February 2016 Media Alert:
The American Journal of Clinical Nutrition

The following articles are being published in the February 2016 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.

How brain responds to appetizing foods in large part genetically driven
Researchers cleverly study brain patterns in identical twins and learn that how we respond to high-calorie foods is, at least in part, hard-wired in our genes.

High protein intake in preschoolers related to greater body weight at 5 years of age
Using data collected from twins born in England and Wales, researchers find that children consuming the most protein at 2 years of age tend to have greatest body weight at 5 years of age.

Exercise does not divert ingested fructose away from lipid synthesis
Controlled clinical intervention trial does not support contention that exercise ameliorates negative effects of excess fructose consumption on plasma lipids.
DASH diet still works if higher-fat dairy is allowed and fruit juice is restricted

Dietary Approaches to Stop Hypertension (DASH) modified to allow full-fat milk, cheese, and yogurt lowers blood pressure without negatively influencing circulating blood lipid concentrations.