

ASN Publications

February 2017 Media Alert: *The American Journal of Clinical Nutrition*

The following articles are being published in the January 2017 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.

What can we tell about dietary habits by looking in the blood? Because actually estimating nutrient intake from diet records is fraught with difficulties, researchers explore usefulness of measuring "biomarkers" in the blood instead.

AlEssa HB, Malik VS, Yuan C, Willett WC, Huang T, Hu FB, Tobias DK. [Dietary patterns and cardiometabolic and endocrine plasma biomarkers in US women](#). *American Journal of Clinical Nutrition* 2017;105:432-41.

Lampe JW, Huang Y, Neuhouser ML, Tinker LF, Song X, Schoeller DA, Kim S, Raftery D, Di C, Zheng C, et al. [Dietary biomarker evaluation in a controlled feeding study in women from the Womens Health Initiative cohort](#). *American Journal of Clinical Nutrition* 2017;105:466-75.

Playdon MC, Moore SC, Derkach A, Reedy J, Subar AF, Sampson JN, Albanes D, Gu F, Kontto J, Lassale C, et al. [Identifying biomarkers of dietary patterns by using metabolomics](#). *American Journal of Clinical Nutrition* 2017;105:450-65.

Brennan L. [The nutritional metabolomics crossroads: how to ensure success for dietary biomarkers](#). *American Journal of Clinical Nutrition* 2017;105:293-4.

Portion sizes and calorie content of foods- an inside look into how they affect brain activity in kids

Using functional magnetic resonance imaging, scientists can now evaluate how children's brains respond to looking at various foods.

English LK, Feambach SN, Wilson SJ, Fisher JO, Savage JS, Rolls BJ, Keller KL. [Food portion size and energy density evoke different patterns of brain activation in children](#). *American Journal of Clinical Nutrition* 2017;105:295-305.

Binks M, Kahathuduwa CN, Davis T. [Challenges in accurately modeling the complexity of human ingestive behavior: the influence of portion size and energy density of food on fMRI food-cue reactivity](#). *American Journal of Clinical Nutrition* 2017;105:289-90.

Chronic protein consumption does not affect how much muscle is made after eating a high-protein meal in older individuals

Research team investigates complex relation between obesity, fatty liver (steatosis), insulin resistance, and excessive gastrointestinal permeability.

Gorissen SHM, Horstman AMH, Franssen R, Kouw IWK, Wall BT, Burd NA, de Groot LCPGM, van Loon LJC. [Habituation to low or high protein intake does not modulate basal or postprandial muscle protein synthesis rates: a randomized trial](#). *American Journal of Clinical Nutrition* 2017;105:332-42.

Phillips SM. [Determining the protein needs of "older" persons one meal at a time](#). *American Journal of Clinical Nutrition* 2017;105:291-2.

Small increase in zinc consumption may aid in DNA repair and immune function

Research team finds subtle, but likely important, effects of moderate increase in zinc intake on factors related to stress and inflammation.

Zyba SJ, Shenvi SV, Killilea DW, Holland TC, Kim E, Moy A, Sutherland B, Gildengorin V, Shigenaga MK, King JC. [A moderate increase in dietary zinc reduces DNA strand breaks in leukocytes and alters plasma proteins without changing plasma zinc concentrations](#). *American Journal of Clinical Nutrition* 2017;105:343-51.

February 23. [Scientific Sessions & Annual Meeting at EB](#) early registration rate deadline

March 31. [Scientific Sessions & Annual Meeting at EB](#) special meeting rate housing deadline. The ASN headquarters hotel is the Hilton Chicago.

Apr. 22 - 26. [ASN Scientific Sessions & Annual Meeting at Experimental Biology](#). Chicago, IL

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The American Journal of Clinical Nutrition: Editor's Pick

Zinc is an essential trace mineral, and zinc deficiency can lead to poor growth and development in infants and children, pregnancy complications, immune dysfunction, and increased susceptibility to infections. Although rare in industrialized societies, zinc deficiency is quite common in the developing world, affecting an estimated 2 billion people. Consequently, many nations support fortification programs that add zinc to foods either via modern technology or selective breeding. Although studies have generally not demonstrated measurable health benefits from these types of programs, this study provides convincing evidence that even modest increases in zinc consumption can indeed benefit health.

Zyba SJ, Shenvi SV, Killilea DW, Holland TC, Kim E, Moy A, Sutherland B, Gildengorin V, Shigenaga MK, King JC. [A moderate increase in dietary zinc reduces DNA strand breaks in leukocytes and alters plasma proteins without changing plasma zinc concentrations.](#) *American Journal of Clinical Nutrition* 2017;105:343-51.

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