January 2017 Media Alert:
The American Journal of Clinical Nutrition

The following articles are being published in the January 2017 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.

**Anthropometry- "measuring people"-remains important for assessing nutritional status**

Four independently conducted studies investigate various methods of assessing nutritional status via anthropometry, such as skinfold thicknesses, BMI, waist and upper arm circumferences, and height. Collective results suggest that these nutritional indices are still valuable.


**Gelatin- simple aid for strengthening ligaments?**

Findings from rigorously controlled dietary intervention study highlights possibility that including gelatin in exercise routine may be beneficial in terms of connective tissue repair.


Levine M, Violet P-C. *Breaking down, starting up: can a vitamin C-enriched gelatin supplement before exercise increase collagen synthesis?* American Journal of Clinical Nutrition 2017;105:5-7.

**Weight loss reverses intestinal "leakiness" associated with obesity**

Research team investigates complex relation between obesity, fatty liver (steatosis), insulin resistance, and excessive gastrointestinal permeability.


**Can nutritional status and environmental exposures be assessed via urine analysis?**

Findings gleaned from combining data previously collected in 3 large human trials suggest that, in general, researchers need to analyze three 24-hour urine collections to have confidence in their applicability to nutrition studies.

Sun Q, Bertrand KA, Franke AA, Rosner B, Curhan GC, Willett WC. *Reproducibility...*
Estimating dietary consumption of individual nutrients is difficult for a variety of reasons, including the fact that the nutrient composition of individual foods is quite variable. In other words, just knowing what a person has eaten does not always tell you how much of each nutrient has been consumed. As such, being able to estimate nutrient intakes from their concentrations in biological fluids, such as blood and urine, is a mainstay of nutrition research. This study, which leveraged data from 3 previously conducted human trials, suggests that researchers may need to analyze three 24-hour urine collections to have confidence in their applicability to nutrition studies. This information is important as scientists design and implement future studies aimed at understanding the complex relation between food intake patterns and human health.