



December 2014 Media Alert:
The American Journal of Clinical Nutrition

The following articles are being published in the December 2014 issue of *The American Journal of Clinical Nutrition* (AJCN), a publication of the American Society for Nutrition. [Full summaries and analyses are available here](#). 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.

Growing literature shows that dairy fat may be good for you
Data from two newly published studies find no evidence that high dairy intake increases risk of disease. In fact, people consuming the most were 27% less likely to develop type 2 diabetes than those consuming the least.

Yakoob MY, Shi P, Hu FB, Campos H, Rexrode KM, Orav EJ, Willett WC, Mozaffarian D. [Circulating biomarkers of dairy fat and risk of incident stroke in U.S. men and women in 2 large prospective cohorts](#). *American Journal of Clinical Nutrition* 2014;100:1437-47.

Santaren ID, Watkins SM, Liese AD, Wagenknecht LE, Rewers MJ, Haffner SM, Lorenzo C, Hanley AJ. [Serum pentadecanoic acid \(15:0\), a short-term marker of dairy food intake, is inversely associated with incident type 2 diabetes and its underlying disorders](#). *American Journal of Clinical Nutrition* 2014;100:1532-40.

Astrup A. [A changing view on saturated fatty acids and dairy: from enemy to friend](#). *American Journal of Clinical Nutrition* 2014;100:1407-8.

Probiotics for preemies? The debate continues
Feeding probiotics to premature infants may help them tolerate oral feeding sooner and lower feeding intolerances while in the hospital.

Athalye-Jape G, Deshpande G, Rao S, Patole S. [Benefits of probiotics on enteral nutrition in preterm neonates: a systematic review](#). *American Journal of Clinical Nutrition* 2014;100:1508-19.

Szajewska H, van Goudoever JB. [To give or not to give probiotics to preterm infants](#). *American Journal of Clinical Nutrition* 2014;100:1411-2.

Fiber, fruit, and mortality-an apple a day may prove sage advice
Researchers report that people at increased risk of cardiovascular disease may live longer if they consume more fruit and fiber.

Buil-Cosiales P, Zazpe I, Toledo E, Corella D, Salas-Salvadó J, Díez-Espino J, Ros E, Fernandez-Creuet Navajas J, Santos-Lozano JM, Arós F, et al. [Fiber intake and all-cause mortality in the Prevención con Dieta Mediterránea \(PREDIMED\) study](#). *American Journal of Clinical Nutrition*. 2014; 100:1498-507.

Lupton JR. [In this cohort, an apple a day could keep the doctor away](#). *American Journal of Clinical Nutrition* 2014;100:1409-10.

Do salt substitutes work? Combined analysis of previously conducted studies suggests "yes"
Meta-analysis of previously published studies finds that use of salt substitutes might be a viable dietary approach for population-level

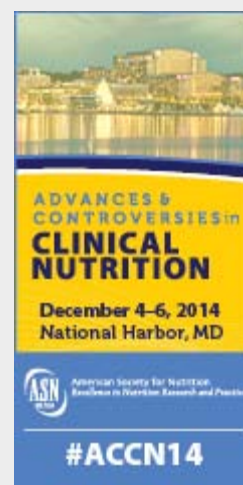
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Suzanne Price
Communications & Media
Director
9650 Rockville Pike
Bethesda, MD 20814
media@nutrition.org 301-634-7235

hypertension control.

Peng Y-G, Li W, Wen X-X, Li Y, Hu J-H, Zhao L-C. [Effects of salt substitutes on blood pressure: a meta-analysis of randomized controlled trials.](#)

American Journal of Clinical Nutrition 2014;100:1448-54.

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