British Journal of Nutrition

Volume 101, 2009 ISSN: 0007-1145

Publishing, Production, Marketing, and Subscription Sales Office:

Cambridge University Press The Edinburgh Building Shaftesbury Road Cambridge CB2 8RU, UK

For Customers in North America:

Cambridge University Press Journals Fullfillment Department 100 Brook Hill Drive West Nyack New York 10994-2133 USA

Publisher: Katy Christomanou

Special sales and supplements:

This Journal accepts relevant advertisements and inserts. We also provide bulk reprints of suitable papers to meet teaching or promotional requirements. The journal also publishes supplements on behalf of academic and corporate collaborators. Please contact Katy Christomanou at the Cambridge address for further details. E-mail: kchristomanou@cambridge.org

Subscription information:

British Journal of Nutrition is an international journal published by Cambridge University Press on behalf of The Nutrition Society. The twelve issues starting January 2009 comprise Volume 101, the twelve issues starting July 2009 comprise Volume 102.

Annual subscription rates:

Volumes 101/102 (24 issues): Internet/print package £917/\$1788/€1469 Internet only: £803/\$1566/€1283 Print only: £874/\$1704/€1420

Any **supplements** to this journal published in the course of the annual volume are normally supplied to subscribers at no extra charge.

Back volumes are available. Please contact Cambridge University Press for further information.

Claims for non-receipt of journal issues will be considered on their merit and only if the claim is received within six months of publication. Replacement copies

supplied after this date will be chargeable.

US POSTMASTERS: please send address corrections to *British Journal of Nutrition*, Cambridge University Press, 100 Brook Hill Drive, West Nyack, New York 10994-2133.

Directions to Contributors are available from the Society at the address below or can be found on the Society's website at http://www.nutritionsociety.org (an abbreviated Notes for Authors can be found inside the back cover).

Offprints: The author (or main author) of an accepted paper will receive a copy of the PDF file and a voucher copy of the issue in which their paper has been published. There will be an option to purchase paper offprints, these should be ordered at proof stage. No page charges are levied by this journal.

Copyright: As of 1 July 2000 the copyright of all articles submitted to *British Journal of Nutrition* are retained by the authors or their institutions. For articles prior to this date permission for reproduction of any part of the journal (text, figures, tables or other matter) in any form (on paper, microfiche or electronically) should be sought directly from the Society, at: The Publications Office, The Nutrition Society, 10 Cambridge Court, 210 Shepherds Bush Road, Hammersmith, London W6 7NJ, UK.

Disclaimer: The information contained herein, including any expression of opinion and any projection or forecast, has been obtained from or is based upon sources believed by us to be reliable, but is not guaranteed as to accuracy or completeness. The information is supplied without obligation and on the understanding that any person who acts upon it or otherwise changes his/her position in reliance thereon does so entirely at his/her own risk. Neither the Society nor Cambridge University Press accepts responsibility for any trade advertisement included in this publication.

This journal is printed on acid-free paper from renewable sources. Printed in the UK by Bell & Bain Ltd., Glasgow.

British Journal of Nutrition is covered in Current Contents®/Agriculture, Biology & Environmental Sciences, SciSearch®, Research Alert®, Current Contents®/Life Sciences, Index Medicus® (MEDLINE®), AGRICOLA®, CAB Abstracts™, Global Health, BIOSIS® Database, EMBASE/Excerpta Medica and Elsevier BIOBASE/Current Awareness in Biological Sciences, CINAHL, and Chemical Abstracts Service.



19th International Congress of Nutrition Nutrition Security for All 4-9 October 2009 - Bangkok, Thailand Bangkok International Trade and Exhibition Centre







Nutrition Security for All



Deadline for Early-bird registration

July 2009

Global Efforts towards Achieving the MDGs and Nutrition Well-being Dr. Ala Alwan, World Health Organization,

Agriculture, Food Supply Systems and Trade for Nutrition Security Speaker to be confirmed

Molecular Genetics, Environment, and Diet-Related Diseases

Prof. Gordon H. Williams, Harvard Medical School, USA

Global Partnerships for Combating **Obesity and Chronic Diseases**

Prof. Srinath Reddy, Public Health Foundation of India, and Prof. Phillip James, International Obesity Task Force, Public Health Policy Group, UK

Nutrition, Lifestyle and Cancer Prof. John Milner, National Cancer Institute,

Nutrition as a Sound Investment for **Human Capital**

Prof. Juan Rivera, Instituto Nacional de Salud Publica, Mexico, and Prof. Susan Horton, Wilfrid Laurier University, Canada

- Nutritionists
- · Dieticians
- · Public health and disease prevention specialists
- Diabetologists
- · Pediatricians
- · Infectious disease specialists
- · Cardiovascular disease specialists
- · HIV specialists
- · Obesity specialists
- · Maternal healthcare specialists
- · Policy makers
- · Research and development
- Non Governmental Organizations
- · Educational Institutions
- · Food companies
- Pharmaceutical companies
- · Laboratory equipment companies
- · Suppliers and importers of nutrition medical devices
- · Medical products and system manufacturers

Register now for the ICN 2009 Conference and Exhibition, where food and nutrition specialists from all corners of the world meet. Online registration opens on 1 March 2009

Keynote Speaker



Dr. Tadataka Yamada, President, Global Health Program, Bill & Melinda Gates Foundation, USA

Addressing Nutrition and Health Challenges for the 21st Century

- · Leading food and nutrition companies, research and development companies and suppliers of nutrition medical devices
- · Free exhibition entry for Congress delegates
- · Show dates 5-9 October 2009

LAST EXHIBITION SPACE NOW BEING SOLD

Contact us now to book your booth naomi@asiacongress.com TO REGISTER AND VIEW THE LATEST CONFERENCE PROGRAM,

visit www.icn2009.com

Platinum:

















Official Media Partner:

Nutrition& Metabolism







CAMBRIDGE

JOURNALS



Proceedings of the Nutrition Society

Published on behalf of The Nutrition Society

Proceedings of the Nutrition Society

is available online at: http://journals.cambridge.org/pns

To subscribe contact Customer Services

in Cambridge:

Phone +44 (0)1223 326070 Fax +44 (0)1223 325150 Email journals@cambridge.org

in New York:

Phone (845) 353 7500 Fax (845) 353 4141 Email subscriptions_newyork@cambridge.org

Editor-in-Chief

C. J. Newbold, Institute of Rural Science, University of Wales Aberystwyth, UK

Proceedings of the Nutrition Society publishes papers and abstracts presented by members and invited speakers at the scientific meetings of The Nutrition Society. The journal provides an invaluable record of the scientific research currently being undertaken, contributing to 'the scientific study of nutrition and its application to the maintenance of human and animal health.'

Price information is available at: http://journals.cambridge.org/pns

Free email alerts

Keep up-to-date with new material – sign up at http://journals.cambridge.org/alerts

For free online content visit: http://journals.cambridge.org/pns



CAMBRIDGE

JOURNALS



Nutrition Research Reviews

Published on behalf of The Nutrition Society

Nutrition Research Reviews

is available online at: journals.cambridge.org/nrr

To subscribe contact Customer Services

in Cambridge:

Phone +44 (0)1223 326070 Fax +44 (0)1223 325150 Email journals@cambridge.org

in New York:

Phone (845) 353 7500 Fax (845) 353 4141 Email subscriptions_newyork@cambridge.org

Editor-in-chief

K. Younger, Dublin Institute of Technology, Ireland

Nutrition Research Reviews presents up-to-date, concise, critical reviews of key topics in nutritional science in order to advance new concepts and hypotheses. The journal encourages the exchange of fundamental ideas on nutritional well-being in both humans and animals.

Price information is available at: journals.cambridge.org/nrr

Free email alerts

Keep up-to-date with new material – sign up at journals.cambridge.org/register

For a free online sample visit: journals.cambridge.org/nrr



(Contents continued from back cover)

Dietary Surveys and Nutritional Epidemiology A Japanese diet and 19-year mortality: National Integrated Project for Prospective Observation of Non-Communicable Diseases and its Trends in the Aged, 1980. Y. Nakamura, H. Ueshima, T. Okamura, T. Kadowaki, T. Hayakawa, Y. Kita, R. D. Abbott, A. Okayama & for National Integrated Project for Prospective Observation of Non-Communicable Diseases and its Trends in the Aged, 1980 Research Group	1696-1705
Nutritional Supplementation	
Safety of supplementing infant formula with long-chain polyunsaturated fatty acids and	
Bifidobacterium lactis in term infants: a randomised controlled trial.	1706 1712
R. A. Gibson, D. Barclay, H. Marshall, J. Moulin, JC. Maire & M. Makrides	1706-1713
Prevention of non-enzymic glycation of proteins by dietary agents: prospects for alleviating diabetic complications.	
M. Saraswat, P. Y. Reddy, P. Muthenna & G. B. Reddy	1714-1721
Specific probiotics in reducing the risk of acute infections in infancy – a randomised,	1/14-1/21
double-blind, placebo-controlled study.	
S. Rautava, S. Salminen & E. Isolauri	1722-1726
5. Kamava, 5. Sammer & E. Isotauri	1722-1720
Book review	
A. M. Minihane	1727

British Journal of Nutrition

Directions to Contributors - Concise Version

(Revised August 2007)

The *British Journal of Nutrition* is an international peer-reviewed journal that publishes original papers, review articles, technical notes and short communications in English in all branches of nutritional science. **Prospective authors should note that they (or their institutions) now retain the copyright of their material published in the** *British Journal of Nutrition***. As a contributor you are asked to follow the guidelines set out below. For detailed information on the presentation of the technical content of your paper please see the full version of the Directions to Contributors**, which can be downloaded from the Nutrition Society website (http://www.nutritionsociety.org). Prospective authors may also contact the Publications Office directly on + 44 (0)20 7605 6555 (telephone), +44 20 7602 1756 (fax), or edoffice@nutsoc.org.uk (email).

Papers should be accompanied by a statement to the effect that the conditions laid down in the full Directions to Contributors are accepted. The statement should affirm that the submission represents original work that has not been published previously and which is not currently being considered by another journal. It should also confirm that each author has seen and approved the contents of the submitted paper. At the time of acceptance the authors should provide a completed copy of the 'Licence to Publish' (in lieu of copyright transfer). The Licence to Publish is available on the Nutrition Society website (http://www.nutrition society.org). All relevant financial interests should be declared.

Text. Papers should be submitted with 1.5 line spacing and margins of at least 2 cm on each side. Text should be printed without underlining, bold or italics (except for scientific names). Standard abbreviations (e.g. Fig. and Figs.) and SI units should be used. Typescripts can be submitted as Word, WordPerfect, EPS, Text, Postscript or RTF files. A Word processing format is required for production purposes once papers have been accepted. When substantial revisions are required to typescripts, authors are given the opportunity to do this once only, the need for any further changes should at most reflect any minor issues.

Title Page. The first page should include a concise, informative title together with the names and addresses of the authors. A contact name for correspondence should be given and telephone, fax and email addresses provided. Authors should supply three or four key words or phrases (each containing up to three words). A short title of up to 45 characters is required as a running head.

Abstract. Each paper should commence with an accurate and informative abstract, written as a single paragraph. It should be complete in itself and intelligible without reference to the text or figures, and should not exceed 250 words.

Tables. Tables should be reduced to the simplest form, and should not duplicate information in the text or figures. They should be typed on separate pages, one page for each Table, at the end of the article and carry headings describing their content.

Illustrations. The original illustrations should accompany the submitted typescript. Text figures, line drawings, computer-generated figures and graphs should be of sufficient size and quality to allow for reduction by half or two-thirds. Half-tone photographs are acceptable where they clearly contribute to the text. All figures should be numbered and legends should be provided.

Note that authors will be charged 350 GBP for the publication of colour figures. Authors from countries entitled to free journal access through HINARI will be exempt from these charges.

References. References should be based on the numbered (Vancouver) system. When an article has more than ten authors, only the names of the first three should be given followed by et al.; give abbreviated journal titles and conform to the following styles:

Goel V, Cheema SK, Agellon LB, Ooraikul B & Basu TK (1999)
Dietary rhubabrb (*Rheum rhaponticum*) stalk fibre stimulates cholesterol 7α-hydroxylase gene expression and bile acid excretion in cholesterol-fed C57BL/6J mice. *Br J Nutr* **81**, 65–71.

Jenkins DJ, Kendall CW, Marchie A, et al. (2003) The effect of combining plant sterols, soy protein, viscous fibres, and almonds in treating hypercholesterolemia. Metabolism 52, 1478–1483.

Brandtzaeg P (2003) Role of local immunity and breast-feeding in mucosal homoeostasis and defence against infections. In *Nutrition and Immune Function*, pp. 273–320 [PC Calder, CJ Field and HS Gill, editors]. Wallingford, Oxon: CAB International.

Stock M & Rothwell NJ (1982) *Obesity and Leanness: Basic Aspects.* London: John Libbey.

Citations should be numbered consecutively in the order in which they first appear in the text using superscript Arabic numerals in parentheses, e.g. 'The conceptual difficulty of this approach has recently been highlighted(1,2-4). If a reference is cited more than once the same number should be used each time.

Referees. Authors are asked to submit the names of up to four scientists who would be well-qualified to review the paper; however, no more than one such reviewer will be used. The email addresses and institutions of the named reviewers should be given.

Proofs. PDF page proofs will be emailed to authors for checking, and should be returned within 3 days (by fax or Express mail) to the BJN Production Editor, Cambridge University Press, The Edinburgh Building, Shaftesbury Road, Cambridge CB2 2RU, UK; fax +44 1223 325802, email bjnproduction@cambridge.org

Typescripts. The *British Journal of Nutrition* operates an on-line submission and reviewing system (eJournalPress). Authors should submit to the following address: http://bjn.msubmit.net/ If any difficulties are encountered please contact the Publications Office (details above) immediately.

Professor Philip Calder Editor-in-Chief British Journal of Nutrition The Nutrition Society 10 Cambridge Court 210 Shepherds Bush Road London W6 7NJ UK

Tel: +44 (0)20 7605 6555 Fax: +44 20 7602 1756 Email: edoffice@nutsoc.org.uk

Volume 101 No. 11 14 June 2009

British Journal of Nutrition

Contents

Invited Commentary	
Gut microbiota and pregnancy, a matter of inner life.	
P. D. Cani	1579-1580
Review Article	
Minerals and vitamins in bone health: the potential value of dietary enhancement.	
JP. Bonjour, L. Guéguen, C. Palacios, M. J. Shearer & C. M. Weaver	1581–1596
Ageing and vitamin D deficiency: effects on calcium homeostasis and considerations	
for vitamin D supplementation.	
C. Oudshoorn, T. J. M. van der Cammen, M. E. T. McMurdo, J. P. T. M. van Leeuwen	
& E. M. Colin	1597–1606
Short Communication	
Long-term plant stanol and sterol ester-enriched functional food consumption, serum	
lutein/zeaxanthin concentration and macular pigment optical density.	
T. T. J. M. Berendschot, J. Plat, A. d. Jong & R. P. Mensink	1607–1610
Dietary strategies for improving folate status in institutionalized elderly persons.	
L. M. Bermejo, A. Aparicio, E. Rodríguez-Rodríguez, A. M. López-Sobaler, P. Andrés	
& R. M. Ortega	1611–1615
Improved bone status by the β -blocker propranolol in an animal model of nutritional	
growth retardation.	
C. E. Lezón, M. I. Olivera, C. Bozzini, P. Mandalunis, R. M. Alippi & P. M. Boyer	1616–1620
Molecular Nutrition	
Dietary garlic and onion reduce the incidence of atherogenic diet-induced cholesterol	
gallstones in experimental mice.	1/21 1/20
S. Vidyashankar, K. Sambaiah & K. Srinivasan	1621–1629
Effect of dietary conjugated linoleic acid isomers on lipid metabolism in hamsters fed	
high-carbohydrate and high-fat diets.	1620, 1620
E. J. Tarling, K. J. P. Ryan, A. J. Bennett & A. M. Salter	1630–1638
Metabolism and metabolic studies	
Evaluation of body development, fat mass and lipid profile in rats fed with high-PUFA	
and -MUFA diets, after neonatal malnutrition. C. A. S. d. Costa, E. G. Alves, G. d. P. L. Gonzalez, T. B. C. Barbosa, A. S. Carlos,	
V. D. Lima, R. Nascimento, E. G. d. Moura & C. C. A. d. Nascimento-Saba	1639–1644
Effects of dietary amines on the gut and its vasculature.	1039–1044
K. J. Broadley, M. A. Anwar, A. A. Herbert, M. Fehler, E. M. Jones, W. E. Davies,	
E. J. Kidd & W. R. Ford	1645–1652
Nutritional Immunology	1043-1032
Long-chain inulin increases dendritic cells in the Peyer's patches and increases <i>ex vivo</i>	
cytokine secretion in the spleen and mesenteric lymph nodes of growing female rats,	
independent of zinc status.	
N. R. Ryz, J. B. Meddings & C. G. Taylor	1653–1663
Human and Clinical Nutrition	1000 1000
Bioavailability and nutritional effects of carotenoids from organically and conventionally	
produced carrots in healthy men.	
B. A. Stracke, C. E. Rüfer, A. Bub, K. Briviba, S. Seifert, C. Kunz & B. Watzl	1664–1672
Panax ginseng has no effect on indices of glucose regulation following acute or chronic	
ingestion in healthy volunteers.	
J. L. Reay, A. B. Scholey, A. Milne, J. Fenwick & D. O. Kennedy	1673–1678
Probiotics and dietary counselling contribute to glucose regulation during and after	
pregnancy: a randomised controlled trial.	
K. Laitinen, T. Poussa, E. Isolauri & the Nutrition, Allergy, Mucosal Immunology	
and Intestinal Microbiota Group	1679–1687
Long-term consumption of plant stanol and sterol esters, vascular function	
and genetic regulation.	
H. Gylling, M. Hallikainen, O. T. Raitakari, M. Laakso, E. Vartiainen, P. Salo,	4700 475-
V. Korpelainen, J. Sundvall & T. A. Miettinen	1688–1695

(Contents continued facing inside back cover)