September 2013 Media Alert:
The American Journal of Clinical Nutrition

The following articles are being published in the September 2013 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.

**Glycemic index influences blood flow in brain centers related to cravings**


**Back to basics—scientists evaluate thiamine absorption in breastfeeding women**


**Variety is the spice of life—even for preschool children**
Research shows that providing children with a variety of fruits or vegetables results in increased consumption—may help children reach their dietary goals for fruits and vegetables. Roe LS, Meengs JS, Birch LL, Rolls BJ. Serving a variety of vegetables and fruit as a snack increased intake in preschool children. *American Journal of Clinical Nutrition* 2013;98:693-9.

**Controlled human study finds no negative influence of saturated fats on blood vessel function or stiffness**
Nutrition scientists continue to study effect (or lack thereof) of saturated fats on cardiovascular risk and find no influence on blood vessel function or stiffness.

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