

RÉFÉRENCES

Pochette : Fiches pratiques pour les professionnels de santé

1. WHO. Noncommunicable diseases fact sheet. "World Health Organization"; Geneva: 2013
2. BRANCA F. ET AL. "Transforming the food system to fight non-communicable diseases." *BMJ*, 2019; 364:l296.
3. DEVRIES ET AL. "Nutrition Education in Medical School", *Residency Training, and Practice. JAMA*, 2019.
4. CHARLTON, K. E., ET AL. "Sources and credibility of nutrition information among black urban South African women, with a focus on messages related to obesity." *Public Health Nutrition*, 2004; 7(6):801-11
5. LABBE L. «Conseils nutritionnels par le médecin généraliste : attente des patients». *Thèse pour le diplôme d'état de Docteur en Médecine*. 2016. <http://dune.univ-angers.fr/fichiers/20107124/2016MCEM5274/fichier/5274F.pdf>
6. MADERUELO FJA, ET AL. "Effectiveness of Interventions Applicable to Primary Health Care Settings to Promote Mediterranean Diet or Healthy Eating Adherence in Adults: A Systematic Review." *Prev Med*. 2015; 76: 539-55.
7. BROTONS, C, ET AL. 2005. "Prevention and Health Promotion in Clinical Practice: The Views of General Practitioners in Europe." *Preventive Medicine* 40 (5)
8. KUSHNER, R. F. 1995. "Barriers to Providing Nutrition Counseling by Physicians: A Survey of Primary Care Practitioners." *Preventive Medicine* 24 (6)
9. OECD, 2010. "Obesity and the economics of prevention, Fit no fat." <http://www.oecd.org/els/health-systems/obesity-and-the-economics-of-prevention-9789264084865-en.htm>
10. CUNHA AJ. ET AL. "The pediatrician's role in the first thousand days of the child: the pursuit of healthy nutrition and development." *J Pediatr (Rio J)*, 2015; 91(6 suppl 1): S44-51.
11. "United Nations Decade of Action on Nutrition" 2016-2025. <http://www.fao.org/3/a-i6130e.pdf>
12. WHO EUROPE. "European Food and Nutrition Action Plan" 2015-2020. http://www.euro.who.int/__data/assets/pdf_file/0008/253727/64wd14e_FoodNutAP_140426.pdf
13. MINISTÈRE DES SOLIDARITÉS ET DE LA SANTÉ, 2018. "Service sanitaire- Formations en santé au service de la prévention", <http://solidarites-sante.gouv.fr/actualites/presse/dossiers-de-presse/article/dossier-de-presse-le-service-sanitaire>.
14. NHS, 2018. 5 "A Day: what counts?" <https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>
15. NHS, 2018. "Rough guide – Fruit & vegetable portion sizes." https://www.nhs.uk/Livewell/5ADAY/Documents/Downloads/5ADAY_portion_guide.pdf
16. MANGERBOUGER. "Manger 5 fruits et légumes par jour ! C'est quoi une portion de fruits & légumes ?" <http://www.mangerbouger.fr/Les-recommandations/Vos-questions-nos-reponses/Manger-au-moins-5-fruits-et-legumes-par-jour/C-est-quoi-une-portion-de-fruits-legumes>
17. "MangerBouger. Les fruits & légumes : au moins 5 par jour, par exemple 3 portions de légumes et 2 fruits." <http://www.mangerbouger.fr/Les-recommandations/Augmenter/Les-fruits-et-legumes>

Fiche n°1 : F&L - Composants essentiels d'une alimentation saine

1. WHO, 2018. "Healthy diet: Key facts." <https://www.who.int/en/news-room/fact-fiches/detail/healthy-diet>
2. Harvard School of Public Health, 2011. "Healthy Eating Plate." <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>
3. WHO, "NCD mortality and morbidity. Global Health Observatory" (GHO) data, 2019. https://www.who.int/gho/ncd/mortality_morbidity/en/
4. HANSON, M. A., GLUCKMAN, P. D. "Developmental Origins of Health and Disease--Global Public Health Implications.", *Best Pract Res Clin Obstet Gynaecol*. 2015; 29(1):24-31.

5. OECD, 2016. "Health at a Glance Europe 2016. State of Health in the EU cycle."
6. WILLETT WC ET AL. "Current evidence on healthy eating." *Annu Rev Public Health*, 2013; 34:77-95.
7. AUNE D, ET AL. "Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality-a systematic review and dose-response meta-analysis of prospective studies." *Int J Epidemiol*. 2017;46(3):1029-1056.
8. BARKER ET AL. "Developmental Biology: Support Mothers to Secure Future Public Health." *Nature*, 2013; 504 (7479).
9. WHO, 2019. "Increasing fruit and vegetable consumption to reduce the risk of noncommunicable diseases." https://www.who.int/elena/titles/fruit_vegetables_ncds/en/
10. EUROSTAT, 2018. "Fruit and vegetable consumption statistics." https://ec.europa.eu/eurostat/statistics-explained/index.php/Fruit_and_vegetable_consumption_statistics#Consumption_of_fruit_and_vegetables
11. WARDE A, CHENG SL, OLSEN W, SOUTHERTON D. "Changes in the practice of eating: a comparative analysis of time-use. *Acta sociologica*." 2007 Dec; 50(4):363-85.
12. NHS, 2018. 5 "A Day: what counts?" <https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>
13. "MangerBouger. Les fruits & légumes." <https://www.mangerbouger.fr/Les-recommandations/Augmenter/Les-fruits-et-legumes>

Fiche n°2 : Consommation de F&L pendant la grossesse

1. O'BRIEN O.A. ET AL. "Influences on the food choices and physical activity behaviours of overweight and obese pregnant women: A qualitative study." *Midwifery* 2017; 47: 28 – 35.
2. I-WIP COLLABORATIVE GROUP. "Effect of diet and physical activity based interventions in pregnancy on gestational weight gain and pregnancy outcomes: meta-analysis of individual participant data from randomized trials." *BMJ* 2017; 358:j3991.
3. WHO, 2017: "Proper Maternal Nutrition during Pregnancy Planning and Pregnancy" (2017).
4. OREGON HEALTH & SCIENCE UNIVERSITY, "My Pregnancy Plate", 2019.
5. DE COSMI ET AL. "Early Taste Experiences and Later Food Choices. *Nutrients*." 2017; 9(2): 107.
6. BERTOIA ML ET AL. (2015) "Changes in Intake of Fruits and Vegetables and Weight Change in United States Men and Women Followed for Up to 24 Years: Analysis from Three Prospective Cohort Studies." *PLoS Medicine* 12(9): e1001878. <https://doi.org/10.1371/journal.pmed.1001878>
7. BALL L., WILKINSON S. "Nutrition care by general practitioners: Enhancing women's health during and after pregnancy." *The Royal Australian College of General Practitioners*. 2016; 45 (8): 542-547.
8. WALSH, MCGOWAN, MAHONY, FOLEY, MCAULIFFE. "Low glycaemic index diet in pregnancy to prevent macrosomia (ROLO study): randomised control trial." *BMJ* 2012; 345: e5605.
9. BOZZETTO L, ET AL. "Dietary Fibre as a Unifying Remedy for the Whole Spectrum of Obesity-Associated Cardiovascular Risk." *Nutrients*. 2018; 10(7):943.

Fiche n°3 : Comment et pourquoi les F&L contribuent-ils à prévenir les maladies cardiovasculaires ?

1. WHO EUROPE, "Cardiovascular diseases", 2017. <http://www.euro.who.int/en/health-topics/noncommunicable-diseases/cardiovascular-diseases/data-and-statistics>
2. "Transforming European food and drink policies for cardiovascular health", EHN Paper 2017. <http://www.ehnheart.org/publications-and-papers/publications/1093:transforming-european-food-and-drinks-policies-for-cardiovascular-health.html>

- ANSES, 2016. "Actualisation des repères du PNNS: revision des repères de consommations alimentaires" <https://www.anses.fr/fr/system/files/NUT2012SA0103Ra-1.pdf>
- AUNE D, ET AL. "Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality-a systematic review and dose-response meta-analysis of prospective studies." *Int J Epidemiol.* 2017;46(3):1029-1056. doi:10.1093/ije/dyw319
- C. S. C. YIP ET AL, "The association of fruit and vegetable intakes with burden of diseases: a systematic review on Meta-Analyses", *J of The Ac of Nut end Diet.* 2019; 119(3): 464-481.
- ESTRUCH ET AL. Primary Prevention of Cardiovascular "Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts", *N Engl J Med.* 2018; 378:e34.
- BERTOIA ML ET AL. "Changes in Intake of Fruits and Vegetables and Weight Change in United States Men and Women Followed for Up to 24 Years: Analysis from Three Prospective Cohort Studies." *PLoS Medicine.* 2015; 12(9): e1001878. <https://doi.org/10.1371/journal.pmed.1001878>
- RINK SM ET AL. "Self-report of fruit and vegetable intake that meets the 5 a day recommendation is associated with reduced levels of oxidative stress biomarkers and increased levels of antioxidant defense in premenopausal women." *J Acad Nutr Diet.* 2013;113(6):776-85.
- ANSES, Rapport du Groupe de Travail « Fibres », 2017, <https://www.anses.fr/fr/system/files/NUT-Ra-Fibres.pdf>
- MAĐKOWIAK K ET AL. "Dietary fibre as an important constituent of the diet." *Postepy Hig Med Dosw [Online].* 2016; 70:104-9.
- GELEIJNSE JM ET AL. "Blood pressure response to changes in sodium and potassium intake: a metaregression analysis of randomised trials." *J Hum Hypertens.* 2003; 17(7):471-80.
- BROEKMANS WM ET AL. "Fruits and vegetables increase plasma carotenoids and vitamins and decrease homocysteine in humans." *J Nutr.* 2000; 130(6):1578-83.
- P. NAVARRO, ET AL. "Vegetable and Fruit Intakes Are Associated with hs-CRP Levels in Pre-Pubertal Girls." *Nutrients.* 2017; 9(3): 224.

Fiche n°4 : Comment et pourquoi les F&L contribuent-ils à la prévention des cancers ?

- GLOBAL HEALTH ESTIMATES 2016: "Deaths by Cause, Age, Sex, by Country and by Region," 2000-2016. Geneva, World Health Organization; 2018
- WORLD CANCER RESEARCH FUND/AMERICAN INSTITUTE FOR CANCER RESEARCH. "Diet, Nutrition, Physical Activity and Cancer: a Global Perspective. Continuous Update Project Expert Report 2018." Available at dietandcancerreport.org
- GROSSO ET AL. "Possible role of diet in cancer: systematic review and multiple meta-analyses of dietary patterns, lifestyle factors, and cancer risk," *Nutrition Reviews*, Volume 75, Issue 6, June 2017, Pages 405-419, <https://doi.org/10.1093/nutrit/nux012>
- AUNE D, GIOVANNUCCI E, BOFFETTA P, ET AL. "Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality-a systematic review and dose-response meta-analysis of prospective studies." *Int J Epidemiol.* 2017;46(3):1029-1056. doi:10.1093/ije/dyw319

Fiche n°5 : Comment et pourquoi les F&L contribuent-ils à la prévention du diabète de type 2 ?

- WHO Europe. "Diabetes." Data and statistics, 2018. <http://www.euro.who.int/en/health-topics/noncommunicable-diseases/diabetes/data-and-statistics>
- INTERNATIONAL DIABETES FEDERATION (2017). "IDF Diabetes Atlas. 8th edition." www.diabetesatlas.org
- CENTRE EUROPÉEN D'ÉTUDE DU DIABÈTE (2016). "Le diabète en France, en Europe, dans le monde en 2016 : où en est-on ?" <http://ceed-diabete.org/blog/le-diabete-en-france-en-europe-dans-le-monde-en-2016-ou-en-est-on/>
- NADEAU KJ, ET AL. "Youth-onset type 2 diabetes consensus report: current status, challenges, and priorities." *Diabetes Care.* 2016 Sep;39(9):1635-42.
- MAYER-DAVIS EJ, et al. "Incidence trends of type 1 and type 2 diabetes among youths", 2002-2012. *N Engl J Med.* 2017 Apr 13;376(15):1419-29.
- WEGHUBER D. ET AL. "Youth-Onset Type 2 Diabetes Manifestations in other Specialties: Its Many Disguises". *Ann Nutr Metab.* 2019;74(4):339-347.
- NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES (2016). "Risk factors for type 2 diabetes." www.niddk.nih.gov
- TUOMILEHTO J ET AL. "Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance." *New Engl J Med,* 2001; 344(18):1343-50.
- UUSITUPA M. ET AL. "Decreased occurrence of early diabetic retinopathy in lifestyle intervention group of the Finnish Diabetes Prevention Study." *Paper presented at: 54th Annual Meeting of the European Association for the Study of Diabetes; October 1-5, 2018; Berlin.*
- ANSES, 2011. "Actualisation des apports nutritionnels conseillés pour les acides gras." <https://www.anses.fr/fr/system/files/NUT2006sa-0359Ra.pdf>
- WANG PY. ET AL. "Higher intake of fruits, vegetables or their fiber reduces the risk of type 2 diabetes: A meta-analysis." *J Diabetes Investig.* 2016; 7(1): 56-69.
- DU H. ET AL. (2017) "Fresh fruit consumption in relation to incident diabetes and diabetic vascular complications: A 7-y prospective study of 0.5 million Chinese adults." *PLoS Med* 14(4):e1002279. <https://journals.plos.org/plosmedicine/article/file?id=10.1371/journal.pmed.1002279&type=printable>
- BALL SD ET AL. "Prolongation of satiety after low versus moderately high glycemic index meals in obese adolescents." *Pediatrics* 2003, 111(3) : 488-94.
- PAOLISSO G ET AL. Magnesium and glucose homeostasis. *Diabetologia*, 1990 , 33(9):511-4.
- Carbohydrates in human nutrition. Report of a Joint FAO/WHO Expert Consultation. *FAO Food Nutr Pap.* 1998; 66:1-140.
- ATKINSON FS, ET AL. International tables of glycemic index and glycemic load values: 2008. *Diabetes care.* 2008; 31(12). 2281-2283.

RÉFÉRENCES (SUITE)

Fiche n°6 : Diversification alimentaire : la place des F&L

- WHO, **Complementary feeding** https://www.who.int/nutrition/topics/complementary_feeding/fr/
- FEWTRELL M, ET AL. " . **Complementary Feeding: A Position Paper by the European Society for Paediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN)** " *Committee on Nutrition. J Pediatr Gastroenterol Nutr.* 2017; 64(1): 119-132.
- CAROLI M & VANIA A 2015. " **Weaning practices and later obesity.** " *In M.L. Frelut (Ed.), The ECOG's eBook on child and adolescent Obesity.* Retrieved from ebook.ecog-obesity.eu
- BECK AL, ET AL. " **Beliefs and practices regarding solid food introduction among Latino parents in Northern California.** ", *Nutrients*, 2018; 10(8): 1125.
- GRIDNEVA Z ET AL. " **Human Milk Adiponectin and Leptin and Infant Body Composition over the First 12 Months of Lactation.** ", *Eur J Nutr.*, 2017; 56 (4): 1725-1732.
- BREIJ LM ET AL. " **Appetite-regulating hormones in early life and relationships with type of feeding and body composition in healthy term infants.** ", *Eur J Nutr.*, 2017; 56 (4): 1725-1732.
- PICCIANO MF. " **Representative values for constituents of human milk.** " *Ped Clin North Am*, 2001; 48: 1 263-4.
- OMS, 2013. " **Long-term effects of breastfeeding: a systematic review.** "
- TURCK D. ET AL. " **Diversification alimentaire: évolution des concepts et recommandations.** " *Archives de Pédiatrie*, 2015; 22: 457-460.
- " **MangerBouger, la 1^{ère} étape de diversification (6 mois-8 mois)** " : <http://www.mangerbouger.fr/Manger-Mieux/Manger-mieux-a-tout-age/Enfants/De-6-mois-a-3-ans/La-1ere-etape-de-diversification>
- GOLLEY RK, SMITHERS LG, MITTINTY MN, ET AL. " **Diet quality of U.K. infants is associated with dietary, adiposity, cardiovascular, and cognitive outcomes measured at 7-8 years of age.** " *J Nutr.* 2013. 143:1611-7.
- ROBINSON SM, MARRIOTT LD, CROZIER SR, ET AL. " **Variations in infant feeding practice are associated with body composition in childhood: a prospective cohort study.** " *J Clin Endocrinol Metab*, 2009. 94: 2799-805.
- CHAMBERS L. " **Complementary feeding: Vegetables first, frequently and in variety.** " *Nutrition Bulletin*, 2016. 41: 142-146.
- MAIER-NÖTH A, SCHAAL B, LEATHWOOD P, ET AL. " **The lasting influences of early food-related variety experience: a longitudinal study of vegetable acceptance from 5 months to 6 years in two populations.** " *PLoS One*, 2016. 11: e0151356.
- CENTER FOR DISEASE CONTROL AND PREVENTION, 2018. " **When, what, and how to introduce solid foods.** " <https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/when-to-introduce-solid-foods.html>
- " **MangerBouger, la 2^{ème} étape de diversification (9 mois – 12 mois)** " : <http://www.mangerbouger.fr/Manger-Mieux/Manger-mieux-a-tout-age/Enfants/De-6-mois-a-3-ans/La-2eme-etape-de-diversification-9-12-mois>
- GROUPE NDA DE L'EFSA (groupe scientifique de l'EFSA sur la nutrition, les nouveaux aliments et les allergènes alimentaires). **Scientific Opinion on the essential composition of infant and follow-on formulae.** *EFSA J*, 2014. 12: 3760.
- CENTER FOR DISEASE CONTROL AND PREVENTION, 2018. " **Foods and drinks to encourage.** " <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/foods-and-drinks/foods-and-drinks-to-encourage.html>
- OMS, 2001. " **Complementary feeding – Report of the global consultation.** " https://www.who.int/nutrition/publications/Complementary_Feeding.pdf
- AGOSTONI C. ET AL. " **Complementary feeding: a commentary by the ESPGHAN Committee on Nutrition.** " *J Pediatr Gastroenterol Nutr.* 2008. 46(1): 99-110.
- ANSES, 2016. " **Quels laits pour l'alimentation des moins d'un an?** " : <https://www.anses.fr/fr/content/quels-laits-pour-l%E2%80%99alimentation-des-moins-d%E2%80%99un>
- CAMERON SL, HEATH A-LM, TAYLOR RW. " **How feasible is baby-led weaning as an approach to infant feeding? A review of the evidence.** " *Nutrients*, 2012. 4: 1575-609.
- CAROLI M. ET AL. " **Are we sure that baby-led weaning is nutritionally adequate and can prevent childhood obesity?** " *BMJ Open*, 2012 March 12.