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

The following articles are being published in the September 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.asn.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.

**Rigorous study finds no benefit of breakfast on children's acute cognition**


**Brown fat vs. white fat, new findings suggest weight loss not related to stimulation of the former**


**Flavonoids may reduce risks of cardiovascular disease and depression**


**Diet vs. exercise—what’s best when it comes to cardiovascular health?**


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**Upcoming Events**


September 29-30. 11th Annual Obesity Summit. InterContinental Hotel, Cleveland, OH.

October 3-4. The Probiotics Congress USA. San Diego Marriott La Jolla.


November 14-16. AICR 2016 Research Conference on Nutrition, Physical Activity, Obesity, and Cancer. North Bethesda, MD. Contact: research@aicr.org


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**Journal Links**

The American Journal of Clinical Nutrition

The Journal of Nutrition
Did you know that adipose (fat) tissue comes in different colors? White adipose tissue, which represents the majority of what we have in our bodies, functions as a fat reservoir—storing extra calories for times when we need energy. Conversely, brown adipose tissue (found primarily in the neck and chest) is thought to contribute to health by producing heat, thus dissipating energy. Brown adipose cells can also be found among the white adipose cells present under the skin; this type is called brite (brown-in-white) fat. In this study, researchers discovered an interesting and surprising relation between how much weight a person loses while dieting and the amount of brite fat he or she has.


ASN is the authoritative voice on nutrition and publisher of *The American Journal of Clinical Nutrition*, *The Journal of Nutrition*, and *Advances in Nutrition*. Established in 1928, ASN’s more than 5,000 members in more than 75 countries work in academia, practice, government and industry. ASN advances excellence in nutrition research and practice through its publications, education, public affairs and membership programs. Visit us at [www.nutrition.org](http://www.nutrition.org).