

ASN Publications

November 2011 Media Alert: *The American Journal of Clinical Nutrition*

The following articles are being published in the November 2011 issue of *The American Journal of Clinical Nutrition* (AJCN), a publication of the American Society for Nutrition. Full summaries and analyses are available on the [ASN website](#). Links to the articles are below. Articles published in AJCN are embargoed until the article appears online either as in press (Articles in Press) or as a final version. The embargoes for the following articles have expired.

"Clearly, scientists are still debating whether the quality of research conducted to date on sugar-sweetened beverages in terms of health outcomes warrants concern, especially in terms of high-fructose corn syrup," said ASN Spokesperson Shelley McGuire, PhD. "But reducing your intake of nutrient-poor, calorie-rich beverages is always a good idea. Science is a tool that researchers use to uncover the truth. There are many ways that science is conducted - some more conclusive than others. For instance, observational (epidemiologic) studies should not be used to draw causal conclusions. We really need to rely on controlled intervention studies for that. Also, we should not rely on a single study to make recommendations about diet and health. Instead, we need to look at all of the research that has been done on a particular topic and evaluate its quality and results."

Study finds no effect of calcium intake on weight loss, but expert urges additional research
Intervention trial with overweight teens lends little support for effect of calcium on weight loss, although international expert reminds us that one study does not provide conclusive evidence for such effect (or lack thereof).
Weaver CM, Campbell WW, Teegarden D, Craig BA, Martin BR, Singh R, Braun MM, Apolzan JW, Hannon TS, Schoeller DA, et al. [Calcium, dairy products, and energy balance in overweight adolescents: a controlled trial](#). *American Journal of Clinical Nutrition* 2011;94:1163-70.
Astrup A. [Calcium for prevention of weight gain, cardiovascular disease, and cancer](#). *American Journal of Clinical Nutrition* 2011;94:1159-60.

Experts continue to debate consequences of sugar-sweetened beverages
Researchers conclude that the quality of studies to date concerning the negative consequences of consuming sugar-sweetened beverages like soda is generally poor, but caution is warranted.
Weed DL, Althuis MD, Mink PJ. [Quality of reviews on sugar-sweetened beverages and health outcomes: a systematic review](#). *American Journal of Clinical Nutrition* 2011;94:1340-7.
Malik VS, Hu FB. [Sugar-sweetened beverages and health: where does the evidence stand?](#) *American Journal of Clinical Nutrition*

Journal Links

[The American Journal of Clinical Nutrition](#)

[The Journal of Nutrition](#)

[Advances in Nutrition](#)

Upcoming Events

Oct. 28-Nov. 2. American College of Gastroenterology [Annual Meeting](#). Washington, DC. Visit ASN at Booth #537!

Nov. 9-12. [Annual Biomedical Research Conference for Minority Students](#). St. Louis, MO. Visit ASN in FASEB Row at Booth #316!

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2011;94:1161-2.

Study lends additional support for lowering intake of industrially produced *trans* fatty acids
Harvard University scientists find negative association between maternal consumption of industrially produced *trans* fatty acids and fetal growth.

Cohen JFW, Rifas-Shiman SL, Rimm EB, Oken E, Gillman MW.
[Maternal *trans* fatty acid intake and fetal growth](#). *American Journal of Clinical Nutrition* 2011;94:1241-7.

Increasing portions and familiarity with snacks may influence childhood obesity
Trends toward larger serving sizes and greater exposure to energy-dense, nutrient-poor snack foods may play important roles in the current obesity crisis.

Piernas C, Popkin BM. [Increased portion sizes from energy-dense foods affect total energy intake at eating occasions in US children and adolescents: patterns and trends by age group and sociodemographic characteristics, 1977-2006](#). *American Journal of Clinical Nutrition* 2011;94:1324-32.
Hardman CA, McCrickerd K, Brunstrom JM. [Children's familiarity with snack foods changes expectations about fullness](#). *American Journal of Clinical Nutrition* 2011;94:1196-201.

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