-Sep .....	6
Is the Prevalence of Childhood Food Allergies in the United States Increasing? .....	Jul-Sep .....	9
Light to Moderate Drinking Linked to Increased Risk of Certain Cancers in Women and Male Smokers .....	Jul-Sep .....	14
Lifestyle Focused Text Messaging Results in Improvement in LDL Cholesterol and Other Cardiovascular Risk Factors .....	Jul-Sep .....	15
Blood Sugar Levels in Response to Foods Are Highly Individual .....	Oct-Dec .....	1
Moderate Coffee Drinking May Lower Risk of Premature Death .....	Oct-Dec .....	4
Negative Body Image, Not Depression, Increases Adolescent Obesity Risk .....	Oct-Dec .....	7
New AAP Report Targets Lack of Adequate Food as Ongoing Health Risk to U.S. Children .....	Oct-Dec .....	9

**Infants**

Study Finds Peanut Consumption in Infancy Prevents Peanut Allergy .....	Jan-Mar .....	7
AAP Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle .....	Jul-Sep .....	5
Is the Prevalence of Childhood Food Allergies in the United States Increasing? .....	Jul-Sep .....	9
New Review: What to Do to Prevent Food Allergies in Infants .....	Oct-Dec .....	8

**Labeling**

Health Consciousness: Do Consumers Believe Healthy Food Always Tastes Bad? .....	Jan-Mar .....	11
--	---------------	----

**Legislation, Regulation, and Policy**

The FDA Takes Step to Remove Artificial Trans Fats in Processed Foods .....	Apr-Jun .....	3
---	---------------	---

**Mental Health**

Diet and Nutrition Essential for Mental Health .....	Jan-Mar .....	13
Negative Body Image, Not Depression, Increases Adolescent Obesity Risk .....	Oct-Dec .....	7

<b><i>Topic</i></b>	<b><i>Issue</i></b>	<b><i>Page</i></b>
<b><u>Minerals</u></b>		
Potassium Improved Blood Pressure in Teen Girls, Salt Had No Adverse Effect.....	Apr-Jun.....	10
<b><u>Misinformation and Faddism</u></b>		
Paleo Diet: The Importance Of Dietary Carbohydrate In Human Evolution.....	Jul-Sep.....	1
<b><u>Nutrition Education</u></b>		
AAP Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle.....	Jul-Sep.....	5
<b><u>Obesity and Weight Control</u></b>		
Lack of Exercise Responsible for Twice as Many Deaths as Obesity.....	Jan-Mar.....	9
Prevalence of Overweight, Obesity in the United States.....	Apr-Jun.....	1
Study Finds High Prevalence of Metabolic Syndrome in U.S.....	Apr-Jun.....	2
Ease of Weight Loss Influenced by Individual Biology.....	Apr-Jun.....	7
Grandparental Support Helps Reduce the Risk of Child Obesity.....	Apr-Jun.....	8
Parents' Health Literacy Affects Child Weight-Loss Tactics, Study Finds.....	Jul-Sep.....	3
AAP Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle.....	Jul-Sep.....	5
UC Davis Study Identifies Tools, Strategies for Enhancing Obesity Prevention in Rural Communities.....	Jul-Sep.....	6
Negative Body Image, Not Depression, Increases Adolescent Obesity Risk.....	Oct-Dec.....	7
<b><u>Pregnancy and Lactation</u></b>		
Omega-3 Fatty Acid Supplementation During Pregnancy Does Not Appear to Improve Cognitive Outcomes for Children.....	Jul-Sep.....	15
What Do American Babies Eat? A Lot Depends on Mom's Socioeconomic Background.....	Oct-Dec.....	10
<b><u>Resources</u></b>		
AAP Updates Recommendations on Obesity Prevention: It's Never Too Early to Begin Living a Healthy Lifestyle.....	Jul-Sep.....	5
2015–2020 Dietary Guidelines for Americans Now Available.....	Oct-Dec.....	15
<b><u>Sodium</u></b>		
Potassium Improved Blood Pressure in Teen Girls, Salt Had No Adverse Effect.....	Apr-Jun.....	10
<b><u>Sugars and Carbohydrates</u></b>		
Paleo Diet: The Importance Of Dietary Carbohydrate In Human Evolution.....	Jul-Sep.....	1
Blood Sugar Levels in Response to Foods Are Highly Individual.....	Oct-Dec.....	1
<b><u>Supplements</u></b>		
High-Dose Vitamin D Supplementation Not Associated with Benefits for Postmenopausal Women.....	Jul-Sep.....	11
<b><u>Technology</u></b>		
Smartphone Applications, Wearable Devices Appear to be Accurate in Tracking Step Counts.....	Jan-Mar.....	12
Tetris Can Block Cravings, New Study Reveals.....	Jul-Sep.....	12
Lifestyle Focused Text Messaging Results in Improvement in LDL Cholesterol and Other Cardiovascular Risk Factors.....	Jul-Sep.....	15

*Topic*

*Issue Page*

Toxicity

High-Dose Vitamin D Supplementation Not Associated with Benefits for Postmenopausal Women..Jul-Sep..... 11

Vitamins

Little or No Benefit from Nutrient Additions to Vitamin Waters And Energy Drinks.....Jan-Mar ..... 8

High-Dose Vitamin D Supplementation Not Associated with Benefits for Postmenopausal Women..Jul-Sep..... 11

Websites

2015–2020 Dietary Guidelines for Americans Now Available..... Oct-Dec ..... 15

Women's Health

High-Dose Vitamin D Supplementation Not Associated with Benefits for Postmenopausal Women..Jul-Sep..... 11

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities.

University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096.



**University of California, Davis**

Nutrition Perspectives  
Nutrition Department  
One Shields Ave.  
Davis, CA 95616

Phone:  
530.752.3387

Fax:  
530.752.8905