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**Fortification of staple foods with vitamin A for vitamin A deficiency.**
Hombali AS. *Cochrane Database of Systematic Reviews* 2019;5:CD010068.
[Vitamin A deficiency is a significant public health problem in many low- and middle-income countries, especially affecting young children, women of reproductive age, and pregnant women. Fortification of staple foods with vitamin A has been used to increase vitamin A consumption among these groups.]

**International survey of De-implementation of initiating parenteral nutrition early in Paediatric intensive care units.**
[Initiating parenteral nutrition (PN) within 24 h in critically ill children is inferior to withholding PN during the first week, as was found in the PEPaNIC study. The aims of this study were to investigate de-implementation of early initiation of PN at PICUs worldwide, and to identify factors influencing de-implementation.]

**Preventive lipid-based nutrient supplements given with complementary foods to infants and young children 6 to 23 months of age for health, nutrition, and developmental outcomes.**
Das JK. *Cochrane Database of Systematic Reviews* 2019;5:CD012611.
[To assess the effects and safety of preventive lipid-based nutrient supplements given with complementary foods on health, nutrition and developmental outcomes of non-hospitalised infants and children six to 23 months of age, and whether or not they are more effective than other foods (including fortified blended foods or micronutrient powders). This review did not assess the effects of LNS as supplementary foods or therapeutic foods in the management of moderate and severe acute malnutrition.]

**Ready-to-use therapeutic food (RUTF) for home-based nutritional rehabilitation of severe acute malnutrition in children from six months to five years of age.**
Schoonees A. *Cochrane Database of Systematic Reviews* 2019;5:CD009000.
[In-hospital rehabilitation of children with severe acute malnutrition is not always desirable or practical - especially in rural settings - and home-based care can offer a better solution. Ready-to-use therapeutic food (RUTF) is a widely used option for home-based rehabilitation, but the findings of our previous review were inconclusive.]

**Techniques of monitoring blood glucose during pregnancy for women with pre-existing diabetes.**
Jones LV. *Cochrane Database of Systematic Reviews* 2019;5:CD009613.
[There are a number of ways of monitoring blood glucose in women with diabetes during pregnancy,
with self-monitoring of blood glucose (SMBG) recommended as a key component of the management plan. No existing systematic reviews consider the benefits/effectiveness of different techniques of blood glucose monitoring on maternal and infant outcomes among pregnant women with pre-existing diabetes. The effectiveness of the various monitoring techniques is unclear.

**Treatment of obesity, with a dietary component, and eating disorder risk in children and adolescents: A systematic review with meta-analysis.**
Jebeile H. *Obesity Reviews* 2019; doi.org/10.1111/obr.12866.

[This review aimed to investigate the impact of obesity treatment, with a dietary component, on eating disorder (ED) prevalence, ED risk, and related symptoms in children and adolescents with overweight or obesity. Structured and professionally run obesity treatment was associated with reduced ED prevalence, ED risk, and symptoms.]

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**Books**

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**Working with people affected by eating disorders: developing skills and facilitating recovery.**

[This book introduces students and professionals, family and friends of people with eating disorders to the key concepts and skills that underpin a holistic and recovery orientated approach to the care of eating disorders. It provides an overview of the main professional practice and ethical issues, which workers are likely to be confronted with in their area of work and family members are likely to face when trying to support loved ones.]

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