

营养与代谢 | 2026-08 月度文献报告

碱基日读 · 作者 碱基 · 数据来源 PubMed / bioRxiv 官方接口 · 本月收录 138 篇，正文详述其中 30 篇

本月概览

这个月文献的底色是“预测”——谁会对干预有反应，谁不会，能否在开始之前就知道。这一核心问题同时出现在减重临床试验的次级认知分析（PMID:

42668311）、肠道微生物组与血清代谢组的联合建模（PMID:

42668355），以及低碳饮食长期维持的回顾性预测因子挖掘（PMID:

42668317）中。这种集中出现不像巧合，而更像是领域正在发生的范式转移的早期信号。

机制层面，MASLD获得了两项彼此独立、路径完全不同的靶点发现：OAF蛋白通过保护SCPX免于泛素化降解来抑制肝脂积累（PMID:

42666127），以及AOAH酶通过过度灭活LPS破坏Kupffer细胞的内毒素耐受、使炎症持续化（PMID:

42668090）。两项研究均基于动物模型，但提出的机制框架具有新颖性。

真正算得上新东西的：基线血清代谢物可预测减重终点（PMID:

42668355），OAF作为肝脏分泌蛋白的治疗靶点价值（PMID: 42666127），以及在14,582人NHANES队

列中METS-IR对痛风的预测效力优于其他四种代理指数（PMID:

42668779）。其余多数文献是对已知现象的量化补充，或在特定人群中的重复验证，证据增量有限。

值得细看的研究

基线微生物组与代谢组联合预测减重效果（PMID: 42668355）

- 发表期刊**：Microbiome

研究纳入50名肥胖成人（平均BMI 42 ± 7.0

kg/m²），进行为期一年的结构化生活方式干预，分三阶段递进：前3个月极低热量配方饮食（约850

kcal/天）、中间3个月过渡期（约1000 kcal/天）、后6个月维持期（逐步增至最高2000 kcal/天）。研究整

合了基线与纵向的肠道微生物组测序、血清代谢组和临床指标，系统寻找反应性预测因子（PMID:

42668355）。

关键发现：干预后体重、体脂率、C反应蛋白和糖化血红蛋白均显著下降。纵向分析中，肠道菌群组成变化与临床和人体测量指标变化相关；Lachnospiraceae丰度增加与肠道屏障功能改善相关，这一关系经粪便丁酸盐和丙酸盐介导。更值得注意的是，基线血清二酰基磷脂酰胆碱C40:1水平能够预测干预后BMI——这意味着在开始任何干预之前，特定代谢物特征可能就已经决定了结局（PMID: 42668355）。

- 证据强度**：n=50，样本量极小，多元统计模型在此样本规模下存在严重的过拟合风险，所有预测因子均须独立队列验证后方可信任。方法论路径相对清晰是该研究的加分项，但结论的可重复性存疑。

- 对领域的意义**：如果“干预前的代谢组特征预测干预结局”这一发现能够在更大队列中复制，将从根本上改变营养干预的入组策略——不再仅凭BMI或生活习惯评分分层，而是引入基线生化表型。这是值得持续跟踪的方向。

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神经认知表型预测行为性减重效果 (PMID: 42668311)

- 发表期刊**：International Journal of Obesity

这是DAWLY试验 (OEA对超重或肥胖成人的随机双盲安慰剂对照研究) 的次级分析, 纳入31名完成8个月随访并接受了全套神经认知测评的参与者。研究将认知变量进行z标准化后提取主成分, 前六个主成分解释了基线认知方差的73.8%。回归分析在调整基线体重、年龄、教育程度、追踪天数、性别和治疗组后, 发现性别以及第5主成分——以概率强化学习任务和空间工作记忆任务的高因子负荷为特征——与体重变化百分比显著相关 (PMID: 42668311)。

- 证据强度**：n=31, 这是本月样本量最小的研究之一。主成分分析在如此小的样本上提取六个成分, 自由度极为勉强, 任何结论都应视作假设生成而非假设检验。
- 对领域的意义**：将神经认知测评引入减重反应预测是一个不常见的视角。奖赏学习能力影响进食行为调控在生物学上有其合理性, 但这项研究目前只能提供一个值得在更大样本中验证的线索, 而非可供实践参考的证据。

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OAF-SCPX轴：MASLD的新型靶点机制 (PMID: 42666127)

- 发表期刊**：Advanced Science

研究确认了肝脏分泌蛋白OAF (out at first homolog基因产物) 的表达水平与人类和小鼠代谢紊乱密切相关。在高脂饮食小鼠模型中, Oaf基因缺失加剧了肝脏脂质积累; 腹腔注射OAF蛋白则改善了MASLD的发展进程。机制路径: OAF作为分子伴侣与SCPX结合, 阻止SIAH1介导的泛素化降解, 从而稳定SCPX蛋白的丰度, 进而增强胆固醇转运、脂质酯化和脂质排泄, 同时抑制脂质合成。Oaf或Scpx单独缺失均削弱了这些保护效应 (PMID: 42666127)。

该研究还明确讨论了现有获批MASLD药物 (包括已上市的GLP-1受体激动剂和甲状腺激素受体 β 激动剂) 的副作用问题, 以此作为寻找新靶点的现实动机。

- 证据强度**：全部功能性证据来自小鼠模型和体外实验, 人类组织中OAF蛋白的功能验证尚缺。动物模型与人类MASLD在病因、进展速度和免疫背景上均有本质差异, 机制链条在人类系统中是否成立需要专门验证。
- 对领域的意义**：OAF-SCPX轴提供了一条区别于现有主流靶点的新分子路径, 具有一定战略价值。但从靶点发现到药物开发, 中间有相当长的验证周期, 当前应将此研究定位为“值得追踪的机制假设”而非近期临床转化候选。

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AOAH介导的内毒素耐受缺失驱动MASH炎症 (PMID: 42668090)

- 发表期刊**：Cellular and Molecular Gastroenterology and Hepatology

该研究关注乙酰氧基酰基水解酶 (AOAH) 在MASH进展中的角色。AOAH是机体灭活脂多糖 (LPS) 的内源性酶。在多种饮食诱导的MASH小鼠模型中, 肝脏AOAH表达与疾病严重程度正相关, 提示LPS灭活活性随病情加重而增强。

关键逻辑：重复低剂量LPS暴露本可诱导Kupffer细胞建立内毒素耐受，从而限制炎症；但AOAH的持续高活性使LPS被快速灭活，阻止了耐受的建立，导致每次肠源性LPS到来时炎症信号都被充分激活。AOAH缺失（AOAH^{-/-}）小鼠因保留了内毒素耐受能力，反而表现出较轻的肝脏炎症和纤维化（PMID: 42668090）。

- 证据强度**：动物实验，证据等级与PMID: 42666127类似。但该研究的逻辑链条是反直觉的——“灭活病原分子的酶反而促进了疾病”——这类反直觉机制在免疫学中并不罕见（参照调节性免疫），但也更难在人类系统中验证。

- 对领域的意义**：与OAF-SCPX研究形成互补。前者从脂质代谢酶稳定性角度切入MASLD，后者从肠-肝免疫轴的耐受机制切入MASH炎症。两项研究合计提示，MASLD/MASH的异质性可能远超现有临床分型，单一靶点治疗的局限性在机制层面就已显现。

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低碳饮食后的长期体重维持：52%回弹率与家族史的独立预测价值（PMID: 42668317）

- 发表期刊**：European Journal of Clinical Nutrition

回顾性队列研究，纳入294名接受低碳饮食干预（平均持续 6.9 ± 4.2 周）的超重或肥胖患者，随访平均36.7个月，通过结构化电话问卷和问卷收集长期数据。体重回弹定义为重新增加 $\geq 25\%$ 的初始减重量。

结果：153人（52%）发生体重回弹，141人（48%）维持了减重效果。值得注意的是，维持者的基线BMI反而更高（ 30.6 ± 5.3 vs 29.1 ± 4.4 kg/m²， $p=0.008$ ），说明基线BMI本身不是回弹的良好预测因子。多因素逻辑回归确认，肥胖家族史是体重回弹的独立预测因子（OR=2.36-2.84， $p<0.05$ ）（PMID: 42668317）。

- 证据强度**：回顾性设计，随访依赖电话问卷，回忆偏倚不可避免。样本来自单一医院减重项目，外推性有限。但n=294在减重维持研究中属于合理规模，且随访时间较长。

- 对领域的意义**：52%的长期回弹率在临床上具有直接参考价值，印证了短期低碳饮食干预难以维持的一贯认知。家族史作为独立预测因子（OR超过2.0）提示遗传背景在长期体重调节中不可忽视，这对干预前的风险分层有实际意义。

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五种胰岛素抵抗代理指数与痛风风险的系统比较（PMID: 42668779）

- 发表期刊**：International Journal of Endocrinology

利用2007-2018年NHANES数据（n=14,582，痛风患病率4.80%），在调整多重混杂后比较TyG指数、TyG-BMI、脂质积累产物（LAP）、内脏脂肪指数（VAI）和胰岛素抵抗代谢评分（METS-IR）五种代理指数与痛风的关联强度及判别效力。

结果：METS-IR最高四分位数对痛风的预测效力最强（校正OR=2.823，95%CI 1.643-4.851），其次为TyG-BMI（OR=2.290，95%CI 1.555-3.373）。限制性立方样条揭示TyG和LAP与痛风风险的关联呈非线性，而TyG-BMI、VAI和METS-IR呈线性趋势。亚组分析提示，TyG和VAI在非糖尿病个体中与痛风的正向关联更为突出（交互作用 $p<0.05$ ）（PMID: 42668779）。

- 证据强度**：NHANES为高质量全国代表性横断面数据，样本量充足，代表性强。根本局限在于横断面设计无法确认时间先后关系，即无法区分胰岛素抵抗导致痛风还是痛风相关因素（如高嘌呤饮食）导致胰岛素抵抗。

- 对领域的意义**：五种指数中METS-IR综合表现最优，对临床使用无创性IR评估工具有参考价值。但需要明确：这些指数均为代理测量，不能直接反映胰岛素信号通路的功能状态，选用哪个指数应基于研究目的和数据可及性综合判断。

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核桃补充2年显著降低饮食炎症指数（PMID: 42665183）

- 发表期刊**：Journal of the Academy of Nutrition and Dietetics

WAHA试验洛马林达队列：319名63-79岁健康老年人（平均年龄69岁，女性占66%）随机分配至核桃组（每日30-60 g，约占总能量15%，n=166）或对照组（限制坚果摄入，n=153），持续2年。通过五次随机24小时膳食回顾计算饮食炎症指数（DII）。核桃组DII评分低于对照组，核桃补充在2年内系统性地降低了膳食的促炎特征（PMID: 42665183）。

这项研究是对WAHA试验的辅助分析，方法学严谨（随机化、双中心、持续2年），但研究对象为健康老年人，结论不可直接外推至代谢疾病人群或其他年龄段。DII作为间接指标，反映的是膳食模式的炎症潜力，而非实际生物标志物水平。

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趋势判断

- "预测反应性"正在成为独立研究范式**

本月至少三项研究明确以"谁会对干预有反应"而非"干预是否有效"作为核心问题（PMID: 42668355、42668311、42668317）。驱动力清晰：肥胖干预的群体平均效果有限而个体差异巨大，若能在干预前识别高反应者，则资源分配和方案设计均可优化。当前阶段，微生物组、代谢组和认知表型三类工具正被同时测试，但所有相关研究均处于探索性阶段，尚无任何预测模型经过前瞻性独立验证。这个方向的基础研究噪音预计会在未来两年内显著增加，需要具体鉴别。

- MASLD研究从流行病学描述转向分子靶点挖掘**

两项独立机制研究在同月发表（PMID: 42666127、42668090），切入角度完全不同——一个关注脂质代谢酶的蛋白稳定性，一个关注先天免疫耐受机制。这种同一疾病、不同层面机制研究的并行出现，暗示MASLD作为综合征的分子异质性可能远大于现有临床分型所反映的。更重要的判断：单纯脂质积累视角已经不够用，免疫稳态紊乱在MASLD进展中的地位需要重新评估。

- 复合代理指数的比较研究增多，但边际价值递减**

PMID: 42668779对五种IR代理指数的系统比较代表了一种方法论倾向，在无法直接测量胰岛素敏感性的的大型流调数据中，指数的选择影响结论。这类研究有工具性价值，但当所有五种指数都与痛风风险正向关联时，进一步的精细比较对临床实践的增量意义有限。这个议题存在被过度研究的风险。

- 被高估的方向：单一植物提取物小规模临床试验**

PMID: 42666703 (辣木叶提取物RCT, n=35) 代表了一类样本量小、多终点报告、机制不清的植物提取物干预研究。在同一数据集上报告BMI、基础代谢率、HbA1c、HDL-C、肠道菌群9个差异分类单元等多个终点, 却未明确说明主要终点或进行多重检验校正, 这使任何单个 $p < 0.05$ 的发现都高度可疑。这类研究发表量持续增加, 但证据积累效率低, 应审慎对待。

- 数字干预的知识-行为鸿沟持续存在**

PMID: 42668969 (SMS短信干预约旦老年人NCD预防) 发现, 干预后知识得分改善显著 (均值差40.62, Cohen's $d=3.29$), 态度改善显著 (均值差24.43, Cohen's $d=1.77$), 但实践行为无显著变化 ($p=0.175$)。这个“知道但不做”的模式在行为干预文献中高度重复, 说明短期信息传递干预在改变实际饮食和运动行为上的局限性, 单纯的知识教育路径在营养干预中已被过度期待。

这批研究的共同弱点

- 样本量系统性不足**

这是本月文献最突出的整体缺陷。代表性数字: 微生物组与代谢组联合预测研究 (PMID: 42668355) $n=50$, 认知因素预测研究 (PMID: 42668311) $n=31$, 辣木叶提取物RCT (PMID: 42666703) $n=35$, 核桃研究 (PMID: 42665183) 虽有 $n=319$, 但属于辅助分析。在整合多组学变量并进行多元分析的研究设计下, 小样本意味着几乎可以确定的过拟合, 发现的“预测因子”在独立队列中失效的概率很高。

- 动物模型到人类的转化鸿沟**

两项MASLD机制研究 (PMID: 42666127、42668090) 和GDM大鼠模型研究 (PMID: 42667463) 均为动物实验, 无人类组织或细胞的功能性验证。高脂饮食小鼠模型与人类MASLD在病因构成 (遗传背景、生活行为、肠道菌群)、进展时间尺度和免疫微环境上均存在本质差异, 机制在人类系统中的可转化性需要专门的验证研究。

- 研究设计的系统性偏倚**

回顾性研究 (PMID: 42668317) 依赖电话随访收集多年前的饮食行为信息, 回忆偏倚不可避免, 且失访患者的特征可能与完成随访者系统性不同。横断面设计 (PMID: 42666378、42668779) 因缺乏时间先后关系而无法进行因果推断, 所有关联性解读均需明确这一限制。定性研究 (PMID: 42665350) 的22名访谈对象通过目的性抽样选取, 结论高度依赖样本选取逻辑和研究者解读框架, 可重复性无从评估。

- 地理与人群代表性局限**

本月文献来自高度分散的地理环境, 各自的结论在本人群内有参考价值, 但相互外推存在较大不确定性: 非洲学校干预荟萃分析 (PMID: 42668382) 纳入11项研究, 其中72.7%来自南非, 以“非洲”为名的地区代表性存疑; 约旦老年人SMS干预 (PMID: 42668969) 的研究对象平均年龄57.33岁, 结论不宜扩展至其他文化背景或更老年人群; 伊朗德黑兰脂质与糖尿病研究 (PMID: 42666378) $n=5,947$, 数据质量相对较高, 但其代谢综合征定义和人群特征与东亚或欧洲人群不直接对应。

- 多终点报告与多重检验问题**

多项研究在同一数据集上报告大量终点且未进行多重比较校正: PMID: 42666703同时报告BMI、基础代谢率、肌肉量、无脂肪质量、HbA1c、HDL-C和9个差异肠道菌群分类单元; PMID: 42668779比较五种

指数与多个亚组的关联。在未预注册主要终点的情况下， $p < 0.05$ 的阈值在这些研究中可靠性大幅降低。

- 叙述性综述的证据整合局限**

PMID: 42667546 (SGLT2抑制剂与糖尿病前期) 和 PMID: 42667572 (技术与肥胖年度回顾) 均为叙述性综述，文献纳入标准不透明，选择偏倚不可量化。两篇文章虽均引用了荟萃分析，但叙述性综述的结论综合过程本质上无法替代系统综述和荟萃分析提供的量化证据。

下个月值得关注

- OAF蛋白的人类组织功能性验证**

PMID: 42666127中OAF表达水平"与人类和小鼠代谢紊乱密切相关"这一表述暗示已有人类数据，但全部功能性证据来自小鼠。下一步的关键实验是：在人类MASLD肝活检样本中，OAF蛋白丰度与SCPX表达水平及脂质病理程度是否存在剂量依赖关系？这将是该靶点向临床转化的必要前提。如有相关人类数据发表，需仔细评估样本量和活检来源偏倚。

- 基线代谢物预测减重效果的独立队列验证**

PMID: 42668355中发现的血清二酰基磷脂酰胆碱C40:1作为干预后BMI的基线预测因子，在 $n=50$ 的队列中提出，几乎肯定需要独立验证。应关注是否有更大规模的饮食干预研究（特别是已发表微生物组或代谢组数据的队列）在分析中报告了类似脂质代谢物特征，以及该特征的方向是否一致。

- SGLT2抑制剂用于糖尿病前期的前瞻性RCT主要终点数据**

PMID: 42667546明确指出，当前荟萃分析已确认SGLT2抑制剂可降低新发T2DM风险，但缺乏专门以糖尿病前期人群为对象、以T2DM发病率为预先注册主要终点的大型前瞻性RCT。这个证据空白是实践指南推进的主要障碍，应持续关注是否有相关试验进入最终结果发表阶段。

- TENET试验结果数据**

PMID: 41339081报告了TENET试验（时间限制性肠内营养vs.连续肠内营养在重症卒中患者中的对照试验）的方案设计，主要终点为90天功能预后，纳入标准为NIHSS ≥ 11 分或GCS ≤ 12 分的重症卒中。该试验将时间限制性进食的概念系统引入ICU危重症患者，方案设计规范。其结果数据发表时，值得重点关注安全性终点（尤其是肠内营养耐受性）和主要功能预后，这将为危重症营养支持的时间窗策略提供直接证据。

- 认知分层假设的前瞻性检验**

PMID: 42668311提出了"概率强化学习能力"与减重反应性相关的假设，但 $n=31$ 的研究规模使任何结论都难以认真对待。如果接下来有研究在大样本中以预注册方式专门检验这一假设（例如，在减重RCT入组阶段系统收集认知测评数据并预先指定分析方案），将直接回答这条线索是否值得继续追踪。

附录：2026-08 全部收录文献（138 篇）

#	标题	期刊	日期	PMID
1	A gut symbiotic filamentous fungus reprograms host metabolism and the microbiota to confer radioprotection.	Proceedings of the National Academy of S	2026-Sep	42640803
2	Hyperinsulinemic hypoglycemia in renal glucosuria in the presence of a novel sodium-glucose cotransporter 2 variant.	JCEM case reports	2026-Sep	42643599
3	Combined microbial inoculation improves plant growth, nutrient acquisition, and soil biological functioning in <i>Opuntia ficus-indica</i> under water deficit.	3 Biotech	2026-Sep	42643724
4	Effects of Kiwifruit Consumption on Blood Pressure in Adults: A Systematic Review and Meta-Analysis.	Health science reports	2026-Sep	42657351
5	Cardiovascular Diseases: Exploring Epidemiology, Pathophysiology, Risk Factors, and Medicinal Plant-Based Therapies: A Narrative Review.	Health science reports	2026-Sep	42662217
6	Impacts of <i>M. oleifera</i> Leaf Extract on Weight Loss, the Metabolomic Profile, and the Intestinal Microbiota in Individuals With Simple Obesity.	Food science & nutrition	2026-Sep	42666703
7	Inappropriate use of GLP-1-based antiobesity medications: beyond appropriate drug use toward appropriate weight reduction.	Diabetology international	2026-Oct	42656873
8	Association between estimated glucose disposal rate and benign prostatic hyperplasia: results from two nationally representative population-based studies.	The aging male : the official journal of	2026-Dec-3	42640724
9	Weight-adjusted waist index and risk of cardiovascular and all-cause mortality in chronic kidney disease: NHANES 2005-2018 analysis of 5,381 adults.	Renal failure	2026-Dec	42655969
10	Validity and reliability of the Turkish version of the family-caregiver diabetes management self-efficacy scale.	Journal of diabetes and metabolic disord	2026-Dec	42656791
11	Self-efficacy in adopting health-promoting behaviors and metabolic health outcomes: A comparative analysis across adults populations.	Journal of diabetes and metabolic disord	2026-Dec	42666378
12	Effects of γ -aminobutyric acid-rich fermented rice bran on hepatic histology, gut microbiota, and fecal metabolites in a rat model of high-fat diet-induced NAFLD-like hepatic injur	Food & function	2026-Aug-3	42669294
13	Associations of C-reactive protein-triglyceride glucose-related indices with mortality across glycemic states: a nationwide prospective cohort study.	Diabetes research and clinical practice	2026-Aug-3	42669380
14	Specialist Referral for Cardiovascular Risk in Patients With Prostate Cancer: A Randomized Clinical Trial.	JAMA internal medicine	2026-Aug-3	42669035
15	Pre-eclampsia.	Lancet (London, England)	2026-Aug-2	42660153
16	OAF Blocks SIAH1-Mediated Degradation of SCPX, a Therapeutic Strategy for MASLD.	Advanced science (Weinheim, Baden-Wurtte	2026-Aug-2	42666127
17	Differential homeostatic reorganization during high-altitude trekking: multisystemic adaptations and organ-specific resilience.	European journal of applied physiology	2026-Aug-2	42667323
18	Atorvastatin Exerts Context-Dependent Metabolic and Beneficial Effects on Behavior and Apoptotic Signaling in a Cafeteria Diet-Induced Metabolic Dysfunction Model.	Neurochemical research	2026-Aug-2	42667336

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19	Effects of reduced gluten intake through the inclusion of yellow pea-based products on abdominal symptoms in habitual wheat consumers: a non-randomized clinical trial.	European journal of nutrition	2026-Aug-2	42667433
20	Therapeutic effects of 1,25-dihydroxyvitamin D3 with astragalus polysaccharide on insulin resistance in gestational diabetes mellitus rat models.	Molecular biology reports	2026-Aug-2	42667463
21	The Role of SGLT2 Inhibitors in the Prevention of Type 2 Diabetes: A Narrative Review of Current Evidence.	Diabetes therapy : research, treatment a	2026-Aug-2	42667546
22	Technology and Obesity: A Year in Review.	Advances in therapy	2026-Aug-2	42667572
23	Mammalian nitrate transport: emerging roles of sialin, chloride channels, aquaporin-6, and the sodium-iodide symporter.	Biochemical pharmacology	2026-Aug-2	42667967
24	The ingestion of silymarin as an additive selectively modulates the ruminal and intestinal microbiota in lactating Jersey cows.	Microbial pathogenesis	2026-Aug-2	42668026
25	AOAH-mediated LPS inactivation limits macrophage endotoxin tolerance and promotes inflammation and fibrosis in MASH.	Cellular and molecular gastroenterology	2026-Aug-2	42668090
26	CFTR regulates lipid metabolism by relieving adipose inflammation in obesity.	International journal of obesity (2005)	2026-Aug-2	42668310
27	Identification of cognitive factors that predict behavioural weight-loss intervention outcomes.	International journal of obesity (2005)	2026-Aug-2	42668311
28	Long-term weight maintenance after a low-carbohydrate diet: a real-world retrospective cohort study.	European journal of clinical nutrition	2026-Aug-2	42668317
29	School-based diet and physical activity interventions and weight-related outcomes among children and adolescents in Africa: a systematic review and meta-analysis.	BMC public health	2026-Aug-2	42668382
30	Magnesium Supplementation for Sleep in Adults: A Systematic Review of Randomized Controlled Trials.	Journal of dietary supplements	2026-Aug-2	42661485
31	Sexual dimorphisms in juvenile development under nutritionnal stress.	Comptes rendus biologies	2026-Aug-2	42663150
32	A proposal for individualized administration of energy and protein in the critically ill with obesity.	Nutrition in clinical practice : officia	2026-Aug-2	42663498
33	Effects of the DASH4D Diet on Biomarkers of Glycemia in Adults With Type 2 Diabetes: A Secondary Analysis of the DASH4D Randomized Clinical Trial.	Diabetes care	2026-Aug-2	42663510
34	Dietary supplementation with black soldier fly (<i>Hermetia illucens</i>) larval meal modulates hepatic lipid homeostasis and reduces TNF- α expression in mice.	Molecular biology reports	2026-Aug-2	42663747
35	Inulin alleviates metabolic dysfunction-associated steatotic liver disease-induced bone loss potentially by activating the Nrf2/GPX4 signaling pathway.	Molecular and cellular biochemistry	2026-Aug-2	42663876
36	Waist-to-height ratio as a practical indicator for screening pediatric metabolic dysfunction-associated steatotic liver disease in diverse populations and genetic backgrounds.	World journal of pediatrics : WJP	2026-Aug-2	42663907
37	Gypenosides Induce Preadipocyte Browning via FXR/Rubicon Pathway-Mediated Inhibition of Autophagy.	Chinese journal of integrative medicine	2026-Aug-2	42663912
38	Intraoperative indocyanine green (ICG) fluorescence to assess mucosal integrity during laparoscopic Heller-Dor surgery: a pilot randomized study.	Updates in surgery	2026-Aug-2	42663942

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39	Neighborhood effects on Black adolescents' obesity risk: The mediating role of family experiences.	Journal of health psychology	2026-Aug-2	42664195
40	Intestinal fructose catabolism promotes obesity and insulin resistance via ileal lacteal remodeling.	Science advances	2026-Aug-2	42664326
41	Adipose FGF21 signalling mediates the anti-senescence effects of protein restriction.	The Journal of physiology	2026-Aug-2	42664385
42	The Impact of Milk-Derived Bioactives and Fortified or Fermented Milk Products on Sleep Quality: A Systematic Review and Meta-Analysis.	Nutrition reviews	2026-Aug-2	42664395
43	Compositional analysis of 24-hour activity behaviors and perceived stress among older adults: Evidence from the China health and nutrition survey.	Geriatric nursing (New York, N.Y.)	2026-Aug-2	42664552
44	ASB3 limits adipocyte thermogenesis and energy expenditure through p62 ubiquitination.	Metabolism: clinical and experimental	2026-Aug-2	42665045
45	Major Dietary Protein Sources during Pregnancy and Obesity Risk in Mothers and Offspring: A Prospective Cohort Study.	The American journal of clinical nutriti	2026-Aug-2	42665051
46	Hepatic stearyl-CoA desaturase 1 suppresses diet-induced hyperphagia and hepatic lipid accumulation through PPAR α activation and ketone body signaling.	The Journal of biological chemistry	2026-Aug-2	42665093
47	Curcumin decreases blood pressure in an obese postmenopausal mouse model by regulating the phosphorylation of NMDA receptors on glutamatergic terminals.	The Journal of nutrition	2026-Aug-2	42665097
48	The Dietary Inflammatory Index is Lower Among Healthy Older Adults Consuming a Walnut-Supplemented Diet. Ancillary Results from the Walnuts and Healthy Aging Randomized Controlled	Journal of the Academy of Nutrition and	2026-Aug-2	42665183
49	Perspectives of gastroenterologists on the evolving epidemiology and management of non-alcoholic fatty liver disease in Pakistan: a qualitative study.	BMJ open	2026-Aug-2	42665350
50	Changes in Composite Cardiovascular Risk Scores from Childhood to Adulthood and Cardiometabolic Outcomes in Adulthood: A Systematic Review.	Heart, lung & circulation	2026-Aug-2	42665461
51	Baseline gut microbiome and metabolome profiles predict weight loss after a structured lifestyle intervention.	Microbiome	2026-Aug-2	42668355
52	Multidimensional compliance and outcomes in gestational diabetes.	Journal of perinatal medicine	2026-Aug-2	42647391
53	Guaijaverin, a guava-derived flavonoid, attenuates high-fat diet-induced MASLD via regulating the gut microbiota-SCFA-ferroptosis axis.	Food & function	2026-Aug-2	42657521
54	Nutrition in Osteoarthritis care: expanding the physical therapist's role in multimodal management.	Physiotherapy theory and practice	2026-Aug-2	42657679
55	Single-Nucleus and Multiomics Profiling of Epicardial Adipose Tissue in Atrial Fibrillation Reveals Novel Mechanisms and Translational Biomarkers.	Journal of the American Heart Associatio	2026-Aug-2	42657754
56	The Joint Effects of Life's Essential 8 and Genetics on Mild Cognitive Impairment and Dementia Risk in People With Diabetes: Findings From the UK Biobank and All of Us.	Diabetes care	2026-Aug-2	42658064

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57	Third-Trimester Energy-Restriction or Weight Loss and Maternal and Child Body Composition One Year Postnatally After a Pregnancy With Gestational Diabetes: Results From the DiGest	Diabetes care	2026-Aug-2	42658082
58	Effects of diabetes complications on body composition, dietary intake, and metabolic parameters.	Acta diabetologica	2026-Aug-2	42658248
59	Lifelong dietary interventions selectively reverse age-associated circulating microRNA upregulation in a time-dependent manner in female MMTV-TGF- α mice.	Biogerontology	2026-Aug-2	42658308
60	UV-B Induced Reprogramming of Isoflavone Biosynthesis in Soybean: From UVR8 Signaling to Functional Food Development.	Plant foods for human nutrition (Dordrec	2026-Aug-2	42658315
61	Food Insecurity and Cardiovascular-Kidney-Metabolic Syndrome-Related Conditions Among US Adults, National Health and Nutrition Examination Survey, 2015-2020.	Preventing chronic disease	2026-Aug-2	42658663
62	Feeding regime alters mitochondrial metabolism in beef skeletal muscle.	Journal of animal science	2026-Aug-2	42658669
63	Ketone Ester Intake Did Not Improve Performance, Neither Cognitive Function or Sleep, During an 8-Day Simulated Cycling Race.	Medicine and science in sports and exerc	2026-Aug-2	42658808
64	Challenges in evaluating associations among vasopressors, enteral nutrition, and nonocclusive mesenteric ischemia.	American journal of health-system pharma	2026-Aug-2	42659644
65	Effect of diet macronutrient content on the cardiometabolic response to weight loss: A randomized clinical trial.	Cell metabolism	2026-Aug-2	42660124
66	Trends in comorbidities and multimorbidity among adults with recently diagnosed diabetes: United States, 1999-2023.	Diabetes research and clinical practice	2026-Aug-2	42660201
67	Hepatic MED1 disruption ameliorates obesity-related fatty liver by attenuating SREBP1-driven lipogenesis.	Metabolism: clinical and experimental	2026-Aug-2	42660222
68	'eatNplay'- a family-based, telehealth intervention for childhood obesity: A randomized newsletter-controlled pilot study.	Contemporary clinical trials	2026-Aug-2	42660285
69	Can combined goal prioritization and implementation intentions promote adherence to the Mediterranean Diet? A randomized controlled trial.	Appetite	2026-Aug-2	42660389
70	Western-style cafeteria diet is linked to impaired colonic barrier integrity and alterations in mitochondrial respiratory proteins.	Life sciences	2026-Aug-2	42660418
71	Thermoneutrality accelerates a distinctive metabolic dysfunction-associated steatohepatitis phenotype in a diet-induced male mouse model with similarities to human disease.	Cellular and molecular gastroenterology	2026-Aug-2	42660449
72	Mediterranean versus Dietary Approaches to Stop Hypertension (DASH) Diets and Heart Failure Risk: A UK Biobank Study.	Clinical nutrition ESPEN	2026-Aug-2	42660494
73	Towards an Optimal Diet for Health in Asia: The Asian-Mediterranean Dietary Pattern.	Advances in nutrition (Bethesda, Md.)	2026-Aug-2	42660499
74	Effect of lifestyle interventions on pediatric obesity: a lifestyle medicine systematic review.	Clinical and experimental pediatrics	2026-Aug-2	42660512
75	Sex-specific associations between pubertal development and MASLD in children: evidence from the PROC study.	Pediatric research	2026-Aug-2	42661054

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76	Rationale and design of a PROBE trial comparing continuous enteral nutrition to time-restricted enteral nutrition in severe stroke.	Stroke and vascular neurology	2026-Aug-2	41339081
77	Prevalence of vitamin B12 deficiency and associated factors in pregnant Spanish women.	Women & health	2026-Aug-2	42643091
78	β -cell 14-3-3- ζ and sex are key regulators of α -cell form and function.	Endocrinology	2026-Aug-2	42644279
79	Integrating Environmental Exposure Profiles with Temporal Transcriptomics: An Explainable Machine Learning Model for Cardiovascular Disease Risk Prediction and Biological Validatio	Cardiovascular drugs and therapy	2026-Aug-2	42645652
80	Metabolic dysfunction-associated steatotic adrenal disease: a new entity in MetS, an experimental study in rabbits.	Journal of endocrinological investigatio	2026-Aug-2	42645755
81	Evaluation and Management of Laryngopharyngeal Reflux Disease: An Updated State of the Art Review.	Otolaryngology--head and neck surgery :	2026-Aug-2	42647076
82	Why Serum Magnesium Fails: A Narrative Review of Magnesium Biochemistry, Compartmental Exchange, and Endpoint Selection for Supplementation Trials.	Journal of the American Nutrition Associ	2026-Aug-2	42647115
83	Evaluation of dietary Bacillus-based commercial probiotics in broiler chickens.	Journal of animal science	2026-Aug-2	42647271
84	Mathematical Modeling of Dietary Timing- and Protein Quality-Responsive Liver Circadian Clock and its Function on Ribosome Biogenesis.	Physiological genomics	2026-Aug-2	42647400
85	Diet quality, nutritional status, and psychological symptoms in Argentine adolescents: A comparative study of urban and rural settings.	Nutrition and health	2026-Aug-2	42647574
86	The microbiota at the interface of environmental toxicants and the brain.	Cell metabolism	2026-Aug-2	42648292
87	Deciphering the polypharmacology of a traditional Chinese formula for MASLD: Network proximity to identifying Akt-modulating active ingredients.	Journal of ethnopharmacology	2026-Aug-2	42648411
88	Rapamycin attenuates age-related atrial remodeling and fibrillation by targeting HIF-1 α -mediated metabolic dysregulation.	Biochimica et biophysica acta. Molecular	2026-Aug-2	42648451
89	Food deprivation reduces microglia in the rat brain in association with reduced body temperature.	Neuroscience	2026-Aug-2	42648625
90	Shaping the future of early-onset colorectal cancer prevention.	Nature reviews. Cancer	2026-Aug-2	42649278
91	Prescription Medication Use Among Women Aged 40 and Older in the United States from 1999 to 2020.	Journal of women's health (2002)	2026-Aug-2	42649613
92	Stage-Dependent Prognostic Value of the Joint MASLD-NAFLD Fibrosis Score Phenotype Across the Cardiovascular-Kidney-Metabolic Syndrome Continuum: A Retrospective NHANES Cohort Anal	The Kaohsiung journal of medical science	2026-Aug-2	42656009
93	Anti-inflammatory phytochemicals from medicinal herbs based on senoinflammation schema for healthy aging.	Archives of pharmacal research	2026-Aug-2	42640444
94	Yeast Culture Improves Intestinal Barrier Function and Growth Performance in Yaks by Modulating Gut Microbiota and Microbial-Derived Metabolites.	Probiotics and antimicrobial proteins	2026-Aug-2	42640518

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95	Effects of activated zinc oxide on growth performance, antioxidant capacity, and intestinal epithelial function in weaned pigs.	Journal of animal science	2026-Aug-2	42640580
96	"Be Good to Others and Treat People as you Would Like to be Treated Yourself." A Mixed Methods Investigation of Positive Social Relationships and Cardiovascular Health in the MIDUS	Biopsychosocial science and medicine	2026-Aug-2	42640609
97	Antidiabetic and antihyperlipidemic effects of kodo millet-supplemented Flatbreads in streptozotocin induced diabetic Wistar rats.	Nutrition and health	2026-Aug-2	42640737
98	Dual roles of renal tubular mitochondrial Akt1 in protecting against diabetic nephropathy and improving body glucose metabolism.	The Journal of endocrinology	2026-Aug-2	42640759
99	Optimisation of Dietary Lipid in Genetically Selected Clarias magur in Term of Gonadal Growth, Reproductive Performance, and Expression of Reproduction-Related Genes.	Journal of animal physiology and animal	2026-Aug-2	42641055
100	Effect of Chronic Dark Chocolate or Cocoa Intake on Cognitive Function: A Grading of Recommendations Assessment, Development, and Evaluation (GRADE)-Assessed Systematic Review and	Nutrition reviews	2026-Aug-2	42641106
101	Cardiovascular-Kidney-Metabolic Syndrome in neurological and psychiatric disorders: a large multi-national cohort study.	Brain, behavior, and immunity	2026-Aug-2	42641671
102	Differential hepatotoxic effects of single versus repeated MCLR exposure in control diet and high fat, high cholesterol diet fed rats.	Toxicology and applied pharmacology	2026-Aug-2	42641699
103	Genome-centric analysis reveals the importance of granular activated carbon on quorum sensing and glucose metabolism in anaerobic digestion.	Bioresource technology	2026-Aug-2	42641707
104	Native dietary fiber-bound phenolics complex from Lentinula edodes alleviate colitis through gut microbiota and metabolic remodeling.	International journal of biological macr	2026-Aug-2	42641732
105	A multiscale assessment of POPs and PAHs in freshwater fish: Linking environmental monitoring, GA-MLR modeling and toxicokinetic prediction to assess potential transfer to humans.	Environmental research	2026-Aug-2	42641751
106	Expert Perspectives on Diagnosis and Management of Vitamin B12 Deficiency in Adults.	Advances in nutrition (Bethesda, Md.)	2026-Aug-2	42641763
107	Gastric Emptying, Sensory Acceptability, Satiety, and Exploratory OD-Based Total Ghrelin Responses to Oral Nutritional Supplement Beverages in Healthy Adults: A Pilot Crossover Stu	Clinical nutrition ESPEN	2026-Aug-2	42641785
108	Rheumatoid Arthritis Guidelines Require Dietary Recommendations: An Overlooked Opportunity.	Clinical nutrition ESPEN	2026-Aug-2	42641789
109	Mediterranean diet and skeletal health: Mechanistic pathways and implications for osteoporosis.	Clinical nutrition ESPEN	2026-Aug-2	42641790
110	The Effects of Glucagon-Like Peptide-1 Receptor Agonists on Chemosensory Function and Ingestive Behavior.	Physiology & behavior	2026-Aug-2	42641845
111	Mitochondrial NCLX couples glucagon- and PDE2A-dependent signals to regulate hepatic lipid metabolism.	Molecular metabolism	2026-Aug-2	42641876
112	Intermittent time-restricted feeding recapitulates the physiological benefits of daily time-restricted feeding in male mice with chronic metabolic disease.	Molecular metabolism	2026-Aug-2	42641877

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113	Lactose and Sucrose Each Stimulate Hepatic De Novo Lipogenesis: A Randomised Crossover Trial.	The American journal of clinical nutriti	2026-Aug-2	42641959
114	Dual metabolic and mood-modulating effects of Schisandra chinensis lignans in hyperlipidemic rats: involvement of hepatic PPAR signaling and restoration of central GABAergic signal	Journal of ethnopharmacology	2026-Aug-2	42642002
115	Associations of Circadian-Disruptive Behaviours With Plasma Glycemic Parameters and Continuous Glucose Monitoring Measures Among Pregnant Women.	Diabetes, obesity & metabolism	2026-Aug-2	42642345
116	Sex-specific aging clocks from a large-scale human phenome reveal distinct aging transitions and circulating signatures.	Nature aging	2026-Aug-2	42642518
117	Dietary eriodictyol ameliorates hyperglycemia and multi-organ damage in streptozotocin-induced diabetic mice: involvement of insulin signaling and antioxidant responses.	Journal of the science of food and agric	2026-Aug-2	42642882
118	Nutritional modulation of neuroinflammation in Alzheimer's disease and mild cognitive impairment: a systematic review of clinical and preclinical evidence.	BMC geriatrics	2026-Aug-2	42661181
119	Influence of Different Light Spectra on Metabolism, Nutrition, and Photosynthetic Efficiency in the Development of Bell Pepper Seedlings.	ACS omega	2026-Aug-2	42662622
120	Transporter Interactions of Methoxyflavones and Their In Vivo Pharmacokinetic Implications.	ACS omega	2026-Aug-2	42662739
121	Liver miRNome is modulated by nutrient restriction in early lactation cows challenged with intramammary lipopolysaccharide.	Comparative biochemistry and physiology.	2026-Aug-2	42664728
122	¹⁸ F - CC-Omi - X PET in Characterizing Lipid Metabolism via ACE2 Mapping.	Chemical & biomedical imaging	2026-Aug-2	42656956
123	Impact of saturated fat absorption on serum low density lipoprotein-cholesterol response to the replacement of saturated with unsaturated fats in healthy males. The 'Reading, Imper	Atherosclerosis	2026-Aug-2	42664559
124	Advancing Amino Acid Isotope-Inferred Trophic Ecology in an Apex Predator: Insights From a Data-Rich Killer Whale Population.	Ecology and evolution	2026-Aug	42643761
125	Sunrouge, an Anthocyanin-Rich Green Tea Cultivar, Attenuates Fat Accumulation and Obesity-Related Metabolic Abnormalities in Western Diet-Fed Mice.	Food science & nutrition	2026-Aug	42656852
126	Fatty Acid Signatures as Nutritional Indices: Molecular Gateways to Health, Aging, and Functional Food Innovation.	Food science & nutrition	2026-Aug	42657240
127	DNCB shows hormetic effects in THP 1 cells: low-dose enhancement of metabolic activity	bioRxiv preprint	2026-08-26	10.64898/2026.08.19.745690
128	Identification of Altered Potassium Channels for Drug Repurposing in Long COVID Patients	bioRxiv preprint	2026-08-26	10.64898/2026.06.18.733062
129	Assessing the physiology of weight loss based on real-time weight monitoring: The ADAPT behavioral weight loss study protocol.	PloS one	2026	42640961
130	Appendicular-to-trunk lean mass ratio resolves the height-based normalization paradox in low muscle mass and metabolic syndrome: A population-based cross-sectional study.	PloS one	2026	42640971
131	Risk Factors and Prognostic Effects of Refeeding Syndrome in Malnourished Elderly Patients During Nutritional Support.	Journal of nutrition and metabolism	2026	42643693

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132	Digital health promotion, prevention and health literacy measures among seafarers and crews on cargo and passenger ships: A scoping review.	PloS one	2026	42647484
133	Comparison of acute intermittent fasting interventions on mood, hunger, sleep quality, and diet satisfaction in females: A crossover experimental design.	PloS one	2026	42647528
134	Iron Deficiency and Iron-Deficiency Anemia Among Reproductive-Age Women in the United States: Prevalence and Disparities, 2015-2023.	Anemia	2026	42662160
135	Effect of weight loss intervention on fat metabolism including adipocytokines and enzymes in children with simple obesity.	PloS one	2026	42664245
136	Successful Reversal of Tamoxifen-Associated Weight Gain and Metabolic Dysfunction with Liraglutide in a Breast Cancer Survivor: A Case Report.	Clinical medicine insights. Case reports	2026	42668751
137	Associations of Five Insulin Resistance-Related Indices With Gout Risk in the 2007-2018 NHANES Cross-Sectional Study.	International journal of endocrinology	2026	42668779
138	Feasibility and preliminary effects of a culturally adapted short message service intervention for non-communicable disease prevention in older adults: a pilot study.	PeerJ	2026	42668969

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