

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: S39-55.
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 NutritionAction 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-sheets/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. OECD, 2016. "Health at a Glance Europe 2016. State of Health in the EU cycle."

5. 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.
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>
3. ANSES, 2016. "Actualisation des repères du PNNS: révision des repères de consommations alimentaires" <https://www.anses.fr/fr/system/files/NUT2012SA0103Ra-1.pdf>
4. 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
5. 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 and Diet.* 2019; 119(3): 464-481.
6. R. 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.
7. 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>
8. 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.
9. ANSES, Rapport du Groupe de Travail « Fibres », 2017, <https://www.anses.fr/fr/system/files/NUT-Ra-Fibres.pdf>
10. MADKOWIAK K ET AL. "Dietary fibre as an important constituent of the diet." *Postepy Hig Med Dosw (Online).* 2016; 70:104-9.
11. 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.
12. BROEKMAN W M ET AL. "Fruits and vegetables increase plasma carotenoids and vitamins and decrease homocysteine in humans." *J Nutr.* 2000; 130(6):1578-83.
13. 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 ?

1. GLOBAL HEALTH ESTIMATES 2016: "Deaths by Cause, Age, Sex, by Country and by Region," 2000-2016. *Geneva, World Health Organization;* 2018
2. 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
3. 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>
4. 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 ?

1. WHO Europe. "Diabetes." Data and statistics, 2018. <http://www.euro.who.int/en/health-topics/noncommunicable-diseases/diabetes/data-and-statistics>
2. INTERNATIONAL DIABETES FEDERATION (2017). "IDF Diabetes Atlas. 8th edition." www.diabetesatlas.org
3. 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-diabète-en-france-en-europe-dans-le-monde-en-2016-ou-en-est-on/>
4. NADEAU KJ, ET AL. "Youth-onset type 2 diabetes consensus report: current status, challenges, and priorities. *Diabetes Care.* 2016 Sep;39(9):1635-42.
5. 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.
6. WEGHUBER D, ET AL. "Youth-Onset Type 2 Diabetes Manifestations in other Specialties: Its Many Disguises". *Ann Nutr Metab.* 2019;74(4):339-347.
7. NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES (2016). "Risk factors for type 2 diabetes." www.niddk.nih.gov
8. 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.
9. 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.*
10. ANSES, 2011. "Actualisation des apports nutritionnels conseillés pour les acides gras." <https://www.anses.fr/fr/system/files/NUT2006sa-0359Ra.pdf>
11. 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.
12. 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>
13. BALL SD, ET AL. "Prolongation of satiety after low versus moderately high glycemic index meals in obese adolescents." *Pediatrics* 2003, 111(3) : 488-94.
14. PAOLISSO G, ET AL. Magnesium and glucose homeostasis. *Diabetologia*, 1990 , 33(9):511-4.
15. Carbohydrates in human nutrition. Report of a Joint FAO/WHO Expert Consultation. *FAO Food Nutr Pap.* 1998; 66:1-140.
16. 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

1. OMS. "Alimentation complémentaire." www.who.int/nutrition/topics/complementary_feeding/fr/
2. 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.
3. 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
4. BECK AL, ET AL. "Beliefs and practices regarding solid food introduction among Latino parents in Northern California.", *Nutrients*, 2018; 10(8): 1125.
5. 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.
6. 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.
7. PICCIANO MF. "Representative values for constituents of human milk." *Ped Clin North Am*, 2001; 48: 1 263-4.
8. OMS, 2013. "Long-term effects of breastfeeding: a systematic review."
9. TURCK D, ET AL. "Diversification alimentaire: évolution des concepts et recommandations." *Archives de Pédiatrie*, 2015; 22: 457-460.
10. "MangerBouger, la 1^{ère} étape de diversification (6 mois-8 mois)": www.mangerbouger.fr/Manger-Mieux/Manger-mieux-a-tout-age/Enfants/De-6-mois-a-3-ans/La-1ere-etape-de-diversification
11. GOLLEY RK, 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.
12. ROBINSON SM, 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.
13. CHAMBERS L. "Complementary feeding: Vegetables first, frequently and in variety." *Nutrition Bulletin*, 2016. 41: 142-146.
14. MAIER-NÖTH A, 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.
15. CENTER FOR DISEASE CONTROL AND PREVENTION, 2018. "When, what, and how to introduce solid foods." www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/when-to-introduce-solid-foods.html
16. "MangerBouger, la 2^{ème} étape de diversification (9 mois - 12 mois)": 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
17. 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.
18. 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>
19. OMS, 2001. "Complementary feeding – Report of the global consultation." www.who.int/nutrition/publications/Complementary_Feeding.pdf
20. AGOSTONI C, ET AL. "Complementary feeding: a commentary by the ESPGHAN Committee on Nutrition." *J Pediatr Gastroenterol Nutr*, 2008. 46(1): 99-110.

21. ANSES, 2016. "Quels laits pour l'alimentation des moins d'un an?": www.anses.fr/fr/content/quels-lait-pour-l%E2%80%99alimentation-des-moins-d%E2%80%99un

22. 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.

23. CAROLI M, ET AL. "Are we sure that baby-led weaning is nutritionally adequate and can prevent childhood obesity?" *BMJ Open*, 2012 March 12.

Fiche n°7 : Pourquoi et comment les F&L contribuent à la prévention du surpoids et de l'obésité chez l'adulte

1. HRUBY A, ET AL. "The Epidemiology of Obesity: A Big Picture." *Pharmacoeconomics*. 2015; 33(7): 673 -689.
2. OMS, 2018. "Obésité et surpoids" www.who.int/fr/news-room/factsheets/detail/obesity-and-overweight
3. OMS EUROPE, 2020. "Data and statistics." www.euro.who.int/en/health-topics/noncommunicable-diseases/obesity/data-and-statistics
4. INSERM, 2019. "Obésité une maladie des tissus adipeux." www.inserm.fr/information-en-sante/dossiers-information/obesite
5. WORLD OBESITY FEDERATION, 2019. "Causes of Obesity." www.worldobesity.org/about/about-obesity/causes-of-obesity
6. MANGERBOUGER. "L'activité physique : c'est tous les jours ?" www.mangerbouger.fr
7. DURRER-SCHUTZ D, ET AL. "European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care." *Obes Facts*, 2019; 12(1):40-66.
8. L'ASSURANCE MALADIE (2019). "Surpoids ou obésité de l'adulte : modifier son quotidien." En ligne : www.ameli.fr
9. OMS, 2018. "Alimentation saine." www.who.int/fr/news-room/factsheets/detail/healthy-diet
10. WHO/FAO, 2004. "Fruit and vegetables for health." *Report of a Joint FAO/WHO Workshop*. https://apps.who.int/iris/bitstream/handle/10665/43143/9241592818_eng.pdf?sequence=1
11. BERTOIA M, 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 Med.*, 2015; 12(9): e1001878.
12. DREWNOWSKI A, ET AL. "Dietary energy density and body weight: is there a relationship?" *Nutr Rev*. 2004; 62:403-13.
13. HOWARTH NC, ET AL. "Dietary fiber and weight regulation." *Nutr Rev*, 2001. 59:129-139.
14. LUDWIG DS, ET AL. "The glycemic index: physiological mechanisms relating to obesity, diabetes and cardiovascular disease." *JAMA*, 2002. 287: 2414 -2423.
15. EBBELING CB, ET AL. "Effects of dietary composition on energy expenditure during weight-loss maintenance." *JAMA*, 2012; 307: 2627 -2634.
16. WEDICK NM, ET AL. "Dietary flavonoids intakes and risk of type 2 diabetes in US men and women." *Am J Clin Nutr*, 2012; 95: 925 -933.
17. GEURTS L, ET AL. "Gut microbiota controls adipose tissue expansion, gut barrier and glucose metabolism: novel insights into molecular targets and interventions using prebiotics." *Benef Microbes*, 2014, 5: 3 -17.

Fiche n°8 : Pourquoi et comment les F&L contribuent à la prévention de l'obésité infantile

1. HRUBY A, ET AL. "The Epidemiology of Obesity: A Big Picture." *Pharmacoeconomics*. 2015; 33(7): 673 -689.
2. WEIHRAUCH-BLÜHER S, ET AL. "Current Guidelines for Obesity Prevention in Childhood and Adolescence" *Obes Facts*, 2018;11:263-276
3. VALERIO G, ET AL. "Diagnosis, treatment and prevention of pediatric obesity: consensus position statement of the Italian Society for Pediatric Endocrinology and Diabetology and the Italian Society of Pediatrics. *Ital J Pediatr.*" 2018; 44:8
4. OMS, 2018. "Obésité et surpoids" www.who.int/fr/news-room/fact-sheets/detail/obesity-and-overweight
5. OMS EUROPE. "Data and statistics." www.euro.who.int/en/health-topics/noncommunicable-diseases/obesity/data-and-statistics
6. OMS, 2019. "Commission sur les moyens de mettre fin à l'obésité de l'enfant." www.who.int/end-childhood-obesity/facts/fr/
7. DANIELS SR, ET AL. "The role of the pediatrician in primary prevention of obesity." *Pediatrics*. 2015; 136(1): 275 -292.
8. SUTARIA S, SAXENA S. "How Can Family Physicians Contribute to Ending Childhood Obesity?" *Fam Med*. 2019;51(4):308-310.
9. RITO AL, ET AL. "Characteristics at Birth, Breastfeeding and Childhood Obesity in Europe." *Obes Facts*. 2019;12:226-243.
10. HARVARD. "Early Child Care Obesity Prevention Recommendations: Complete List."
11. FOLKVORD F. "Systematically testing the effects of promotion techniques on children's fruit and vegetables intake on the long term: a protocol study of a multicenter randomized controlled trial." *BMC Public Health*. 2019; 19[1578].
12. PNNS. Site mangerbouger.fr – Bien manger – Le bon rythme des repas. mangerbouger.fr/bien-manger/que-veut-dire-bien-manger-127-le-bon-rythme-des-repas.html
13. WHO/FAO, 2004. "Fruit and vegetables for health." *Report of a Joint FAO/WHO Workshop*.
14. WILLETT WC, ET AL. "Current evidence on healthy eating." *Annu Rev Public Health*, 2013; 34:77-95.
15. PANDITA A, ET AL. "Childhood obesity: prevention is better than cure." *Diabetes Metab Syndr Obes.*, 2016; 9: 83 -89.
16. AMERICAN ACADEMY OF PEDIATRICS. "Healthy Children" www.healthychildren.org
17. RIOUX C, ET AL. "Food rejection and the development of food categorization in young children." *Cognitive Development*, 2016; 40: 163-177.
18. ALLIROT X, ET AL. "Involving children in cooking activities: A potential strategy for directing food choices toward novel foods containing vegetables." *Appetite*, 2016; 103:275-285.
19. ALLIROT X, ET AL. "Shopping for food with children: A strategy for directing their choices toward novel foods containing vegetables." *Appetite*, 2018; 120:287-296.

Fiche n°9 : Comment faire face à l'environnement alimentaire obésogène ?

1. NICOLAIDIS S. "Environment and obesity." *Metabolism*. 2019; 100S: 153942.
2. HRUBY A, ET AL. "The Epidemiology of Obesity: A Big Picture." *Pharmacoeconomics*, 2015; 33(7): 673 -689.
3. RIDEOUT K, ET AL. "Food Environments: An Introduction for Public Health Practice." *National Collaborating Centre for Environmental Health*, 2015.
4. RENDINA D, ET AL. "Methodological approach to the assessment of the obesogenic environment in children and adolescents: A review of the literature." *Nutr Metab Cardiovasc Dis.*, 2019; 29(6):561-571.

5. DANIELS SR, ET AL. "The role of the pediatrician in primary prevention of obesity." *Pediatrics*, 2015; 136(1): 275 -292.
6. SUTARIA S. "How Can Family Physicians Contribute to Ending Childhood Obesity?" *Fam Med*. 2019;51(4):308-310
7. OMS, 2018. "Obésité et surpoids." www.who.int/fr/news-room/fact-sheets/detail/obesity-and-overweight
8. FAO, 2020. "Healthy food environment and school food." www.fao.org/school-food/areas-work/food-environment/fr/
9. HARVARD SCHOOL OF PUBLIC HEALTH, 2020. "Worksite Obesity Prevention Recommendations: Complete List." www.hspph.harvard.edu
10. AMERICAN ACADEMY OF PEDIATRICS. "Healthy Children." www.healthychildren.org
11. BOYLAND E. "Unhealthy food marketing techniques and food consumption impact." *Communication présentée à : EGEA 2018 : Nutrition & Santé : de la science à la pratique, 7 au 9 novembre 2018, LYON.*
12. BOYLAND E, ET AL. "See it, want it, buy it, eat it: How food advertising is associated with unhealthy eating behaviours in 7-11 year old children." *Cancer Research UK*, 2018.
13. VAN KANN D. "Little beasts in townHow environment and urbanization can drive children's health." *Communication présentée à : EGEA 2018 : Nutrition & Santé : de la science à la pratique, 7 au 9 novembre 2018, LYON.*
14. CASS SJ, ET AL. "Passive interventions in primary healthcare waiting rooms are effective in promoting healthy lifestyle behaviours: an integrative review." *Australian Journal of Primary Health.*, 22(3) 198-210.
15. DURRER-SCHUTZ D, ET AL. "European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care." *Obes Facts.*, 2019; 12(1):40-66.
16. THE MAYO CLINIC DIET. "Make healthy choices at any restaurant." <https://diet.mayoclinic.org>
17. ZURAIKAT F. "Opposing the Power of Portion Size: Testing Strategies to Moderate the Portion Size Effect." *ETDA*, 2018.
18. SALOMÉ PA. "Don't Go Grocery Shopping When Hungry!" *Systemic Signaling in Zinc Homeostasis. Plant Cell Advance Publication*, 2018.
19. HUTCHINSON CA. "Grocery shopping for your health." *BU Well*, 2017; 2:11-12.

Fiche n°10 : Relation médecins généralistes - diététiciens: les clés d'une collaboration réussie

1. LIM S, ET AL. "A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010." *Lancet*. 2012; 380:2224-2260.
2. MITCHELL LJ, ET AL. "Effectiveness of Dietetic Consultations in Primary Health Care: A Systematic Review of Randomized Controlled Trials." *Journal of the Academy of Nutrition and Dietetics*, 2017; 117(12):1941-1962.
3. OCDE, 2010. "L'obésité et l'économie de la prévention : Objectif santé." www.oecd.org/els/health-systems/obesity-and-the-economics-of-prevention-9789264084865-en.htm
4. ABOUEID S, ET AL. "A Systematic Review of Interprofessional Collaboration for Obesity Management in Primary Care, A Focus on Dietetic Referrals." *JRIPE*, 2018; 8(1).
5. BVA. "Contrepoints de la santé du 19 février 2019 : Études de santé, recherche et innovation pour transformer le système de santé."
6. BROTONS C, ET AL. "Beliefs and attitudes to lifestyle, nutrition and physical activity: the views of patients in Europe" *Fam Pract.*, 2012;29(1):49-55.
7. PEREIRA MIOZZARI AC, ET AL. "Collaboration between primary care physicians and dieticians: let's sit around the table !" *Rev Med Suisse.*, 2011; 7(310):1877-80.



8. EFAD. 2017. "Strategic Plan." www.efad.org/en-us/about-efad/strategic-plan/
9. DELAHANTY LM. "Research charting a course for evidence-based clinical dietetic practice in diabetes." *Journal of the Academy of Nutrition and Dietetics*, 2010; 23(4):360-370.
10. Brotons, C, et al. Prevention and Health Promotion in Clinical Practice: The Views of General Practitioners in Europe. *Preventive Medicine*. 2005; 40 (5).
11. KOLASA KM, ET AL. "Barriers to providing nutrition counseling cited by physicians: a survey of primary care practitioners." *Nutr Clin Pract.*, 2010 ; 25(5):502-9.
12. AGGARWAL M, ET COLL. "The Deficit of Nutrition Education of Physicians." *Am J Med.*, 2018;131(4):339-345.
13. WALL RC. "The contribution of dietitians to the primary health care workforce." *J Prim Health Care.*, 2015; 7(4):324-332.
14. TOL J, ET AL. 2015. "Dietetics and weight management in primary health care." https://pure.uvt.nl/ws/files/8727409/Tol_Dietetics_06_11_2015.pdf.
15. LIBERT T. "Fostering collaboration between General Practitioners and Dietitians to improve nutritional patient care." *Communication présentée à : EGEA 2018 : Nutrition & Santé : de la science à la pratique, 7 au 9 novembre 2018, LYON.*
16. ADAMSKI M, ET AL. "Are doctors nutritionists? What is the role of doctors in providing nutrition advice?" *Nutrition Bulletin.*, 2018; 43:147-152.
17. MITCHELL LJ, ET AL. "Increasing dietetic referrals: Perceptions of general practitioners, practice nurses and dietitians." *Journal of nutrition and dietetics*, 2012; 69(1):32-38.
- 6.EFSA. "Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to vitamin A and cell differentiation (ID 14), function of the immune system (ID 14), maintenance of skin and mucous membranes (ID 15, 17), maintenance of vision (ID 16), maintenance of bone (ID 13, 17), maintenance of teeth (ID 13, 17), maintenance of hair (ID 17), maintenance of nails (ID 17), metabolism of iron (ID 206), and protection of DNA, proteins and lipids from oxidative damage (ID 209) pursuant to Article 13(1) of Regulation (EC) No 1924/2006 on request from the European Commission." *EFSA Journal* 2009; 7(9):1221. [25 pp.]. doi:10.2903/j.efsa.2009.1221. Available online: www.efsa.europa.eu
7. CARR AC., MAGGINI S. "Vitamin C and Immune Function." *Nutrients.* 2017; 9 (11): 1211.
8. MIKKELSEN K., APOSTOLOPOULOS V. "Vitamin B12, Folic Acid, and the Immune System." *Nutrition and Immunity.* 2019; 103-114.
9. HUANG Z, LIU Y., QI G., BRAND D., ZHENG SG. "Role of Vitamin A in the Immune System." *Journal of Clinical Medicine.* 2018; 7(9):258.
10. Office of Disease Prevention and Health Promotion, 2016. "Dietary Guidelines for Americans 2015-2020 (8th edition) — For Professionals: Talk to Your Patients & Clients About Healthy Eating Patterns." https://health.gov/dietaryguidelines/2015/resources/DGA_Conversation-Starters.pdf
11. WILLETT WC, ET AL. "Current evidence on healthy eating." *Annu Rev Public Health*, 2013; 34:77-95.
12. VALCKE M, ET AL. "Human health risk assessment on the consumption of fruits and vegetables containing residual pesticides: A cancer and non-cancer risk/benefit perspective." *Environment International*, 2017; 108:63-74.
13. "Increasing fruit and vegetable consumption to reduce the risk of noncommunicable diseases." www.who.int/elena/titles/fruit_vegetables_ncds/en/

Fiche n°11 : À quel moment aborder la nutrition lors des consultations avec les patients ?

1. WHO EMRO, 2019. "Health promotion and disease prevention through population-based interventions, including action to address social determinants and health inequity." <http://www.emro.who.int/about-who/public-health-functions/health-promotion-disease-prevention.html>
2. GOLDBERG DM, ET AL. "Factors influencing U.S. physicians' decision to provide behavioral counseling." *Prev Med*, 2019; 119: 70-76.
3. LECERF JM. "How should nutritional advice be administered during a routine consultation?" *Lecture presented at: egea 2018: nutrition & health – from science to practice, 7 to 9 november 2018, Lyon.*
4. EFSA. "Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to vitamin C and protection of DNA, proteins and lipids from oxidative damage (ID 129, 138, 143, 148), antioxidant function of lutein (ID 146), maintenance of vision (ID 141, 142), collagen formation (ID 130, 131, 136, 137, 149), function of the nervous system (ID 133), function of the immune system (ID 134), function of the immune system during and after extreme physical exercise (ID 144), non-haem iron absorption (ID 132, 147), energy yielding metabolism (ID 135), and relief in case of irritation in the upper respiratory tract (ID 1714, 1715) pursuant to Article 13(1) of Regulation (EC) No 1924/2006 on request from the European Commission." *EFSA Journal* 2009; 7(9):1226. [28 pp.]. doi:10.2903/j.efsa.2009.1226. Available online: www.efsa.europa.eu
5. EFSA. "Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to folate and blood formation (ID 79), homocysteine metabolism (ID 80), energy yielding metabolism (ID 90), function of the immune system (ID 91), function of blood vessels (ID 94, 175, 192), cell division (ID 193), and maternal tissue growth during pregnancy (ID 2882) pursuant to Article 13(1) of Regulation (EC) No 1924/2006 on request from the European Commission." *EFSA Journal* 2009; 7(9):1213. [22 pp.]. doi:10.2903/j.efsa.2009.1213. Available online: www.efsa.europa.eu