

HUL Publications (2020-2025)

2021

Umarji PB, Verma P, Garg V, Schini M, Eastell R. Randomised controlled trial of nutritional supplement on bone turnover markers in Indian premenopausal women. *Nutrients*. 2021;13:364. doi:10.3390/nu13020364.

Awasthi S, Kumar D, Singh S, et al. Prevalence of specific micronutrient deficiencies in urban school-going children of India aged between 6 and 16 years: study protocol for a multicentric cross-sectional study. *BMJ Open*. 2021;11:e046783. doi:10.1136/bmjopen-2020-046783.

2022

Awasthi S, Kumar D, Mahdi AA, Agarwal GG, Pandey AK, et al. Prevalence of specific micronutrient deficiencies in urban school-going children and adolescents of India: A multicentre cross-sectional study. *PLOS ONE*. 2022;17(5):e0267003. doi:10.1371/journal.pone.0267003.

2023

Khanna D, Bhatt J, Gupta J, Sethi S, Joshi P, Pareek M, et al. Glycemic indices of multiple oral nutritional supplements: A randomized cross-over study in Indian adults. *Food and Nutrition Sciences*. 2023;14:941-962.

Awasthi S, Kumar D, Dixit S, Mahdi AA, Gupta B, Agarwal GG, et al. Association of dietary intake with micronutrient deficiency in Indian school children: a cross-sectional study. *J Nutr Sci*. 2023 Oct 2;12:e104.

Siddiqui J, McGee ET, Mhasavade D, Palagiri S, Balamurugan V, Diosady L. Spray encapsulation of iron in chitosan biopolymer for tea fortification. *Journal of Food Quality*. 2023;1-13. doi:10.1155/2023/4127663.

Kumar D, Awasthi S, Mahdi AA, et al. Assessment of blood lead level of school children in 10 cities of India: A cross-sectional study. *Indian J Pediatr*. 2023. doi:10.1007/s12098-023-04864-7.

Awasthi S, Kumar D, Dixit S, Mahdi AA, Gupta B, Agarwal GG, et al. Association of dietary intake with micronutrient deficiency in Indian school children: a cross-sectional study. *Journal of Nutritional Science*. Cambridge University Press. 2023;12:e104. doi:10.1017/jns.2023.83.

Singh S, Awasthi S, Kumar D, Sarraf SR, Pandey AK, Agarwal GG, et al. Micronutrients and cognitive functions among urban school-going children and adolescents: A cross-sectional

multicentric study from India. PLOS ONE. 2023;18(2):e0281247. doi:10.1371/journal.pone.0281247.

2024

Khanna D, Reddy KJ, Gopalan HS, Bhatt J, Gupta J, Sethi S, Joshi P, Pareek M. Efficacy of a diabetes-specific nutritional supplement (DSNS) on glycaemic response in prediabetic adults: A two-armed, open-labelled randomized controlled study. Food and Nutrition Sciences. 2024;15:612-643.

Khanna D, Gopalan HS, Abirami K, Vasudevan S, Gayatri R, Reddy KJ, et al. Efficacy of a diabetes-specific nutrition supplement on glycemic, anthropometric, dietary and gut health markers in adults with Type 2 diabetes: An RCT. Food and Nutrition Sciences. 2024;15:846-867.

Awasthi S. Micronutrient deficiencies and cognitive function in Indian school children. Bulletin of Nutrition Foundation of India. October 2024.

Kumar D, Awasthi S, Shweta S, et al. Association of blood lead level with cognitive performance and general intelligence of urban school children in ten cities of India. CEGH. 2024. doi:10.1016/j.cegh.2024.101512.

2025

Sringari S, Vijaykumar S, Sherkane M, Venkatesh M, Gupta S, Lomore K, Venkatesh KV. Evaluating the impact of an oral nutrition supplement on biochemical profile, growth, and body composition in Indian children: an in-silico study. Front Nutr. 2025;12:1519756. doi:10.3389/fnut.2025.1519756.

Khadilkar A, Rawat V, Bhatt J, Chaturvedi D, Garg V, Verma P, et al. Impact of fortified malt-based food on immunity outcomes in school children in India: Nutritional epidemiology and study design for a cluster randomized controlled trial. Interact J Med Res. 2025.

Awasthi S, Kumar D, Pandey AK, Agarwal GG, Anish TS, Bharti B, et al. Association of specific dietary fatty acids with asthma in urban school children and adolescents: Inferences from a cross-sectional multicentric study from India. Indian Pediatr. 2025 Jan 15;62(1):37-43. doi:10.1007/s13312-025-3355-9. PMID: 39754429.