

ASN Publications

October 2015 Media Alert:

The American Journal of Clinical Nutrition

The following articles are being published in the October 2015 issue of

The American Journal of Clinical Nutrition (AJCN), a publication of the American Society for Nutrition. [Full summaries and analyses are available](#). 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.

Macronutrient mix may matter in terms of controlling type 2 diabetes outcomes

Consuming low-carbohydrate, high-protein diet may preferentially help with weight loss but may lead to other health benefits for people with type 2 diabetes.

Tay J, Luscombe-Marsh ND, Thompson CH, Noakes M, Buckley JD, Wittert GA, Yancy WS Jr, Brinkworth GD. [Comparison of low- and high-carbohydrate diets for type 2 diabetes management: a randomized trial](#). *American Journal of Clinical Nutrition* 2015;102:780-90.

Apovian CM. [The low-fat, low-carb debate and the theory of relativity](#). *American Journal of Clinical Nutrition* 2015;102:719-20.

Scientists investigate novel ways that tastes influence food intake

Controlled human intervention study finds that "umami" taste may decrease food intake in overweight individuals. Additional studies needed to determine the physiological underpinnings of this discovery.

van Avesaat M, Troost FJ, Ripken D, Peters J, Hendriks HFJ, Masclee AAM. [Intraduodenal infusion of a combination of tastants decreases food intake in humans](#). *American Journal of Clinical Nutrition* 2015;102:729-35.

Cummings DE. [Taste and the regulation of food intake: it's not just about flavor](#). *American Journal of Clinical Nutrition* 2015;102:717-8.

Controlled human intervention study finds post-exercise consumption of ground beef equally as effective as milk

Researchers find that refueling with cooked lean hamburger may be just as effective as low-fat milk when it comes to rebuilding muscle tissue after a workout.

Burd NA, Gorissen SH, van Vliet S, Snijders T, van Loon LJC. [Differences in postprandial protein handling after beef compared with milk ingestion during postexercise recovery: a randomized controlled trial](#). *American Journal of Clinical Nutrition* 2015;102:828-36.

Study: Weight loss-not diet composition-most important factor in treating metabolic syndrome

Whether a diet is rich in animal- or plant-source foods is irrelevant for treating metabolic syndrome. What really matters is that the diet leads to weight loss.

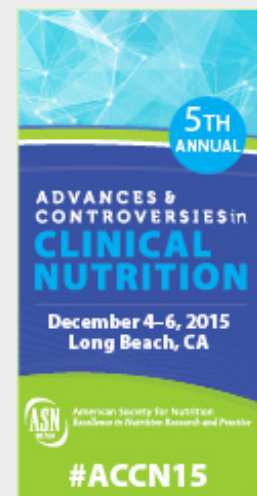
Hill AM, Harris Jackson KA, Roussell MA, West SG, Kris-Etherton PM. [Type](#)

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[and amount of dietary protein in the treatment of metabolic syndrome: a randomized controlled trial](#). *American Journal of Clinical Nutrition* 2015;102:757-70.

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