

# [FOOD, MEDICINE & HEALTH]

Co-Founders/Contributing Editors: Roger Clemens, DrPH, Peter Pressman, MD

## Food Technology

---

2016	Raspberry Ketone Weight Loss Hype Not Substantiated	November
	Dispelling a Myth About Cabbage Leaves	September
	Saturated Confusion	August
	Swallowing the Consequences of Dysphagia	July
	Plant Lectins: Toxic or Therapeutic?	June
	Asthma, Allergy, and the Microbiome	May
	Botanicals and Herbs: Food or Medicine?	April
	Coloring Clean Labels?	March
	Filtering Scientific Noise: Colorectal Cancer and Red/Processed Meat	February
	Understanding the Difference Between Hazard and Risk	January
2015	Gene Silencing Technology and Food: RNA Interference Is Coming of Age	December
	Risks of Melatonin Use in Children	November
	Tocotrienols—Variations on the Vitamin E Story	October
	ARFID: A New Eating Disorder Classification	September
	Vanillin: More Than Just a Favorite Flavoring?	August
	Do Apples Yield a Bountiful Harvest of Health Benefits?	July
	Getting to the Core of Communicating Science	June
	Scientific Creativity, Courage, and Cancer	May
	The Emergence of Cellular Nutrition to Fight Cancer	April
	Nutrition Support in Pediatric Cancer	March
	Your Steak Is Safe to Eat	February
	Which Is Best: Food or Dietary Supplements?	January
2014	Carrageenan—A Creamy Controversy?	December
	6.4 Trillion Calories and Counting	November
	Viruses: Cancer Causes or Cures?	October
	A Perspective on Ebola and Public Health Issues in Africa	September
	The ‘Humanization’ of Pet Food	August
	Thinking Clearly About Brain Health	July
	A Decade of Commitment: More to Come	June
	Elimination Diets: Do We Know Enough?	May
	Food Pharmacology	April
	The Benefits of Biomaterials for Food Packaging and More	March
	Connecting the Dots: Sustainability, Diet, and Health	February
	Emerging Approaches to Addressing Iron Insufficiency	January
2013	A Major Obstacle in the Path of Clinical Nutrition Research	December
	Guiding Product Recall Strategy with Probabilistic Modeling	November
	Using Galacto-Oligosaccharides to Improve Lactose Tolerance	October
	Grains, Carbohydrates, and the Brain	September
	Outside-the-Gut Nutrition	August
	Needs of Transplant Patients Challenge Food Professionals	July
	Carbs are Bad? Think Again	June
	The Science Behind Disordered Eating Drives	May
	Is there a Milk-Mucus Connection?	April
	A Fresh Look at Processed Foods	March
	Nutrition Support and Cancer	February
	Food Science and the Elimination of Nutrient Deficiencies	January

# [FOOD, MEDICINE & HEALTH]

Co-Founders/Contributing Editors: Roger Clemens, DrPH, Peter Pressman, MD

## Food Technology

2012	<b>Dietary Phosphorus: A New Health Target</b>	December
	<b>Re-examining the Energy Value of Food</b>	November
	<b>Sorghum: An Ancient Grain with Present-Day Benefits</b>	October
	<b>Impact of Grain Hybridization on Celiac Disease</b>	September
	<b>Dietary Energy Density and Weight Loss</b>	August
	<b>Delving More Deeply into Nutrition and Athletic Performance</b>	July
	<b>Nutrition, Hydration: Principles for Optimal Athletic Performance</b>	June
	<b>The Consumer as CEO: Health and Nutrition Is a Priority</b>	May
	<b>Here's to Your Skin Health</b>	April
	<b>Glycomacropeptide Provides a 'Whey' Forward for PKU</b>	March
	<b>Evaluating Dietary Interventions for the Management of Multiple Sclerosis</b>	February
	<b>Exceptions to the New Dietary Ingredient Notification Requirement: Utilizing GRAS as a Path Forward</b>	January
2011	<b>From Auld Lang Syne to New Food Science and Technologies</b>	December
	<b>To Bee or Not to Be</b>	November
	<b>Flow-Mediated Dilation, Nutrition, and the Endothelium</b>	October
	<b>The Other Genome</b>	September
	<b>Policing Ourselves: Is GRAS Robust Enough?</b>	August
	<b>The Behavioral Economics of Dieting</b>	July
	<b>Breaking Barriers to Fluid Milk Consumption in Older Adults</b>	June
	<b>A Common Disease with Potentially Deadly Consequences</b>	May
	<b>Jumping the Indifference Curve on Nutrition</b>	April
	<b>Breakfast—The Meal of Health</b>	March
	<b>Dietary Guidelines May Produce Unintended Health Consequences</b>	February
<b>The Role of Nanotechnology in Feeding the World</b>	January	
2010	<b>Shrinking the Malnutrition Map</b>	December
	<b>Antioxidants: Beyond the Benefits</b>	November
	<b>Protein and Peace: The Stabilizing Power of Food and Nutrition</b>	October
	<b>Melatonin Enlightens Mediterranean-style Diets</b>	September
	<b>Pet Food—Ensuring Health in the Kennel</b>	August
	<b>Can Diet Help Treat Polycystic Ovarian Syndrome?</b>	July
	<b>Managing Magnesium in a Sodium-Dominant Era</b>	June
	<b>Advancing Our Understanding of Food Allergies</b>	May
	<b>Pinpointing Olive Oil's Healthful Attributes</b>	April
	<b>Reaching to Soy for Cancer Resolution</b>	March
	<b>The Great Milk Peptide Debate</b>	February
2009	<b>Feeding Your Genes</b>	December
	<b>Metabolic Syndrome and Genetics</b>	November
	<b>Metabolic Syndrome: Children at Risk</b>	October
	<b>Statins and Vitamin D – Conflict or Concord?</b>	September
	<b>A Changing Perspective on Saturated Fat</b>	August
	<b>Promising Beta-Glucans</b>	July
	<b>Dissecting Low-Carbohydrate Diets</b>	June
	<b>Dietary Interventions Assist in HIV Management</b>	May
	<b>Potato Power: The Humble Tuber Helps Promote Food Security</b>	April
	<b>Choline – At the Intersection of Brain Development and Health</b>	March
	<b>Boning Up on Vitamin K</b>	February
<b>Preventing Muscle Poverty</b>	January	

# [FOOD, MEDICINE & HEALTH]

Co-Founders/Contributing Editors: Roger Clemens, DrPH, Peter Pressman, MD

## Food Technology

2008	Catering to <b>Gluten Sensitive Consumers</b>	December
	Exploring <b>Satiety Signals</b>	November
	<b>Fishing</b> for Better Health	October
	Examine the Effects of Perchlorate on <b>Thyroid Function</b>	September
	<b>Needle-free Immunization</b> for the Next Generation	August
	Reasons to <b>Rise and Shine</b> for Breakfast	July
	<b>A Juicy Approach</b> to Health	June
	<b>Ageing Eyes:</b> Envision the Opportunity	May
	<b>Immunonutrition:</b> Applications in Health Management	April
	Rethinking <b>Your Mind's Age</b>	March
	Spirits and <b>the Common Cold</b>	February
	<b>Biomarkers:</b> Evidence of Benefit	January
	2007	HFCS – <b>A Sticky Matter</b>
Oxidative Stress: <b>Defense or Disease</b>		November
Food and <b>Alzheimer's Disease</b>		October
More on <b>Methylation &amp; Cancer</b>		September
<b>The Mushrooming</b> Health Benefits of Fungi		August
<b>Methylation:</b> An Important Link between Food and Cancer		July
Vitamin D: <b>The Sunshine Hormone</b>		June
A Bite into the <b>Diseases of Our Time</b>		May
Lost in <b>Spice</b>		April
<b>Tryptophan</b> and Appetite		March
Breaking with <b>Western Tradition</b>		February
<b>Coffee and Health:</b> Surprisingly 'Good News'		January
2006		Comfort and <b>Mood Foods</b>
	Heyday in <b>Grain Land</b>	November
	<b>Energy</b> Conundrum	October
	<b>Just a Pinch,</b> Please	September
	<b>Medical Foods</b> and Irritable Bowel Syndrome	August
	<b>Beyond Statins:</b> Modulating Inflammation	July
	The Struggle to <b>Defeat Cancer</b>	June
	Epigenetics: <b>Influencing Health Inheritance</b>	May
	<b>Bioterrorism:</b> Not a Dead Issue	April
	<b>Women's Health</b> – Fat Chance?	March
	<b>Attaining Good Health</b> Is Not Magic	February
	The Road to <b>Diabetes</b>	January

# [FOOD, MEDICINE & HEALTH]

Co-Founders/Contributing Editors: Roger Clemens, DrPH, Peter Pressman, MD

## Food Technology

2005	Doubts About <b>Vitamin B Fortification</b>	December
	<b>Avian Flu:</b> Chicken Little, Owl Wise	November
	Is <b>C-Reactive Protein</b> a Valid Biomarker	October
	<b>Chocolate</b> and Affairs of the Heart	September
	<b>Fighting Obesity:</b> Surgery or Lifestyle Modification?	August
	<b>Food Craving:</b> A Signal of the Heart, Head, or Heritage?	July
	<b>My Pyramid</b> Adds New Dimension to Food Guidance	June
	<b>Detox Diets</b> Provide Empty Promises	May
	<b>Hyperhydration</b> – Can Too Much Fluid Hurt?	April
	<b>The Dietary Guidelines:</b> Where Food Science and Nutrition Converge	March
	<b>Soy Protein</b> and Women’s Health	February
	<b>Probiotics</b> and Lessons Learned from Vitamin C	January
2004	<b>Nutrigenomics:</b> From Nutrition to Genes	December
	<b>Dietary Antioxidants</b> – Risk or Relief?	November
	Dietary Supplements and <b>Sports Performance</b>	October
	<b>Men’s Health</b> – An Opportunity for the Food Industry	September
	Is <b>Glucosamine</b> a Remedy or a Risk?	August
	Clinical Value of <b>Glycemic Index</b> Unclear	July
	<b>Low-Carb Craze</b> Unwarranted	June

---