April Issue
Part Two

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Health

Healthy snacking recommendations: One size does not fit all

Physiology & Behavior | http://dx.doi.org/10.1016/j.physbeh.2014.01.034
Snacking could be beneficial for health
Diets can change along with lifestyles and age. This study, published in Physiology & Behavior, looked at the influence of snacking, eating frequency and health in different age groups. Results showed that snacking may be beneficial for health, especially for older adults, linked to issues they suffer with energy and fluid balance.

Mulberry leaf extract intake reduces hyperglycaemia in streptozotocin (STZ)-induced diabetic rats fed high-fat diet

Journal of Functional Foods | http://dx.doi.org/10.1016/j.jff.2014.02.018
Mulberry leaf extract may lessen the effects of diabetes in a high-fat diet
According to the International Diabetes Federation, over 382 million people are currently suffering from diabetes and researchers worldwide continue to seek novel treatments to lessen the burdens
of the disease. This study, published in the *Journal of Functional Foods*, looked at the anti-diabetic properties of mulberry leaves on diabetic rats that were on high-fat diets. Results showed that mulberry leaf extracts, which contain 1-deoxynojirimycin, an anti-diabetic compound, decreased blood glucose and increased plasma insulin among diabetic rats. The extracts were also found to be antioxidative due to the high level of phenolic acids and flavonoids within them.

**Born at the Right Time? Childhood Health and the Business Cycle**

*Social Science & Medicine* | [http://dx.doi.org/10.1016/j.socscimed.2014.03.014](http://dx.doi.org/10.1016/j.socscimed.2014.03.014)

**Birth during recession shows positive impact on childhood health**

Financial hardship and the recession are current markers for global economic measurement. This study, published in *Social Science & Medicine*, looked at the relationship between the state of the economy at birth and childhood health. The study used data from 18,000 respondents across ten European countries relating to recessions throughout the 20th century. Results showed that being born during a recession has a positive impact on childhood health.

### Science and Technology

**A note on the effect of number (single or twin) and sex of contemporary siblings on male-like play behavior of lambs (Ovis aries)**

*Journal of Veterinary Behavior: Clinical Applications and Research* | [http://dx.doi.org/10.1016/j.jveb.2014.01.003](http://dx.doi.org/10.1016/j.jveb.2014.01.003)

**Having a twin can make lambs behave more like rams**

Spring has officially arrived and the first baby animals are being born. This study, published in *Journal of Veterinary Behavior: Clinical Applications and Research*, evaluated the effect of the number and sex of siblings on male-like play behaviour in Suffolk lambs. Results showed that female lambs with twin sisters were more likely to convey some male-like behaviours such as butting and nudging than those who didn’t have a twin.

**Effects of smell loss (hyposmia) on salt usage**

*Nutrition* | [http://dx.doi.org/10.1016/j.nut.2013.11.003](http://dx.doi.org/10.1016/j.nut.2013.11.003)

**Loss of smell encourages salt usage**

Smell loss (hyposmia) inhibits flavor perception and influences food intake. To compensate for flavor loss, some patients with hyposmia appear to increase salt usage. This study, published in *Nutrition*, compared salt usage in patients with hyposmia but with normal taste function and a control group. Compared to the control group, 32% of patients self-reported increased salt usage; estimating that their salt usage rose an average of 2.8 times than experienced before their hyposmia onset.