

University of Hertfordshire – Nutrition & Dietetics

Nutrition Research (final year project) - *examples of projects completed in July 2016*

Association between consumption of takeaway food and body weight in university students

Breakfast consumption and cognition in young adults

Consumption of fruits and vegetables among university students

Dietary management of eosinophilic oesophagitis reported by dietitians

Evaluation of a children's weight management programme

Evaluation of malnutrition in older people living in the community and receiving 'meals on wheels'

Evaluation of the nutritional and health impacts of baking

Evaluation of wholegrain criteria for assessing health quality of food

Gender and culture differences in dietary intake of omega three fatty acids

Habitual fatty acid intake and arterial stiffness in healthy adults

Investigation of the nutritional composition of 'meals on wheels'

Nutritional composition of gluten free foods

Quality of evidence for dietary advice published in UK national newspapers and magazines

Quality of written nutrition information used by dietitians

Survey of breakfast consumption in young people

TV advertising of food and it's relation to the Eatwell Guide

Use of thickeners for modifying fluid consistency in residential care homes