

## *The Nutritious Life Studio Certification Program Bibliography*

### WEBINAR 1

#### 8 Pillars of a Nutritious Life

Live Consciously:

- Office clutter or meaningful personal displays: The role of office personalization in employee and organizational well-being<sup>1</sup>

Sleep Deep:

- The role of sleep in the regulation of body weight. Sleeping less than 6 h per 24 h increases significantly the risk of overweight and obesity.<sup>2</sup>

Stress Less: Cortisol and carb cravings.<sup>3</sup>

- Neurobiologic basis of craving for carbohydrates.

Sweat Often: Beneficial effects of HIIT<sup>4</sup>

- High-intensity interval training beneficial effects on body mass, blood pressure, and oxidative stress in diet-induced obesity in ovariectomized mice

### WEBINAR 2

#### Guide to the 4 Keys

- Portions: Do we know how much we put on the plate? Assessment of the accuracy of self-estimated versus weighed vegetables and whole grain portions using an Intelligent Buffet at the FoodScape Lab<sup>5</sup>
- Nutrient Density: What is healthy food? Objective nutrient profile scores and subjective lay evaluations in comparison<sup>5,6</sup>
- Macronutrients proportions: The Ratio of Macronutrients, Not Caloric Intake, Dictates Cardiometabolic Health, Aging, and Longevity in Ad Libitum-Fed Mice<sup>7</sup>

#### Carbohydrates

- A whole-grain cereal-based diet lowers postprandial plasma insulin and triglyceride levels in individuals with metabolic syndrome<sup>8</sup>
- Total dietary fiber intakes in the US population are related to whole grain consumption: results from the National Health and Nutrition Examination Survey 2009 to 2010<sup>9</sup>
- Metabolic effects of dietary carbohydrates: The importance of food digestion<sup>10</sup>

## Protein

- Effects of low carbohydrate diets on energy and nitrogen balance and body composition in rats depend on dietary protein-to-energy ratio<sup>7,11</sup>
- WHO and processed meat:
  - IARC Monographs evaluate consumption of red meat and processed meat<sup>12</sup>
  - Carcinogenicity of consumption of red and processed meat<sup>13</sup>

## Fats

- Association between interaction and ratio of  $\omega$ -3 and  $\omega$ -6 polyunsaturated fatty acid and the metabolic syndrome in adults<sup>14</sup>
- AHA: Know Your Fats.<sup>15</sup>
- The toxicity of dietary trans fats<sup>16</sup>

## Unconventional Fats

- Impact of avocado-enriched diets on plasma lipoproteins: A meta-analysis<sup>17</sup>
- Chemical characterization and antioxidant potential of Chilean chia seeds and oil (*Salvia hispanica* L.)<sup>18</sup>
- Effects of Medium-Chain Triglycerides on Weight Loss and Body Composition: A Meta-Analysis of Randomized Controlled Trials<sup>19</sup>

# WEBINAR 3

## Environmental Factors That Can Harm Eating

- Organic Food: Effect on Nutrient Composition<sup>20</sup>
- The effect of feeding native warm season grasses in the stocker phase on the carcass quality, meat quality, and sensory attributes of beef loin steaks from grain-finished steers<sup>21</sup>
- Bottomless bowls: why visual cues of portion size may influence intake.<sup>22</sup>

## Food & Impact on Neurotransmitters

- Effect of tyrosine supplementation on clinical and healthy populations under stress or cognitive demands—A review<sup>23</sup>
- CNS regulation of appetite<sup>24</sup>

## Nutrient Deficiencies & Cravings

- Sodium and bone health: impact of moderately high and low salt intakes on calcium metabolism in postmenopausal women.<sup>25</sup>
- Management of premenstrual syndrome: evidence-based guidelines<sup>26</sup>

## Triggers and Controls

- Impulsivity and overeating in children in the absence and presence of hunger <sup>27</sup>
- 'Emotional' does not even start to cover it: Generalization of overeating in emotional eaters <sup>28</sup>
- Learning and the persistence of appetite: Extinction and the motivation to eat and overeat <sup>29</sup>

## WEBINAR 4

### Allergies

- Common food allergens and their IgE-binding epitopes <sup>30</sup>
- Pathophysiology of Food Allergy <sup>31</sup>
- Diagnosis of Food Allergy <sup>32</sup>
- Gluten and wheat sensitivities – An overview <sup>33</sup>

### Elimination Diet

- An exploratory comparative investigation of Food Allergy/Sensitivity Testing in IBS (The FAST Study): A comparison between various laboratory methods and an elimination diet <sup>34</sup>
- The Effects of Dietary Counseling on Children with Food Allergy: A Prospective, Multicenter Intervention Study <sup>35</sup>
- Effect of elimination diets on food-specific IgE antibodies and lymphocyte proliferative responses to food antigens in atopic dermatitis patients exhibiting sensitivity to food allergens <sup>36</sup>
- Adherence to Food Elimination Diet in Pediatric Patients <sup>37</sup>
- Role of the elimination diet in adults with food allergy <sup>38</sup>

### Gut Health and Probiotics

- Guidelines for the Evaluation of Probiotics in Food <sup>39</sup>
- Chapter 6 – Probiotics and Prebiotics for Promoting Health: Through Gut Microbiota <sup>40</sup>
- Oral and faecal microbiota in volunteers with hypertension in a double blind, randomised placebo controlled trial with probiotics and fermented bilberries <sup>41</sup>

### Inflammation

- Expression of inflammation-related miRNAs in white blood cells from subjects with metabolic syndrome after 8 wk of following a Mediterranean diet-based weight loss program <sup>42</sup>
- Effects of total and regional fat loss on plasma CRP and IL-6 in overweight and obese, older adults with knee osteoarthritis <sup>43</sup>
- The relationship between body weight and inflammation: Lesson from anti-TNF- $\alpha$  antibody therapy <sup>44</sup>
- Impact of inflammation on vascular disease in hypertension <sup>45</sup>

- Consumption of a high glycemic load but not a high glycemic index diet is marginally associated with oxidative stress in young women <sup>46</sup>

#### **Inflammation Tools**

- The toxicity of dietary trans fats <sup>16</sup>
- Decreased consumption of sugar-sweetened beverages improved selected biomarkers of chronic disease risk among US adults: 1999 to 2010 <sup>47</sup>

## **WEBINAR 5**

### **Best Ways to Stay Hydrated**

- Water Consumption Increases Weight Loss During a Hypocaloric Diet Intervention in Middle-aged and Older adults <sup>48</sup>
- Drinking water is associated with weight loss in overweight dieting women independent of diet and activity. <sup>49</sup>
- Pilot study: Effects of drinking hydrogen-rich water on muscle fatigue caused by acute exercise in elite athletes. <sup>50</sup>

### **Dangers of Diet Soda**

- Soft drink, 100% fruit juice, and vegetable juice intakes and risk of diabetes mellitus <sup>51</sup>
- Diet Soft Drink Consumption is Associated with an Increased Risk of Vascular Events in the Northern Manhattan Study <sup>52</sup>

### **Guide To Artificial Sweeteners & Sugar Substitutes**

- Physiological mechanisms by which non-nutritive sweeteners may impact body weight and metabolism <sup>53</sup>
- Artificial sweeteners produce the counterintuitive effect of inducing metabolic derangements <sup>54</sup>
- Sweeteners: Classification, Sensory and Health Effects <sup>55</sup>
- Artificial sweeteners are not sweet to the gut microbiome <sup>56</sup>

### **How to Read Food Labels**

- Food labels: A critical assessment <sup>57</sup>
- The role of nutrition labels and advertising claims in altering consumers' evaluation and choice <sup>58</sup>

### **Sleep and Weight Gain**

- Impact of sleep and sleep loss on glucose homeostasis and appetite regulation. <sup>59</sup>
- Relationship between sleep quality and quantity and weight loss in women participating in a weight-loss intervention trial. <sup>60</sup>
- Longer sleep duration associates with lower adiposity gain in adult short sleepers <sup>61</sup>

- Etiology of adult insomnia <sup>62</sup>

### **The Things That Make Us Fat**

- Artificial sweeteners produce the counterintuitive effect of inducing metabolic derangements <sup>54</sup>
- The benefits of coffee on skeletal muscle <sup>63</sup>
- Clinical evidence linking coffee and tea intake with Parkinson's disease <sup>64</sup>

## **WEBINAR 6**

### **Cleansing Foods**

- Artichoke leaf extract reduces mild dyspepsia in an open study <sup>65</sup>
- Increased magnesium intake prevents hyperlipidemia and insulin resistance and reduces lipid peroxidation in fructose-fed rats <sup>66</sup>
- Sulforaphane induces ROS mediated induction of NKG2D ligands in human cancer cell lines and enhances susceptibility to NK cell mediated lysis <sup>67</sup>

### **Organic Foods and Other Labels**

- Organic Standards <sup>68</sup>
- Factors to consider before production and commercialization of aquatic genetically modified organisms: the case of transgenic salmon <sup>69</sup>
- The Great Experiment: Genetically Modified Organisms, Scientific Integrity, and National Wellness <sup>70</sup>

### **Healthy Real Food Cleanses**

- Apples: Content of phenolic compounds vs. variety, part of apple and cultivation model, extraction of phenolic compounds, biological properties <sup>71</sup>
- Cinnamon extract lowers glucose, insulin and cholesterol in people with elevated serum glucose <sup>72</sup>

## **WEBINAR 7**

### **Understanding Supplements Part 1**

- Indications for Omega-3 Long Chain Polyunsaturated Fatty Acid in the Prevention and Treatment of Cardiovascular Disease <sup>73</sup>
- Probiotics and Prebiotics for Promoting Health <sup>40</sup>
- Coenzyme Q10 treatment of cardiovascular disorders of ageing including heart failure, hypertension and endothelial dysfunction <sup>74</sup>

## Understanding Supplements Part 2

- Effects of milk salt supplementation on bone mineral gain in pubertal Chinese adolescents: A 2-year randomized, double-blind, controlled, dose-response trial <sup>75</sup>
- Comparison of the effects of cows' milk, fortified soy milk, and calcium supplement on weight and fat loss in premenopausal overweight and obese women <sup>76</sup>
- Becoming Vegan: Express Edition-Food Guide and Background <sup>77</sup>

## Understanding Supplements Part 3

- Outcomes of oral biotin treatment in patients with biotinidase deficiency — Twenty years follow-up <sup>78</sup>
- Clinical and biochemical study of the comparative efficacy of topical versus oral glucosamine/chondroitin sulfate on osteoarthritis of the knee <sup>79</sup>
- Protective mechanisms of coenzyme-Q10 may involve up-regulation of testicular P-glycoprotein in doxorubicin-induced toxicity <sup>80</sup>

## WEBINAR 8

### Breakfast

- Impact of breakfast on daily energy intake--an analysis of absolute versus relative breakfast calories. <sup>81</sup>
- Neural responses to visual food stimuli after a normal vs. higher protein breakfast in breakfast-skipping teens: a pilot fMRI study. <sup>82</sup>
- Breakfast consumption affects appetite, energy intake, and the metabolic and endocrine responses to foods consumed later in the day in male habitual breakfast eaters. <sup>83</sup>

### The Science Behind Low Carb Diets: What Works, and What Doesn't

- CSF levels of dopamine and serotonin, but not norepinephrine, metabolites are influenced by the ketogenic diet in children with epilepsy <sup>84</sup>
- Dietary fibers reduce food intake by satiation without conditioned taste aversion in mice. <sup>85</sup>
- Dietary fiber and body weight. <sup>86</sup>

## WEBINAR 9

### Pros and Cons of Specialty Diets

- Becoming Vegan: Food Guide and Background <sup>77</sup>
- Paleo Diet Versus Modified Paleo Diet: A Randomized Control Trial of Weight Loss and Biochemical Benefit <sup>87</sup>

### Principles of Sports Nutrition

- Carbohydrate and Fat Utilization During Rest and Physical Activity<sup>107</sup>
- Fuel Choice During Exercise Is Determined by Intensity and Duration of Activity<sup>108</sup>
- A Step Towards Personalized Sports Nutrition: Carbohydrate Intake During Exercise<sup>109</sup>
- Sports Nutrition: A Handbook for Professionals<sup>110</sup>
- Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance<sup>111</sup>

## WEBINAR 10

### The Importance of Snacking and Snacking Right

- An afternoon snack of berries reduces subsequent energy intake compared to an isoenergetic confectionary snack <sup>88</sup>
- Associations between Snacking and Weight Loss and Nutrient Intake among Postmenopausal Overweight to Obese Women in a Dietary Weight-Loss Intervention <sup>89</sup>

The rest are handouts.

## WEBINAR 11

### Fiber

- Dietary fibers reduce food intake by satiation without conditioned taste aversion in mice. <sup>85</sup>
- Dietary fiber and body weight. <sup>86</sup>

### Sugar

- Feed-forward mechanisms: Addiction-like behavioral and molecular adaptations in overeating <sup>90</sup>
- Exposure to a high-fat high-sugar diet causes strong up-regulation of proopiomelanocortin and differentially affects dopamine D1 and D2 receptor gene expression in the brainstem of rats <sup>91</sup>
- The role of dopamine in the pursuit of nutritional value <sup>92</sup>

## WEBINAR 12

### Pricing Strategies for Clients

- Essentials of Entrepreneurship and Small Business Management <sup>93</sup>
- Marketing management: A relationship approach <sup>94</sup>

## Step 1 to Build Your Brand

- Mission, purpose, and ambition: redefining the mission statement <sup>95</sup>
- Strategic brand management: Building, measuring, and managing brand equity <sup>96</sup>

## Step 2 to Build Your Brand

- My place is not your place-different place brand knowledge by different target groups <sup>97</sup>
- Advertising and integrated brand promotion <sup>98</sup>

## Step 3 to Build Your Brand

- Social media? Get serious! Understanding the functional building blocks of social media <sup>99</sup>
- Brand performances in social media <sup>100</sup>
- Demystifying social media <sup>101</sup>

## Step 4 to Build Your Brand

- Analysis of social networking sites: A study on effective communication strategy in developing brand communication <sup>102</sup>
- Building brand loyalty through user engagement in online brand communities in social networking sites <sup>103</sup>

## Step 5 to Build Your Brand

- The three Cs of customer satisfaction: Consistency, consistency, consistency <sup>104</sup>
- The linguistics of self-branding and micro-celebrity in Twitter: The role of hashtags <sup>105</sup>
- Using Twitter and Curation Rotation as a Branding Strategy <sup>106</sup>



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