

PAGE 8

The practical integration of dietetics and cognitive behavioural therapy in weight management

Alison Holloway, Specialist Community Dietitian

References

- 1 Spitzer RL, Kroenke K, Williams JB et al. A brief measure for assessing generalised anxiety disorder: the GAD-7. *Arch Intern Med.* 2006 May 22; 166(10): 1092-7
- 2 Kroenke K, Spitzer RL, Williams JB; The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med.* 2001 Sep; 16(9): 606-13
- 3 Rosenberg M (1965). *Society and the adolescent self-image.* Princeton, NJ: Princeton University Press
- 4 Cooper Z, Fairburn CG, Hawker DM (2004). *Cognitive-Behavioural Treatment of Obesity: A Clinician's Guide.* London: Guilford Press
- 5 www.getselfhelp.co.uk [August 2015]. Internet based self-help resources and professional worksheets.

PAGE 13

What's new in Paediatric Food allergy?

Miriam Tarkin, Specialist Paediatric Allergy Dietitian

Co-authors: Rosan Meyer and Carina Venter

References

- 1 [Muraro A](#), [Halken S](#), [Arshad SH](#). EAACI food allergy and anaphylaxis guidelines. Primary prevention of food allergy. *Allergy* 2014 May;69(5):590-601. doi: 10.1111/all.12398. Epub 2014 Apr 3.
- 2 Amarasekera M, Prescott SL, Palmer DJ. Nutrition in early life, immune-programming and allergies: the role of epigenetics. *Asian Pac J Allergy Immunol.* 2013; 31(3):175-82.
- 3 Sladkevicius E, Nagy E, Lack G et al. Resource implications and budget impact of managing cow milk allergy in the UK. *J Med Econ* 2010; 13(1):119-28
- 4 Turner PJ, Gowland MH, Sharma V, et al. Increase in anaphylaxis-related hospitalizations but no increase in fatalities: An analysis of United Kingdom national anaphylaxis data, 1992-2012. *J Allergy Clin Immunol.* 2015; 135:956-63.e1.
- 5 Osborn DA, Sinn JK. The Cochrane library and dietary prevention of allergic disease and food hypersensitivity in children: an umbrella review. *Evid Based Child Health* 2007; 2: 541-552.
- 6 Burks AW, Thygarajan A. American Academy of Pediatrics recommendations on the Effects of Early Nutritional Interventions on the Development of Atopic Disease. *Curr Opin Pediatr* 2008; 20(6): 698-702.
- 7 Grimshaw K, Maskell J, Oliver EM et al. Diet and food allergy development during infancy: Birth cohort study findings using prospective food diary data. *JACI* 2014; 133:511-9.
- 8 Maslin K, Dean T, Arshad SH and Venter C. Fussy eating and feeding difficulties in infants and toddlers consuming a cow's milk exclusion diet. *Pediatric Allergy and Immunol* 2015;26(6)503-508.
- 9 Tarkin M, Warner JA, Warner JO, Meyer R 2013. A pilot study of weaning practice and nutritional adequacy in food allergic infants, before and after specialist dietetic allergy advice, Annual Meeting of the British-Society-of-Allergy-and-Clinical-Immunology, Publisher: WILEY-BLACKWELL, Pages: 1459-1460, ISSN: 0954-7894
- 10 Von Berg A, Filipiak-Pittroff B, Kramer U et al. Allergies in high-risk school children after early intervention with cow's milk protein hydrolysates: 10-year results from the German Infant Nutritional Intervention Study (GINI). *J Allergy Clin Immunol* 2013;131 (6)1565-1573.e5
- 11 De Silva S, Geromi M, Halken S et al. Primary prevention of food allergy in children and adults: systematic review. *Allergy* 2014; 69(5) 581-589.
- 12 Luyt D, Ball H, Makwana N et al. BSACI guideline for the diagnosis and management of cow's milk allergy. *Clin Exp Allergy* 2014; 44(5):643-672

- 13 Venter C, Brown T, Shah N et al. Diagnosis and management of non-IgE cow's milk allergy in infancy – a UK primary care practical guide. *Clinical and Translational Allergy* 2013; 3:23. <http://www.ctajournal.com/content/3/1/23>
- 14 Du Toit G, Roberts G et al. 2015 Randomized Trial of Peanut Consumption in Infants at Risk for Peanut Allergy. *N Engl J Med* 2015 372:803-813
- 15 Fleischer et al. Consensus communication on early peanut introduction and the prevention of peanut allergy in high-risk infants. *World Allergy Organization Journal* 2015; 8:27
- 16 West CE, Renz H, Jenmalm MC et al. The gut microbiota and inflammatory noncommunicable diseases: associations and potentials for gut microbiota therapies. *J Allergy Clin Immunol* 2015; 135:3.
- 17 Osborn DA, Sinn JK. Probiotics in infants for prevention of allergic disease and food hypersensitivity. *Cochrane Database Syst Rev* 2007; Oct 17; (4):CD006475
- 18 Canani R, Nocerino R and Terrin G. Formula selection for management of children with cow's milk allergy influences the Rate of Acquisition of Tolerance: A Prospective Multicenter Study. *The Journal of Pediatrics* 2013; 163(3):771-777.e1
- 19 Bertelsen RJ, Brantsaeter AL, Magnus M et al. Probiotic milk consumption in pregnancy and infancy and subsequent childhood allergic diseases. *JACI* 2014 133 (1): 165-171.e8
- 20 Osborn D, Sinn J. Prebiotics in infants for prevention of allergy. *Cochrane Database of Systematic Reviews* 2013 (3) CD006474.
- 21 Palmer D. Vitamin D and the development of Atopic Eczema. *J Clin Med.* 2015; 4:1036-1050.
- 22 Heimbeck, I.; Wjst, M.; Apfelbacher, C.J. Low vitamin D serum level is inversely associated with eczema in children and adolescents in Germany. *Allergy* 2013, 68, 906–910.
- 23 Wang, S.S.; Hon, K.L.; Kong, A.P.; Pong, H.N.; Wong, G.W.; Leung, T.F. Vitamin D deficiency is associated with diagnosis and severity of childhood atopic dermatitis. *Pediatr. Allergy Immunol.* 2014, 25, 30–35.
- 24 Rajabbik MH, Lotfi T, Alkhaled L et al. Association between low vitamin D levels and the diagnosis of asthma in children: a systematic review of cohort studies. *Allergy, Asthma & clinical Immunology* 2014; 10:31
- 25 Department of Health. Vitamin D – Advice on Supplements for at risk groups. http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalassets/dh_132508.pdf
- 26 Beckhaus A, Garcia-Marcos L, Forno E et al. Maternal nutrition during pregnancy and risk of asthma, wheeze and atopic diseases during childhood: a systematic review and meta-analysis. *Allergy* 2015 epub ahead of print. DOI: 10.1111/all.12729.
- 27 Litonjua AA, Rifas-Shiman SL, Ly NP et al. Maternal antioxidant intake in pregnancy and wheezing illnesses in children at 2 y of age. *Am J Clin Nutr.* 2006 Oct;84(4):903-11.
- 28 Prescott SL, Clifton V. Asthma and pregnancy: emerging evidence of epigenetics interactions in utero. *Current Opinion in Allergy and Clinical Immunology.* 2009 Oct;9(5):417-426.
- 29 Maternal and child nutrition. NICE guidelines [PH11]. March 2008. <https://www.nice.org.uk/guidance/ph11/chapter/4-recommendations#folic-acid-2>
- 30 Miles EA, Calder PC. Maternal diet and its influence on the development of allergic disease. *Clinical and Experimental Allergy* 2015 Jan;45(1); 63-74.

PAGE 19

MANAGING DYSPHAGIA IN CARE HOMES

Kelly Fortune, Nutritionist at apetito

References

- 1 The Malnutrition Task Force www.malnutritiontaskforce.org.uk/about
- 2 BAPEN: Nutrition Screening Survey in the UK and Republic of Ireland in 2011

Parenteral Nutrition on the Intensive Care Unit (ICU)

Pete Turner, Nutritional Support Dietitian

References

- 1 Heyland DK, MacDonald S, Keefe L et al (1998). Total parenteral nutrition in the critically ill patient: a meta-analysis JAMA 1998; 280(23): 2013-9
- 2 Braunschweig CL, Levy P, Sheean PM, Wang X. Enteral compared with parenteral nutrition: a meta-analysis. Am J Clin Nutr 2001, 74(4), 534-42
- 3 Heyland DK, Dhaliwal R, Drover JW, Gramlich L, Dodek P. Canadian Critical Care Clinical Practice Guidelines Committee. Canadian clinical practice guidelines for nutrition support in mechanically ventilated, critically ill adult patients. JPEN J Parenter Enteral Nutr. 2003 Sep-Oct; 27(5): 355-73
- 4 Klein C, Stanek G, Wiles C. Overfeeding macronutrients to critically ill adults: metabolic complications. J Am Diet Assoc 1998, 98(7): 795-806
- 5 Van den Berghe G, Wouters P, Weekers F, Verwaest C, Bruyninckx F, Schetz M, Vlasselaers D, Ferdinande P, Lauwers P, Bouillon R. Intensive insulin therapy in critically ill patients. N Engl J Med 2001 Nov 8; 345(19): 1359-67
- 6 Umpierrez GE, Isaacs SD, Bazargan N, You X, Thaler LM, Kitabchi AE (2002). Hyperglycemia: an independent marker of in-hospital mortality in patients with undiagnosed diabetes. J Clin Endocrinol Metab 87, 978-982
- 7 Griffiths RD. Is parenteral nutrition really that risky in the intensive care unit? Curr Opin Clin Nutr Metab Care 2004; 7: 175-181
- 8 Woodcock NP, Zeigler D, Buckley P, Mitchell CJ, MacFie J. Enteral versus parenteral nutrition: a pragmatic study. Nutrition 2001, 7(1), 1-12
- 9 Simpson F and Doig G. Parenteral vs enteral nutrition in the critically ill patient: a meta-analysis of trials using the intention to treat principle. Intensive Care Med 2005, 31(1): 12-23. Epub 2004 Dec 9
- 10 Harvey S et al. Trial of the route of early nutritional support in critically ill adults. N Engl J Med 2014; 371: 1673-1684
- 11 McClave S, Martindale R, Vanek V et al (2009). Society of Critical Care Medicine (SCCM) and American Society for Parenteral and Enteral Nutrition (ASPEN) Guidelines for the Provision and Assessment of Nutrition Support Therapy in the Adult Critically Ill Patient: Journal of Parenteral and Enteral Nutrition Vol 33 No 3 277-316
- 12 Furness JB, Kunze WA, Clerc N. Nutrient tasting and signaling mechanisms in the gut. II. The intestine as a sensory organ: neural, endocrine and immune responses. Am J Physiol. 1999 Nov; 277(5 Pt 1): G922-8
- 13 Casaer M et al. Early versus late parenteral nutrition in critically ill adults. N Engl J Med 2011; 365: 506-517
- 14 Heidegger CP et al. Optimisation of energy provision with supplemental parenteral nutrition in critically ill patients: a randomised controlled clinical trial. Lancet. 2013 Feb 2; 381(9864): 385-93
- 15 Pierre Singer, Mette M Berger, Greet Van den Berghe, Gianni Biolo, Philip Calder, Alastair Forbes, Richard Griffiths, Georg Kreyman, Xavier Leverve, Claude Pichard. ESPEN Guidelines on Parenteral Nutrition: Intensive care. Clinical Nutrition 28 (2009) 387-400
- 16 Villet S, Chioloro RL, Bollmann MD, Revelly JP, Cayeux RN MC, Delarue J, Berger MM. Negative impact of hypocaloric feeding and energy balance on clinical outcome in ICU patients. Clin Nutr. 2005, 24(4): 502-9
- 17 Strang R, Turner P, Shenkin A, Mogk M, Welters I. Nutrition and Trace Elements in Intensive Care Unit Acquired Weakness. Clinical Nutrition Supplements Vol 5 Supp 2 2010, 208-209
- 18 Kreyman KG, Beger MM, Deutz NE, Hiesmayr M, Jolliet P, Kazandjiev G, Nitenberg G, van den Berghe G, Wernerman J, Ebner C, Hartl W, Heymann C, Spies C. ESPEN Guidelines on Enteral Nutrition: Intensive care. Clin Nutr 2006, 25(2): 210-23
- 19 NICE 2006 Clinical Guideline 32: Nutrition Support in Adults
- 20 Ava M Port and Caroline Apovian: Metabolic support of the obese intensive care unit patient: a current perspective. Curr Opin Clin Nutr Metab Care 2010, 13(2): 184-191
- 21 Cutts ME, Dowdy RP, Eilersieck MR, Edes TE. Predicting energy needs in ventilator-dependent critically ill patients: effect of adjusting weight for edema or adiposity. Am J Clin Nutr 1997, 66(5): 1250-6

- 22 Compher C, Nicolo M, Chittams J et al. Clinical Outcomes in Critically Ill Patients Associated With the Use of Complex vs Weight-Only Predictive Energy Equations. *JPEN J Parenter Enteral Nutr* 2014
- 23 Michele Nicolo, Daren K Heyland, MSc, Jesse Chittams, Therese Sammarco, Charlene Compher. Clinical Outcomes Related to Protein Delivery in a Critically Ill Population: A Multicenter, Multinational Observation Study. *JPEN J Parenter Enteral Nutr* 2015 Apr 21. pii: 0148607115583675. [Epub ahead of print]
- 24 Puthuchery ZA, Rawal J, McPhail M, Connolly B, Ratnayake G, Chan P, Hopkinson NS, Phadke R, Dew T, Sidhu PS, Velloso C, Seymour J, Agle CC, Selby A, Limb M, Edwards LM, Smith K, Rowleron A, Rennie MJ, Moxham J, Harridge SD, Hart N, Montgomery HE. Acute Skeletal Muscle Wasting in Critical Illness. *JAMA*. 2013 Oct 16; 310(15): 1591-600
- 25 Biolo G, Agostini F, Simunic B et al (2008). Positive energy balance is associated with accelerated muscle atrophy and increased erythrocyte glutathione turnover during 5 wk of bed rest. *Am J Clin Nutr* 88, 950-8
- 26 Glover EI, Phillips SM, Oates BR, Tang JE, Tarnopolsky MA, Selby A, Smith K, Rennie MJ. Immobilization induces anabolic resistance in human myofibrillar protein synthesis with low and high dose amino acid infusion. *J Physiol* 2008 Dec 15;586 (Pt 24): 6049-61
- 27 Bernstein L, Bachman T, Meguid M. Prealbumin in Nutritional Care Consensus Group. Measurement of visceral protein status in assessing protein and energy malnutrition: standard of care. *Nutrition* 1995, 11: 169-71
- 28 Zi-Wei Xu and You-Sheng Li. Pathogenesis and treatment of parenteral nutrition-associated liver disease. *Hepatobiliary Pancreat Dis Int* 2012, Vol 11: 586
- 29 Edmunds CE, Brody RA, Parrott JS, Stankorb SM, Heyland DK. The Effects of Different IV Fat Emulsions on Clinical Outcomes in Critically Ill Patients. *Crit Care Med* 2014 Vol 42 No 5 1169-1177
- 30 Novak et al. Glutamine supplementation in serious illness: A systematic review. *Crit Care Med* 2002, 30, 2022-2029
- 31 Paul E Wischmeyer, Rupinder Dhaliwal, Michele McCall, Thomas R Ziegler and Daren K Heyland. Parenteral glutamine supplementation in critical illness: a systematic review. *Critical Care* 2014, 18: R76
- 32 Heyland D, Muscedere J, Wischmeyer PE, Cook D, Jones G, Albert M, Elke G, Berger MM, Day AG for the Canadian Critical Care Trials Group. A Randomized Trial of Glutamine and Antioxidants in Critically Ill Patients. *N Engl J Med* 2013; 368: 1487-95
- 33 Heyland D et al. Canadian Clinical Practice Guidelines. www.criticalcarenutrition.com/docs/CPGs%202015/4.1c%202015.pdf
- 34 Weitzel LR, Wischmeyer PE. Glutamine in critical illness: the time has come, the time is now. *Care Clin* 2010 Jul; 26(3): 515-25

PAGE 30

Hydration: Drink scores

Ursula Arens

Information sources

- 1 K Duffey and B Davy (2015). The Healthy Beverage Index is associated with Reduced Cardio metabolic Risk in US Adults. *Journal of the Academy of Nutrition and Dietetics*
- 2 Galloway S. How well do different drinks hydrate? Development of a hydration index. Presentation to the 6th European Hydration Institute Network Meeting held at the Royal Society of Medicine, London, on 3rd June 2015

Mycoprotein: nutritional, health and environmental benefits

Dr Emma Derbyshire, PhD RNutr and Tim Finnigan PhD

References

- 1 Finnigan TJA (2011). Mycoprotein: origins, production and properties. Handbook of Food Proteins. Ed Philips, GO & Williams, PA Woodhead Publishing: 335-52
- 2 What is Mycoprotein? (2015). The Mycoprotein Story. Available at: www.mycoprotein.org/what_is_mycoprotein/mycoprotein_story.html (accessed July 14th 2015)
- 3 Kumar P et al (2015). Meat analogues: Health Promising Sustainable Meat Substitutes. Crit Rev Food Sci Nutr [Epub ahead of print]
- 4 Wu G et al (2014). Land-based production of animal protein: impacts, efficiency and sustainability. Ann N Y Acad Sci 1328: 18-28
- 5 Denny A et al (2008). Mycoprotein and health. British Nutrition Foundation Nutrition Bulletin 33: 298-310
- 6 Ngo DH et al (2014). Antioxidant effects of chitin, chitosan, and their derivatives. Adv Food Nutr Res 73: 15-31
- 7 Cloetens L et al (2012). Role of dietary beta-glucans in the prevention of the metabolic syndrome. Nutr Rev 70(8): 444-58
- 8 Edwards DG et al (2010). The protein quality of mycoprotein. Proceedings of the Nutrition Society 69, Issue OCE4: E331. [Abstract]
- 9 What is Mycoprotein? (2015). Protein. Available at: www.mycoprotein.org/what_is_mycoprotein/protein.html (accessed July 14th 2015)
- 10 What is Mycoprotein? (2015). Resources for Dietitians. Available at: www.mycoprotein.org/resources/dietician.html (accessed July 14th 2015)
- 11 European Commission (2006). Regulation (EC) No 1924/2006 of the European Parliament and of the Council of 20 December 2006 on nutrition and health claims made on foods. Available at: <http://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX:32006R1924> (accessed 5th July 2015)
- 12 European Commission (2008). Commission Directive 2008/100/EC of 28 October 2008 amending Council Directive 90/496/EEC on nutrition labelling for foodstuffs as regards recommended daily allowances, energy conversion factors and definitions. Official Journal of the European Union L 285/9
- 13 Ruxton CHS et al (2010). The impact of mycoprotein on blood cholesterol levels: a pilot study. British Food Journal 112(10): 1092-1101
- 14 Bottin J et al (2012). Mycoprotein reduces energy intake and improves insulin sensitivity compared to chicken. Obesity Facts 5 (suppl. 1): 55-79
- 15 Williamson DA et al (2006). Effects of consuming mycoprotein, tofu or chicken upon subsequent eating behaviour, hunger and safety. Appetite 46: 41-48
- 16 Turnbull et al (1993). Acute effects of mycoprotein on subsequent energy intake and appetite variables; Am J Clin Nutr 58: 507
- 17 Kristensen M et al (2011). Dietary fibres in the regulation of appetite and food intake. Importance of viscosity. Appetite 56(1):65-70.
- 18 Turnbull WH et al. (1992) Mycoprotein reduces blood lipids in free-living subjects. Am J Clin Nutr 55:415-9
- 19 Turnbull WH et al (1990). Effect of mycoprotein on blood lipids. Am J Clin Nutr 52:646-50
- 20 Udall JN et al (1984). The tolerance and nutritional value of two microfungus foods in human subjects. American Journal of Clinical Nutrition 40(2): 85-92

- 21 Nakamura H et al (1994). Effect of mycoprotein intake on serum lipids of healthy subjects. *Progress in Medicine* 14(7): 1972-6 [in Japanese]
- 22 Homma Y et al (1995). Effects of eight-week ingestion of mycoprotein on plasma levels of lipids and Apo (Lipo) proteins. *Progress in Medicine* 15(3): 183-95 [in Japanese]
- 23 Ishikawa T (1995). The effect of mycoprotein intake (12 and 24g/day) over four weeks on serum cholesterol levels. *Progress in Medicine* 15(1): 61-74 [in Japanese]
- 24 Bottin J et al (2011). Mycoprotein reduces insulinaemia and improves insulin sensitivity. *Proc Nutr Soc* 70:E372 [Abstract]
- 25 Turnbull et al (1995). Mycoprotein reduces glycaemia and insulinaemia when taken with an oral-glucose-tolerance test. *Am J Clin Nutr* 61(1): 135-40
- 26 Tuomisto H (2010). Food security and protein supply. Cultured meat a solution? *Aspects Appl Biol* 102: 99-104
- 27 US Census Bureau (2015). International Database World Population: 1950-2050. Available at: www.census.gov/population/international/data/idb/worldpopgraph.php (accessed July 14th 2015)
- 28 Smith P et al (2013). Climate change and sustainable food production. *Proc Nutr Soc* 72(1): 21-8
- 29 Dibb S and Fitzpatrick I (2014). Let's talk about meat: Changing dietary behaviour for the 21st century. Available at: www.eating-better.org/uploads/Documents/Let'sTalkAboutMeat.pdf (accessed July 23rd 2015)
- 30 Asgar MA et al (2010). Nonmeat protein alternatives as meat extenders and meat analogs. *Comprehensive Reviews in Food Science and Food Safety* 9(5): 513-29
- 31 Neacsu M et al (2014). Appetite control and biomarkers of satiety with vegetarian (soy) and meat-based high-protein diets for weight loss in obese men: a randomised crossover trial. *Am J Clin Nutr* 100(2): 548-58
- 32 Scientific Advisory Committee on Nutrition (2010). *Iron and Health*. The Stationery Office: London
- 33 Bates B et al (2014). *National Diet and Nutrition Survey. Results from Years 1, 2, 3 and 4 (combined) of the Rolling Programme (2008/2009 - 2011/2012)*. PHE and FSA: London
- 34 Scientific Advisory Committee on Nutrition (2015). *Carbohydrates and Health*. The Stationery Office: London

Ketogenic diet and Alzheimer's disease

Punita Mistry, HCPC registered Dietitian

References

- 1 Dementia: a public health priority (2012). World Health Organisation and Alzheimer's disease International. Accessed 29th April 2015
- 2 Alzheimer's society 'Facts for the media'. www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=535&pageNumber=2 Accessed 29th April 2015
- 3 UK Government. *The Coalition: Our Programme for Government*. www.gov.uk/government/publications/the-coalition-documentation Accessed 31st Jan 2014
- 4 Luengo-Fernandez R, Leal J, Gray A (2015). UK research spend in 2008 and 2012: comparing stroke, cancer, coronary heart disease and dementia. *BMJ Open*
- 5 Levy RG, Cooper PN, Giri P, Pulman J (2012). Ketogenic diet and other dietary treatments for epilepsy. *Cochrane Database of Systematic Reviews*, Issue 3

- 6 Danial NN, Hatman AL, Stafstrom CE, Thio LL (2013). How does the Ketogenic diet work? Four potential mechanisms. *J Child Neurology* 28(8): 1027-1033
- 7 LaManna JC, Salem N, Puchowicz M, Erokwu B, Koppaka S, Flask C, Lee Z (2009). Ketones suppress brain glucose consumption. *Advanced Exp Med Biol.* 645:301-306
- 8 R L Veech (2004). The therapeutic implications of ketone bodies: the effects of ketone bodies in pathological conditions: ketosis, ketogenic diet, redox states, insulin resistance and mitochondrial metabolism. *Prostaglandins Leukotrienes and Essential Fatty Acids* vol 70, no 3 pp309-319
- 9 Beckett TL, Studzinski CM, Keller JN, Paul Murphy M, Niedowicz DM (2013). A ketogenic diet improves motor performance but does not affect β -amyloid levels in a mouse model of Alzheimer's disease. *Brain Research.* 1505: 61-67
- 10 Van der Auwera I, Wera S, Van Leuven F, Henderson ST (2005). A ketogenic diet reduces amyloid beta 40 and 42 in a mouse model of Alzheimer's disease. *Nutr Metab (Lond)* 2:28
- 11 Studzinski CM, MacKay WA, Beckett TL (2008). Induction of ketosis may improve mitochondrial function and decrease steady-state amyloid- β precursor protein (APP) levels in the aged dog. *Brain Research.* 1226:209-217
- 12 Kossoff EH, McGrogan JR, Bluml RM, Pillas DJ, Rubenstein JE, Vining EP (2006). A modified Atkins diet is effective for the treatment of intractable paediatric epilepsy. *Epilepsia* 47: 421-424
- 13 Kashiwaya Y, Bergman C, Lee JH, Wan R, King MT, Mughal MR, Okun E, Clarke K, Mattson MP, Veech RL (2013). A ketone ester diet exhibits anxiolytic and cognitive-sparing properties and lessens amyloid and tau pathologies in a mouse model of Alzheimer's disease. *Neurobiol aging.* 34(6) 1530-9
- 14 Newport MT, VanItallie TB, Kashiwaya Y, King MT, Veech RL (2015). A new way to produce hyperketonemia: Use of ketone ester in a case of Alzheimer's disease. *Alzheimer's & Dementia* 11: 99-103
- 15 Kinsman SL (1992). Efficacy of the ketogenic diet for intractable seizure disorders: review of 58 cases. *Epilepsia* 33: 1132-1136
- 16 Pulsifer MB, Gordon JM, Vining EP, Freeman JM (2001). Effects of ketogenic diet on development and behaviour: preliminary report of a prospective study. *Developmental Medicine and Child Neurology* 43: 301-306