

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 science internet resource

Nutrition and food science information across the food chain supporting academic and industrial research

CABI's Nutrition and Food Sciences internet resource supports research and practice by gathering research, reviews and news on nutrition and the food sciences in an easily searchable database.

Compiled by subject specialists Nutrition and Food Sciences covers the whole food chain from the raw ingredients to the physiological and health effects of nutrients.

All food and beverage categories are included from fresh produce to processed foods and beverages: dairy, eggs, meat, fish, vegetables, fruit, cereals, bakery, confectionery, wines and beers.



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CABI Head Office, Nosworthy Way, Wallingford, Oxfordshire OX10 8DE. **T:** +44 (0)1491 829313 , **E:** sales@cabi.org