The REFINE Resource Review is a collection of materials to keep you updated on research related to food assistance products and malnutrition. Resources identified and added between January and March 2021 are detailed below and are available on the REFINE website.

The goal of Research Engagement on Food Interventions for Nutritional Effectiveness (REFINE) is to enhance the accessibility to, and exchange of, rigorous, operational and policy relevant research on nutrition-directed interventions that improve nutrition in both emergency and non-emergency contexts.

REFINE is a product of the Food Aid Quality Review (FAQR) project, which is funded by the United States Agency for International Development’s Bureau for Humanitarian Assistance (USAID/BHA) and provides actionable recommendations on ways to improve nutrition among vulnerable populations for whom the direct distribution of food assistance can make a significant impact.

Feel free to direct any questions, comments, and additional resources you come across to Natalie Volin, the REFINE Research Assistant, at natalie.volin@tufts.edu or at REFINEnutrition@gmail.com.

Ongoing Clinical Trials

This section includes ongoing trials on five clinical trial registries searched by REFINE.

No clinical trials identified in this issue.

Published Food Assistance Product Studies

This section includes publications from clinical trials testing food assistance products and peer-reviewed evidence, including reports and evaluations from programs using these products. On REFINE, these resources are tagged according to country, nutritional problem studied, intervention used, study type, year, and author.


https://refinenutrition.org/content/effect-balanced-energy-protein-supplementation-during-pregnancy-and-lactation-birth-outcomes


https://refinenutrition.org/content/assessment-monitoring-systems-management-severe-acute-malnutrition-northern-nigeria
Search Criteria for consideration for REFINE:

- **Condition:** malnutrition OR undernutrition OR stunting OR stunted OR wasting OR wasted
- **Intervention:** supplement OR food OR RUF OR RUTF LNS OR “nutrition program”

Selection Criteria for Inclusion in REFINE:

- **Interventions:** Those that use food assistance products, use foods that have been nutritionally enhanced, or study specific ingredients that are intended for use in food assistance.
- **Study population:** Restricted to those without chronic conditions that confound nutritional health (e.g., diabetes, HIV/AIDS, etc.)
- **Outcome measures:** Eligible studies report outcome measures including birth weight, weight gain, height gain, weight-for-age, height-for-age, weight-for-height/length, mid-upper arm circumference, lean body mass, recovery, mortality, default, nutritional intake, cognitive abilities, and product acceptability. Studies investigating the intergenerational effects of an intervention are considered if outcomes measures include wasted or stunted status of the participants, or body composition in addition to another measure of recovery.

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