NUTRITION COVERAGE IN FSTA®

Trusted by researchers, scientists, students and government bodies in over 150 countries across the globe, FSTA is the definitive way to search over fifty years of historic and emerging research in the sciences of food and health. Covering a wide range of interdisciplinary material, FSTA includes a wealth of international nutrition content including:

Nutritional properties of foods
- Nutritional values - bioavailability, glycaemic index values, etc.
- Physiological, behavioural and health effects of foods, ingredients and food constituents

Nutritional policy and consumer information

Modification of the nutritional properties of foods
- Reformulation/fortification to improve nutritional/health properties
- Development and characteristics of new foods/ingredients - health benefits
- Development of foods for treating diseases/individuals with specific disease conditions - diabetic foods, foods for lowering lipid levels, hypoallergenic foods, etc.

Dietary guidelines and recommendations, e.g. dietary reference intakes, food guide pyramids

Nutritional status
- Nutritional status of population groups, and impact on health and disease
- Techniques for assessing nutritional status
- Approaches for improving nutritional status
- Maternal nutrition and offspring health and disease
- Malnutrition and deficiency diseases
- Food security and food assistance
- Sports and exercise nutrition

Nutrition labelling and health claims

Health promotion

Diet and eating/feeding habits
- Diets, eating habits and drinking habits of population groups
- Techniques for studying dietary intake
- Impact of diet on health and disease
- Diet therapy, e.g. for obesity, metabolic syndrome, diabetes
- Ways of implementing dietary change

USING FSTA FOR YOUR NUTRITION RESEARCH
Example Search Questions:

- What is the potential role of nutrigenomics in diabetes management?

- Does maternal diet impact risk of preterm birth? *(Sample record on following page)*

- What is the efficacy of caffeine as an ergogenic aid?

- What is the relationship between nutrition and mental health in a particular population group?

SOURCE EXAMPLES
Nutrition content is drawn from a wide variety of sources including journals, patents, books, reports and more. Here are just some of the many nutrition-focused journals included within FSTA, chosen to illustrate the diversity and breadth of content:

- British Journal of Nutrition
- Public Health Nutrition
- Appetite
- Journal of Human Nutrition and Dietetics
- Journal of Nutritional Biochemistry
- Molecular Nutrition and Food Research
- Journal of Dietary Supplements

Maternal dietary patterns during pregnancy and preterm delivery: a large prospective cohort study in China.

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Abstract:
Background. Evidence about the associations between maternal dietary patterns and preterm delivery is scarce in Eastern countries. The purpose of this study was to examine the associations between maternal dietary patterns during pregnancy and preterm delivery in a Chinese population. Methods. A total of 7352 mothers were included in the Born in Guangzhou Cohort Study, a prospective study in China. A validated self-administered food frequency questionnaire (FFQ) was used to assess maternal diet at 24-27 weeks of gestation. Dietary patterns were identified by cluster analysis. Gestational age was obtained from routine medical records. Preterm delivery was defined as delivery before 37 completed weeks of gestation, and was further classified into spontaneous and iatrogenic preterm delivery, and also early/moderate and late preterm delivery. Associations between dietary patterns and preterm delivery outcomes were assessed using logistic regression analyses.

Results. Six dietary patterns were identified, including "Milk", "Cereals, eggs, and Cantonese soups", "Meats", "Fruits, nuts, and Cantonese desserts", "Vegetables", and "Varied". There were 351 (4.8%) preterm deliveries in this study population. Among those of preterm delivery, 16.2 and 83.8% were early/moderate and late preterm delivery, respectively. Compared with women of "Vegetables" pattern, those of "Milk" pattern had greater odds of overall preterm delivery (adjusted odds ratio [OR] 1.59, 95% confidence interval [CI] 1.11, 2.29, $p < 0.05$), spontaneous preterm delivery (adjusted OR 1.73, 95% CI 1.14, 2.62, $p < 0.05$) and late preterm delivery (adjusted OR 1.73, 95% CI 1.08, 2.62, $p < 0.05$); those of "Cereals, eggs, and Cantonese soups" and "Fruits, nuts, and Cantonese desserts" patterns had greater odds of late preterm delivery (adjusted OR 1.54, 95% CI 1.01, 2.35 for "Cereals, eggs, and Cantonese soups", adjusted OR 1.61, 95% CI 1.04, 2.50 for "Fruits, nuts, and Cantonese desserts", respectively). Conclusion. Maternal diet with frequent consumption of milk and less frequent consumption of vegetables during pregnancy might be associated with increased odds of preterm delivery. Future interventions should investigate whether increasing vegetable intake reduces preterm deliveries. © *The Author(s). 2018.*