May 2014 Media Alert: The American Journal of Clinical Nutrition

The following articles are being published in the May 2014 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.

Fish consumption and mercury poisoning-what is the optimal balance?
Analysis of data from the National Health and Nutrition Examination Surveys suggests that increased seafood consumption may increase circulating concentrations of mercury; experts urge careful consideration by committee formulating new Dietary Guidelines for Americans.

Fats, refined sugar, and memory-is there a relation in children?
Researchers find that consumption of saturated fats and refined sugars is associated with poorer memory in children; opposite relation with omega-3 fats.

Obesity paradox—is being overweight advantageous to cancer patients?
Although being overweight or obese might increase risk of developing chronic diseases, new evidence suggests that being overweight might confer better outcomes in cancer patients.

Research suggests dietary cysteine may be needed to rehabilitate some malnourished children
Randomized, controlled study of extremely malnourished children suggests that the amino acid cysteine may be especially critical in

Journal Links
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