



February 2015 Media Alert: The American Journal of Clinical Nutrition

The following articles are being published in the February 2015 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.

Need another reason to reach for milk? How about lowering oxidative stress in the brain?

Study involving 60 healthy adults links milk intake to higher brain levels of glutathione, a compound involved in decreasing oxidative damage and inflammation.

Choi I-Y, Lee P, Denney DR, Spaeth K, Nast O, Ptomey L, Roth AK, Leirman JA, Sullivan DK. [Dairy intake is associated with brain glutathione concentration in older adults](#). *American Journal of Clinical Nutrition* 2015;101:287-93.

Jones PJH. [New health benefits of dairy products](#). *American Journal of Clinical Nutrition* 2015;101:249-50.

Whipped milk-based drinks reduce appetite by increasing stomach stretching

Controlled dietary intervention study using state-of-the-art methods finds that drinking foamy beverages might decrease appetite by increasing stomach stretching and slowing food's movement into the intestine.

Murray K, Placidi E, Schuring EAH, Hoad CL, Koppenol W, Arnaudov LN, Blom WAM, Pritchard SE, Stoyanov SD, Gowland PA, et al. [Aerated drinks increase gastric volume and reduce appetite as assessed by MRI: a randomized, balanced, crossover trial](#). *American Journal of Clinical Nutrition* 2015;101:270-8.

Whey protein with leucine and vitamin D may prevent muscle loss in older individuals who are dieting

Researchers investigate whether increasing consumption of dairy protein along with leucine and vitamin D may help older individuals maintain muscle mass while dieting. Results suggest the answer may be "yes."

Verreijen AM, Verlaan S, Engberink MF, Swinkels S, de Vogel-van den Bosch J, Weijs PJM. [A high whey protein-, leucine-, and vitamin D-enriched supplement preserves muscle mass during intentional weight loss in obese older adults: a double-blind randomized controlled trial](#). *American Journal of Clinical Nutrition* 2015;101:279-86.

Smith GI, Mittendorfer B. [Slimming down in old age](#). *American Journal of Clinical Nutrition* 2015;101:247-8.

Endogenous cannabinoid release is altered in patients with anorexia nervosa

Compared with healthy-weight controls, people with anorexia nervosa may have dysregulated endocannabinoid release in

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response to eating their favorite foods. This may help explain lack of interest in eating.

Monteleone AM, Di Marzo V, Aveta T, Piscitelli F, Delle Grave R, Scognamiglio P, El Ghoch M, Calugi S, Monteleone P, Maj M. [Deranged endocannabinoid responses to hedonic eating in underweight and recently weight-restored patients with anorexia nervosa](#). *American Journal of Clinical Nutrition* 2015;101:262-9.

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