This Issue's Top Stories for Social Media Sharing

[Nutrient Composition and Anti-inflammatory Potential of a Prescribed Macrobiotic Diet; Nutrition and Cancer]
Click to Tweet: Macrobiotic diet plan shows potential for disease prevention. [Link]

[Excessive workout supplement use: An emerging eating disorder in men?; Science Daily]
Click to Tweet: Excessive use of over-the-counter bodybuilding supplements may qualify as an emerging eating disorder in men. [Link]

[High glycemic index diet as a risk factor for depression: analyses from the Women’s Health Initiative; American Journal of Clinical Nutrition]
Click to Tweet: Consumption of high glycemic index diet increases odds of depression in postmenopausal women. [Link]

[Astronauts just ate space-grown lettuce for the first time ever; The Washington Post]
Click to Tweet: Space food gets an upgrade – astronauts eat romaine lettuce for the first time ever! [Link]

[Spicing Up Your Meals Might Extend Your Life; Medline Plus]
Click to Tweet: Some like it hot! New study finds spicy food lovers may have a lower risk of premature death. [Link]
Natural Health Products: Nutrients

Source: Nutrition Journal
Title: Vitamin D deficiency is associated with increased risk of Alzheimer’s disease and dementia: evidence from meta-analysis

Source: Medline Plus
Title: Could Too Many Refined Carbs Make You Depressed?

Source: The Lancet Diabetes & Endocrinology
Title: Costs and benefits of iodine supplementation for pregnant women in a mildly to moderately iodine-deficient population: a modelling analysis

Source: Journal of the American College of Nutrition
Title: The Role of Eating Habits on the Iron Status of Pregnant Women

Natural Health Products: Phytochemicals and others

Source: Medline Plus
Title: Spicing Up Your Meals Might Extend Your Life

Source: Journal of Dermatological Treatment
Title: Polyphenols as novel treatment options for dermatological diseases: A systematic review of clinical trials

Source: Inflammopharmacology
Title: Green tea polyphenols and their potential role in health and disease

Alternative & Complementary Diets and Nutrition Therapies

Source: The American Journal of Clinical Nutrition
Title: High glycemic index diet as a risk factor for depression: analyses from the Women’s Health Initiative

Source: Medline Plus
Title: A Man’s Meat Intake Might Influence His Fertility: Study
Source: *International Journal of Obesity*  
Title: Effect of lifestyle weight loss intervention on disease severity in patients with psoriasis: a systematic review and meta-analysis

Source: *Drug and Therapeutics Bulletin*  
Title: Does a low FODMAP diet help IBS?

Source: *Nutrition and Cancer*  
Title: Nutrient Composition and Anti-inflammatory Potential of a Prescribed Macrobiotic Diet

### Functional Foods

Source: *The American Journal of Clinical Nutrition*  
Title: Absence of an effect of high nitrate intake from beetroot juice on blood pressure in treated hypertensive individuals: a randomized controlled trial

Source: *Diabetes, Obesity and Metabolism*  
Title: Role of probiotics in reducing the risk of gestational diabetes

### F&B: Trends, Policy, Regulations, Industry, Media, Opinion & Misc.

Source: *The Wall Street Journal*  
Title: A Green Light for Red Palm Oil as Health Aid?

Source: *The Washington Post*  
Title: These foods were made to go together

Source: *USA Today*  
Title: Organic farmers face growing pains as demand outpaces supply

Source: *Science Daily*  
Title: Excessive workout supplement use: An emerging eating disorder in men?

Source: *Health Day*  
Title: More Evidence That Southern Cooking Boosts Heart Risk
Source: The Washington Post
Title: Astronauts just ate space-grown lettuce for the first time ever