

July 2014 Media Alert:

The American Journal of Clinical Nutrition

The following articles are being published in the July 2014 issue of *The American Journal of Clinical Nutrition* (AJCN), a publication of the American Society for Nutrition. [Full summaries and analyses](#) are available (click link). Links to the full text of 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.

Can cardiovascular disease and diabetes risk be influenced by carbohydrate choices?

Three independently conducted studies find mixed results in terms of glycemic index and glycemic load as they related to propensity toward developing cardiovascular disease and type 2 diabetes.

Juanola-Falgarona M, Salas-Salvadó J, Ibarrola-Jurado N, Rabassa-Soler A, Díaz-López A, Guasch-Ferré M, Hernández-Alonso P, Balanza R, Bulló M. [Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: a randomized controlled trial.](#) *American Journal of Clinical Nutrition* 2014;100:27-35.

Eshak ES, Iso H, Yamagishi K, Kokubo Y, Saito I, Yatsuya H, Sawada N, Inoue M, Tsugane S. [Rice consumption is not associated with risk of cardiovascular disease morbidity or mortality in Japanese men and women: a large population-based, prospective cohort study.](#) *American Journal of Clinical Nutrition* 2014;100:199-207.

Bhupathiraju SN, Tobias DK, Malik VS, Pan A, Hruby A, Manson JE, Willett WC, Hu FB. [Glycemic index, glycemic load, and risk of type 2 diabetes: results from 3 large US cohorts and an updated meta-analysis.](#) *American Journal of Clinical Nutrition* 2014;100:218-32.

Raben A. [Glycemic index and metabolic risks: how strong is the evidence?](#) *American Journal of Clinical Nutrition* 2014;100:1-3.

Nutrition researchers review whether we should all "go nuts"

Combined results from 3 systematic reviews and meta-analyses support potential healthful effect of nut consumption on heart disease.

Luo C, Zhang Y, Ding Y, Shan Z, Chen S, Yu M, Hu FB, Liu L. [Nut consumption and risk of type 2 diabetes, cardiovascular disease, and all-cause mortality: a systematic review and meta-analysis.](#) *American Journal of Clinical Nutrition* 2014;100:256-69.

Zhou D, Yu H, He F, Reilly KH, Zhang J, Li S, Zhang T, Wang B, Ding Y, Xi B. [Nut consumption in relation to cardiovascular disease risk and type 2 diabetes: a systematic review and meta-analysis of prospective studies.](#) *American Journal of Clinical Nutrition* 2014;100:270-7.

Afshin A, Micha R, Khatibzadeh S, Mozaffarian D. [Consumption of nuts and legumes and risk of incident ischemic heart disease, stroke, and diabetes: a systematic review and meta-analysis.](#) *American Journal of Clinical Nutrition* 2014;100:278-88.

Lewis DW Jr, Archer E, Allison DB. [The plausible health benefits of nuts: associations, causal conclusions, and informed decisions.](#) *American Journal of Clinical Nutrition* 2014;100:8-10.

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Researchers once again re-evaluate the dietary carbohydrate "roller coaster"

Some say make them the foundation of your diet. Some say avoid them at all costs. So what is the real story when it comes to optimal carbohydrate intake patterns?

Kell KP, Cardel MI, Bohan Brown MM, Fernández JR. [Added sugars in the diet are positively associated with diastolic blood pressure and triglycerides in children](#). *American Journal of Clinical Nutrition* 2014;100:46-52.

Rebello SA, Koh H, Chen C, Naidoo N, Odegaard AO, Koh W-P, Butler LM, Yuan J-M, van Dam RM. [Amount, type, and sources of carbohydrates in relation to ischemic heart disease mortality in a Chinese population: a prospective cohort study](#). *American Journal of Clinical Nutrition* 2014;100:53-64.

Slavin J. [Two more pieces to the 1000-piece carbohydrate puzzle](#). *American Journal of Clinical Nutrition* 2014;100:4-5.

Do small babies become small children or large children?

Very small babies have historically grown up to be relatively small children and adults, but more contemporary data suggest that this may not be true in industrialized countries. Researchers ask, however, if it still true in the Republic of Belarus.

Kramer MS, Martin RM, Bogdanovich N, Vilchuk K, Dahhou M, Oken E. [Is restricted fetal growth associated with later adiposity? Observational analysis of a randomized trial](#). *American Journal of Clinical Nutrition* 2014;100:176-81.

Dearden L, Ozanne SE. [The road between early growth and obesity: new twists and turns](#). *American Journal of Clinical Nutrition* 2014;100:6-7.

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