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](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.

**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.


**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.


**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.


**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.

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.


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.

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