October Issue

Part One - Food Special, World Food Day

Welcome to the Food Special of the Elsevier Research Selection. We have captured a variety of studies related to food, diet, health and nutrition to mark the approaching World Food Day on October 16.

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Aromatized olive oils: Influence of flavouring in quality, composition, stability, antioxidants, and antiradical potential

*LWT – Food Science and Technology* | DOI: 10.1016/j.lwt.2014.08.026

Spice things up with chili oil to boost your immune system this winter

Many of us strive to dodge dreaded cold and flu viruses during the winter months. This new study in *LWT – Food Science and Technology* suggests that hot chili pepper infused olive oil may help to boost our immune system. Additional flavourings were added to olive oils to see how quality, fatty acids and antiradical activity was affected. Chili infused olive oil was shown to nutritionally enrich olive oils due to an increase in vitamin E which is key to a strong immune system and healthy skin and eyes. Perk up your pizza with a drizzle of chili oil and you may well steer clear of illness this winter.
Impact of nutritional information on consumers’ acceptance of cheese with reduced sodium chloride content

*International Dairy Journal* | DOI: 10.1016/j.lwt.2014.08.026

**Reduced salt will influence a consumer’s cheese choice**

A new study published in the *International Dairy Journal* has revealed that there is an opportunity to use 15% less salt in cheese without this causing consumer rejection. It was found that highlighting a cheese as having reduced salt in fact increases consumer willingness to purchase a particular cheese. This highlights society’s desire for foods with reduced salt content, and the fact that consumers don’t feel they are having to compromise on the quality of their selected cheese.

Consumption of vegetables may reduce the risk of liver cancer: Results from a meta-analysis of case-control and cohort studies

*Clinics and Research in Hepatology and Gastroenterology* | DOI: 10.1016/j.clinre.2014.08.003

**Vegetables protect against liver cancer**

As children we were all forced to eat our greens, and research has continuously proven the health benefits of consuming your ‘five veggies a day’. A new study, published in *Clinics and Research in Hepatology and Gastroenterology*, has investigated the relationship between vegetable intake and liver cancer risk. Based on a total of nine studies involving over 136,000 subjects, the authors observed a statistically significant protective effect of vegetable consumption on liver cancer.

Tooth loss and its association with dietary intake and diet quality in American adults

*Journal of Dentistry* | DOI: 10.1016/j.jdent.2014.08.012

**Sugar isn’t the only nutrient that could make your teeth fall out**

It’s well-known that too much sugar is bad for your teeth – but what about other elements of our diet? A study published in the *Journal of Dentistry* investigated the association between the number of natural teeth, energy and nutrient intake and diet quality in 9,140 adults aged 19 or over. It was found that high intake of protein and most vitamins and minerals were positively associated with the total number of healthy natural teeth.

Multi-scale characterization of pasta during cooking using microscopy and real-time magnetic resonance imaging

*Food Research International* | DOI: 10.1016/j.foodres.2014.09.007

**How does pasta cook?**

We’ve all stood over a saucepan waiting impatiently for pasta to boil. Now new research, published in *Food Research International*, has analysed the process of cooking pasta to achieve its ideal characteristics for eating. Specifically, the researchers looked at the impact of the composition of pasta, the starch-to-gluten ratio, on structure and water distribution. Using a combination of MRI and light microscopy to monitor the cooking in real-time, it was found that the speed of water absorption was not dependent on either pasta composition or the presence of salt in the cooking water. In contrast to starch-rich samples, higher gluten content was found to localise water content but not effect water absorption.
Whole-fat dairy food intake is inversely associated with obesity prevalence: findings from the Observation of Cardiovascular Risk Factors in Luxembourg study

*Nutrition Research* | DOI: 10.1016/j.nutres.2014.07.014

**Time to pick the full fat milk latte in the morning?**

Although many of us on a diet opt for the skinny latte in the morning, new research suggests that whole-fat dairy products may actually be a better choice. The study, published in *Nutrition Research*, compared the dairy consumption of over 1,300 individuals against obesity measures (including Body Mass Index and waist circumference). The results showed that individuals with the highest levels of whole-fat dairy intake were significantly less likely to be obese.

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