

# International Journal of Food Sciences and Nutrition

Volume 62 Number 1 February 2011

## Papers

- Point-of-use micronutrient fortification: lessons learned in implementing a preschool-based pilot trial in South Africa  
*Adebayo O. Ogunlade, H. Salome Kruger, Johann C. Jerling, Cornelius M. Smuts, Namukolo Covic, Susanna M. Hanekom, Ramoteme L. Mamabolo and Jane Kvalsvig* 1
- An assessment of dietary flavonoid intake in the UK and Ireland  
*Kristopher Beking and Amandio Vieira* 17
- Studies on hypercarotenemia due to excessive ingestion of carrot, pumpkin and papaw  
*Nekadage Don Amal Wageesha, Sagarika Ekanayake, Errol Radclif Jansz and Sanath Lamabadusuriya* 20
- Glycemic index and phenolics of partially-baked frozen bread with sourdough  
*Dubravka Novotni, Duška Ćurić, Martina Bituh, Irena Colić Barić, Dubravka Škevin and Nikolina Čukelj* 26
- Nutritional composition of commonly consumed composite dishes in Trinidad  
*D. Dan Ramdath, Debbie G. Hilaire, Andrea Brambilla and Sangita Sharma* 34
- Nutritional evaluation of outer fleshy coat of *Terminalia catappa* fruit in two varieties  
*Madhurima Dikshit and Rupali Krishna Samudrasok* 47
- Effect of daily intake of yoghurt and bread enriched with biologically active substances on blood lipids and vitamin A in adolescents and young adults  
*Harald K. Widhalm, Kurt Herkner, Ingrid Kiefer, Rudolf Seemann, Anita Rieder, Michael Kunze and Kurt Widhalm* 52
- Obesity and low vision as a result of excessive Internet use and television viewing  
*Abdulbari Bener, Huda S. Al-Mahdi, Awab I. Ali, Mohammed Al-Nufal, Pankit J. Vachhani and Ihab Tewfik* 60
- Effects of gluten and emulsifier on some properties of erişte prepared with legume flours  
*Nermin Bilgiçli, M. Kürşat Demir, Nilgün Ertaş and Emine Nur Herken* 63
- Liquid and solid carbohydrate foods: comparative effects on glycemic and insulin responses, and satiety  
*Viren Ranawana and C. Jeya K. Henry* 71
- Dietary fats in relation to depressive symptoms by cardiovascular disease risk factors status of elderly people living in Mediterranean islands  
*Evangelos Polychronopoulos, Vassiliki Bountziouka, Akis Zeimbekis, Ioanna Tsiligiani, George Pounis, Efthimios Gotsis, George Metallinos, Christos Lionis and Demosthenes B. Panagiotakos* 82
- Optimization conditions for anthocyanin and phenolic content extraction from purple sweet potato using response surface methodology  
*Maruf Ahmed, MST. Sorifa Akter and Jong-Bang Eun* 91