Reference List

Rethinking Restrictive Diets: Helping Clients with Food Sensitivities Navigate a More Varied Diet for Improved Success

by Erin Palinski-Wade, RD, CDE, CPT, sponsored and accredited by The a2 Milk Company

References:

- Jaworski M, Panczyk M, Śliwczyński AM, et al. A ten-year longitudinal study of prevalence of eating disorders in the general Polish type 2 diabetes population. *Med Sci Monit*. 2018;24:9204-9212.
- Wróblewska B, Szyc AM, Markiewicz LH, Zakrzewska M, Ramoszko E. Increased prevalence of eating disorders as a biopsychosocial implication of food allergy. *PLoS One*. 2018;13(6):e0198607.
- 3. Kirby M, Danner E. Nutritional deficiencies in children on restricted diets. *Pediatr Clin North Am*. 2009;56(5):1085-1103.
- Calton JB. Prevalence of micronutrient deficiency in popular diet plans. *J Int Soc Sports Nutr*. 2010;7:24.
- Robbins KA, Uygungil B. Nutritional deficiencies and food allergy. J Allergy Clin Immunol Pract. 2017;5(2):528-529.
- Jaworski M, Panczyk M, Cedro M, Kucharska A. Adherence to dietary recommendations in diabetes mellitus: disease acceptance as a potential mediator. *Patient Prefer Adherence*. 2018;12:163-174.
- Study finds that adherence to diet, not type of diet, more important factor for losing weight. ScienceDaily website. <u>https://www.sciencedaily.com/releases/2005/01/050111122137.htm</u>. Published January 14, 2005.
- 8. Nelson M, Ogden J. An exploration of food intolerance in the primary care setting: the general practitioner's experience. *Soc Sci Med*. 2008;67(6):1038-1045.
- US Department of Health and Human Services; US Department of Agriculture. Dietary Guidelines for Americans 2015–2020: Eighth Edition. https://health.gov/dietaryguidelines/2015/guidelines/. Published January 7, 2016.
- 10. He M, Sun J, Jiang ZQ, Yang YX. Effects of cow's milk beta-casein variants on symptoms of milk intolerance in Chinese adults: a multicentre, randomised controlled study. *Nutr J*. 2017;16(1):72.
- 11. Jianqin S, Leiming X, Lu X, Yelland GW, Ni J, Clarke AJ. Effects of milk containing only A2 beta casein versus milk containing both A1 and A2 beta casein proteins on gastrointestinal physiology, symptoms of discomfort, and cognitive behavior of people with self-reported intolerance to traditional cows' milk. *Nutr J*. 2016;15:35.
- 12. Asledottir T, Le T, Petrat-Melin B, Devold TG, Larsen LB, Vegarud GE. Identification of bioactive peptides and quantification of β -casomorphin-7 from bovine β -casein A1, A2 and I after ex vivo gastrointestinal digestion. *Int Dairy J*. 2017;71.