November 2016 Media Alert:  
*The American Journal of Clinical Nutrition*

The following articles are being published in the November 2016 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](http://www.nutrition.org). 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.

**Highly respected nutrition experts propose prioritizing nutrient updates**

*Because there is currently no systematic plan to review and revise dietary intake recommendations, expert group devises method whereby process and nutrients are prioritized.*


**Dairy fat, is its consumption related to cardiovascular disease?**

*Combined statistical analysis of 3 large, previously conducted studies found no direct association between dairy fat intake and risk of being diagnosed with cardiovascular disease.*


**How much dietary vitamin D do children and teens need?**

*Two companion studies confirm adequacy of current dietary vitamin D recommendations in young children and adolescents.*


**Growing evidence that potatoes are part of healthy diet**

*Longitudinal study of Swedish men and women finds no relationship between potato consumption and risk for cardiovascular health.*


*The American Journal of Clinical Nutrition: Editor’s Pick*

Vitamin D, sometimes called the "sunshine vitamin" because we can produce it when exposed to sufficient amounts of sunlight, is critical because our bodies need it to utilize calcium and build bones. Consequently, during childhood and adolescence when bones are growing at rapid rates, getting enough vitamin D from the diet is particularly important. How much is enough? These 2 companion papers report the results of rigorously controlled intervention studies that suggest that the daily intake of vitamin D required by young children is between 8 and 20 μg and that requirements are slightly higher for teens at 10-30 μg. As a point of reference, 1 cup of vitamin D-fortified milk has ~3 μg vitamin D, and a serving of salmon has ~11 μg.


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