

NUTRITION AND FOOD SCIENCES **HOT TOPIC:**

Vitamin D and immunity

Recent research suggests the benefits of vitamin D may extend beyond bone and muscle health to many aspects of health and disease including autoimmune disorders, allergies mental health and nervous system diseases and cancer. So far the evidence comes from observational studies and animal models. Clinical intervention studies however haven't given an good answer. Are vitamin D claims all hype?

CABI's **Nutrition and Food Sciences** database enables the work of researchers and practitioners in universities, colleges, hospitals and industry.

CABI's Nutrition and Food Sciences database comprehensively covers hot topics that matter

Nutrition and Food Sciences covers nutritional, clinical and public health sources as well as relevant material from agricultural production and economics sources to provide the complete picture on vitamin D, its role in disease and our requirements for health.

- **Vitamin D physiology and requirements:** There is debate on how much vitamin D is needed in the diet to have effects on organs other than bones. UK SACN recently recommended vitamin D supplements all year round for everyone. Even in sunnier climes these may be needed because people may expose their skin to sunlight enough.
Vitamin D and health. Scientific Advisory Committee on Nutrition, London, UK, 2016
- **Comparison of the vitamin D status of children younger and older than 2 years in Tehran:** are supplements really necessary?
International Journal of Endocrinology and Metabolism 2016
- **Vitamin D and diseases:** These papers illustrate the variety of illnesses that are under research. In these studies, vitamin D levels seem to correlate with colorectal cancer risk and Crohn's disease severity. There may even be effects of vitamin D on the fetus that affect later susceptibility to infection.
Vitamin D, calcium, bone mineral density, osteoporosis and the risk of colorectal adenomas and colorectal cancer. In Handbook of nutrition and diet in therapy of bone diseases 2016
- **Maternal and cord blood vitamin D status and childhood infection and allergic disease:** a systematic review.
Nutrition Reviews 2016
- **Vitamin D status in relation to Crohn's disease:** meta-analysis of observational studies.
Nutrition 2016

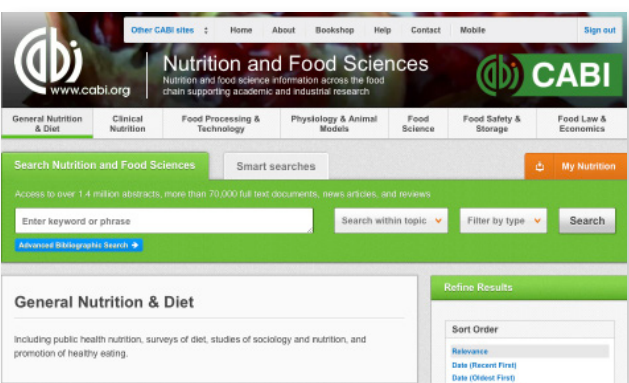
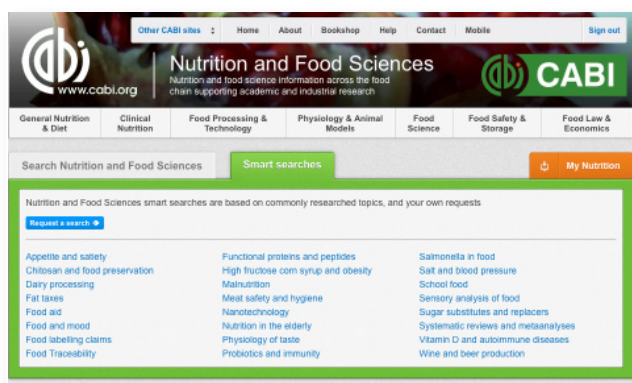
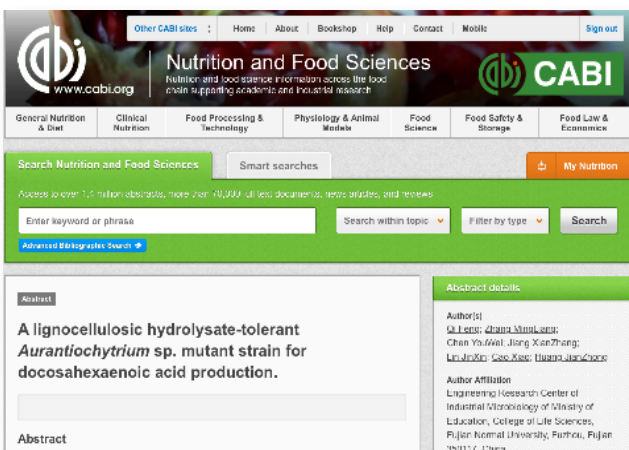
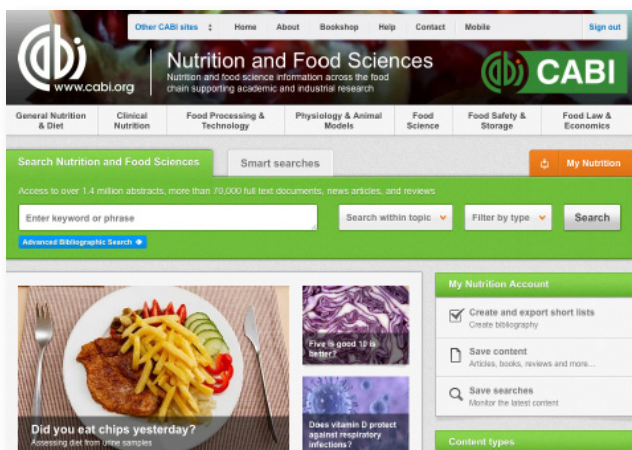
Introducing CABI's Nutrition and Food Sciences database

CABI's 'Nutrition and Food Sciences' is a specialist internet resource covering human nutrition, food science and food technology.

Compiled by specialists, the resource contains more than 1.3 million records dating back to 1973, with over 80,000 added annually. There are now more than 60,000 fulltext records.

No other resource can provide such a comprehensive view of the food chain or of the interactions between diet and health.

Nutrition and Food Sciences is available on our new and improved CAB Direct platform, re-launched July 2016.



www.cabi.org/nutrition