



# Nourishing Children's Post-Natal Jing with Diet

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## Links to research from presentation

Julie Menella research: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4654709/>

**Some of the research about how sugar affects the developing child and the connection to metabolic disorders came from these books:**

<https://www.sugarproofkids.com/>

<https://robertlustig.com/metabolical/>

<https://judithfinlayson.com/book/>

### **Fructose and fatty liver disease:**

Olson E, Suh JH, Schwarz JM, Noworolski SM, Jones GM, Barber JR, Erkin-Cakmak A, Mulligan K, Lustig RH, Mietus-Snyder M. Effects of Isocaloric Fructose Restriction on Ceramide Levels in Children with Obesity and Cardiometabolic Risk: Relation to Hepatic De Novo Lipogenesis and Insulin Sensitivity. *Nutrients.* 2022 Mar 30;14(7):1432. doi: 10.3390/nu14071432. PMID: 35406045; PMCID: PMC9002884.

DiStefano JK, Shaibi GQ. The relationship between excessive dietary fructose consumption and paediatric fatty liver disease. *Pediatr Obes.* 2021 Jun;16(6):e12759. doi: 10.1111/ijpo.12759. Epub 2020 Dec 11. PMID: 33305889; PMCID: PMC8195317.

### **Sugar or cocaine rat study:**

Lenoir M, Serre F, Cantin L, Ahmed SH. Intense sweetness surpasses cocaine reward. *PLoS One.* 2007 Aug 1;2(8):e698. doi: 10.1371/journal.pone.0000698. PMID: 17668074; PMCID: PMC1931610.

### **Paracetamol use during pregnancy:**

Bauer, A.Z., Swan, S.H., Kriebel, D. *et al.* Paracetamol use during pregnancy – a call for precautionary action. *Nat Rev Endocrinol* **17**, 757–766 (2021).  
<https://doi.org/10.1038/s41574-021-00553-7>

### **Low-calorie sweeteners fruit fly study:**

Wang QP, Lin YQ, Zhang L, Wilson YA, Oyston LJ, Cotterell J, Qi Y, Khuong TM, Bakhshi N, Planchenault Y, Browman DT, Lau MT, Cole TA, Wong AC, Simpson SJ, Cole AR, Penninger JM, Herzog H, Neely GG. Sucralose Promotes Food Intake through NPY and a Neuronal Fasting Response. *Cell Metab.* 2016 Jul 12;24(1):75-90. doi: 10.1016/j.cmet.2016.06.010. PMID: 27411010.

### **Low-calorie sweeteners and the gut microbiome:**

Suez, J., Korem, T., Zeevi, D. *et al.* Artificial sweeteners induce glucose intolerance by altering the gut microbiota. *Nature* **514**, 181–186 (2014).  
<https://doi.org/10.1038/nature13793>

Chung-Hao Li, Chung-Teng Wang, Ying-Ju Lin, Hsin-Yu Kuo, Juei-Seng Wu, Tzu-Chun Hong, Chih-Jen Chang, Hung-Tsung Wu, Long-term consumption of the sugar substitute sorbitol alters gut microbiome and induces glucose intolerance in mice, *Life Sciences*, Volume 305, 2022, 120770,

Suez J, Cohen Y, Valdés-Mas R, Mor U, Dori-Bachash M, Federici S, Zmora N, Leshem A, Heinemann M, Linevsky R, Zur M, Ben-Zeev Brik R, Bukimer A, Eliyahu-Miller S, Metz A, Fischbein R, Sharov O, Malitsky S, Itkin M, Stettner N, Harmelin A, Shapiro H, Stein-Thoereringer CK, Segal E, Elinav E. Personalized microbiome-driven effects of non-nutritive sweeteners on human glucose tolerance. *Cell.* 2022 Sep 1;185(18):3307-3328.e19. doi: 10.1016/j.cell.2022.07.016. Epub 2022 Aug 19. PMID: 35987213.

### **Family dinner benefits:**

Walton K, Horton NJ, Rifas-Shiman SL, Field AE, Austin SB, Haycraft E, Breen A, Haines J. Exploring the Role of Family Functioning in the Association Between

Frequency of Family Dinners and Dietary Intake Among Adolescents and Young Adults. JAMA Netw Open. 2018 Nov 2;1(7):e185217. doi: 10.1001/jamanetworkopen.2018.5217. PMID: 30646382; PMCID: PMC6324390.

Harrison ME, Norris ML, Obeid N, Fu M, Weinstangel H, Sampson M. Systematic review of the effects of family meal frequency on psychosocial outcomes in youth. Can Fam Physician. 2015 Feb;61(2):e96-106. PMID: 25676655; PMCID: PMC4325878.

### **Probiotics chart:**

US: [probiotic chart US](#)

Canada: [probiotic chart CA](#)

### **Antibiotics and Asthma rates:**

Patrick DM, Sbihi H, Dai DLY, Al Mamun A, Rasali D, Rose C, Marra F, Boutin RCT, Petersen C, Stiemssma LT, Winsor GL, Brinkman FSL, Kozyrskyj AL, Azad MB, Becker AB, Mandhane PJ, Moraes TJ, Sears MR, Subbarao P, Finlay BB, Turvey SE. Decreasing antibiotic use, the gut microbiota, and asthma incidence in children: evidence from population-based and prospective cohort studies. Lancet Respir Med. 2020 Nov;8(11):1094-1105. doi: 10.1016/S2213-2600(20)30052-7. Epub 2020 Mar 24. PMID: 32220282.

### **Asthma and the microbiome:**

Stiemssma LT, Turvey SE. Asthma and the microbiome: *defining the critical window in early life*. Allergy Asthma Clin Immunol. 2017 Jan 6;13:3. doi: 10.1186/s13223-016-0173-6. PMID: 28077947; PMCID: PMC5217603.

### **Maternal and paternal diet:**

Spahn JM, Callahan EH, Spill MK, Wong YP, Benjamin-Neelon SE, Birch L, Black MM, Cook JT, Faith MS, Mennella JA, Casavale KO. Influence of maternal diet on flavor transfer to amniotic fluid and breast milk and children's responses: a systematic review. Am J Clin Nutr. 2019 Mar 1;109(Suppl\_7):1003S-1026S. doi: 10.1093/ajcn/nqy240. PMID: 30982867.

Montagnoli C, Santoro CB, Buzzi T, Bortolus R. Maternal periconceptional nutrition matters. A scoping review of the current literature. J Matern Fetal Neonatal Med. 2022 Dec;35(25):8123-8140. doi: 10.1080/14767058.2021.1962843. Epub 2021 Aug 15. PMID: 34392783.

Bodden C, Hannan AJ, Reichelt AC. Of 'junk food' and 'brain food': how parental diet influences offspring neurobiology and behaviour. Trends Endocrinol Metab. 2021 Aug;32(8):566-578. doi: 10.1016/j.tem.2021.04.001. Epub 2021 Apr 30. PMID: 33941448.

Indrio F, Martini S, Francavilla R, Corvaglia L, Cristofori F, Mastrolia SA, Neu J, Rautava S, Russo Spena G, Raimondi F, Loverro G. Epigenetic Matters: The Link between Early Nutrition, Microbiome, and Long-term Health Development. Front Pediatr. 2017 Aug 22;5:178. doi: 10.3389/fped.2017.00178. PMID: 28879172; PMCID: PMC5572264.

Tine Brink Henriksen, Niels Henrik Hjollund, Tina Kold Jensen, Jens Peter Bonde, Anna-Maria Andersson, Henrik Kolstad, Erik Ernst, Aleksander Giwercman, Niels Erik Skakkebæk, Jørn Olsen, Alcohol Consumption at the Time of Conception and Spontaneous Abortion, *American Journal of Epidemiology*, Volume 160, Issue 7, 1 October 2004, Pages 661–667,

Donkin I, Barrès R. Sperm epigenetics and influence of environmental factors. Mol Metab. 2018 Aug;14:1-11. doi: 10.1016/j.molmet.2018.02.006. Epub 2018 Feb 27. PMID: 29525406; PMCID: PMC6034033.

Kim YH, Kim KW, Lee SY, Koo KO, Kwon SO, Seo JH, Suh DI, Shin YH, Ahn K, Oh SY, Lee S, Sohn MH, Hong SJ. Maternal Perinatal Dietary Patterns Affect Food Allergy Development in Susceptible Infants. J Allergy Clin Immunol Pract. 2019 Sep-Oct;7(7):2337-2347.e7. doi: 10.1016/j.jaip.2019.03.026. Epub 2019 Mar 28. PMID: 30930272.

Robbins W, Kim H, Houman J, Lee GW. Randomized Clinical Trial: Effect of Walnuts on Semen Parameters and Male Fertility (P18-042-19). Curr Dev Nutr. 2019 Jun 13;3(Suppl 1):nzz039.P18-042-19. doi: 10.1093/cdn/nzz039.P18-042-19. PMCID: PMC6574937.