



Public Health Nutrition

Forthcoming papers

Effects of reduced-fat diets with different fatty acid compositions on serum lipoprotein lipids and apolipoproteins

Antti Aro, Pirjo Pietinen, Liisa M Valsta, Anu M Turpeinen, Christian Ehnholm, Rita M Dougherty and James M Iacono

This paper presents the results of a randomized controlled trial in East Finland of the effects on serum lipids of isocalorically replacing saturated fat with different proportions of monounsaturated (MUFA) and polyunsaturated (PUFA) fatty acids. They found that reductions in the intake of total and saturated fatty acids reduced serum LDL-cholesterol and HDL2-cholesterol, irrespective of the relative proportions of MUFA and PUFA in the diets.

Sales data of a supermarket – a tool for monitoring nutrition interventions

Maria Närhinen, Aulikki Nissinen and Pekka Puska

This paper from the University of Kuopio, Department of Community Health and General Practice in Finland, presents results from one of the first attempts to use computerized sales data from supermarkets as a tool to measure the effect of nutrition interventions and to monitor population intake of salt and fat.

Functional foods and health claims: a public health policy perspective

Mark Lawrence and Mike Rayner

Lawrence and Rayner's paper from the British Heart Foundation Health Promotion Research Group based at the University of Oxford proposes a policy framework for the regulation of functional foods and health claims within a public health context. The objective of their paper is to encourage research and development of innovative food products while avoiding an inappropriate medicalization of the general food supply.