



More food with better fertilization of grass

Grasslands around the world should be fertilized with four times as much phosphorus over the next few decades as is usual now. That will improve grass growth, which in turn will allow much higher levels of meat and milk production without needing to feed livestock with large amounts of food crops such as cereals. These conclusions are presented by researchers from Wageningen University, the Netherlands Environmental Assessment Agency, Utrecht University and the FAO in a paper in the scientific journal *Nature Communications*. This would let grasslands play a much bigger part in food production. Grasslands account for two-thirds of the world's agricultural land but are generally not intensively managed, except in north-western Europe.

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Seniors eat more protein thanks to hospital menu

Many elderly patients in hospitals do not consume enough protein, even though this is important in helping them recover. Protein intake can be increased by replacing the standard food on the hospital menu by products with added protein.

This finding comes from research by a PhD candidate at Wageningen UR in the Cater with Care project. She compared two groups of elderly patients in the Gelderse Vallei hospital, which uses an à la carte meal system that lets patients place orders for food at any time of the day. One of the study groups was given the standard menu while the other group had the option of products with added protein, indicated by a 'thumbs up' symbol. The enriched basic

products such as bread, soup, juices and snacks were designed to suit the preferences of the elderly. This enabled elderly patients to get enough protein at each meal without having to eat more, even if they were not very hungry. Only half the patients in the standard group consumed enough, but that increased to 79 percent in the group with the alternative menu.

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Greener surroundings mean less ADHD

Children who grow up in greener surroundings are less likely to take medication for ADHD, such as Ritalin, than children in more urban neighbourhoods. However this relationship only applies to poorer areas. These are the findings of Alterra Wageningen UR based on a health insurer's data on ADHD medication for

children aged between 5 and 12 by post-code combined with data on the presence of a city park, wood or farmland within a radius of 250 metres. The statistical analysis shows no relationship for small-scale greenery such as trees in an avenue, grass verges or gardens.

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