



March 2015 Media Alert: *The American Journal of Clinical Nutrition*

The following articles are being published in the March 2015 issue of *The American Journal of Clinical Nutrition* (AJCN), a publication of the American Society for Nutrition. [Full summaries and analyses are available here](#). 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.

Cocoa-the new "brain food?"

Controlled clinical trial provides convincing evidence that cocoa-derived flavanols might benefit cognitive function and blood glucose regulation as we age.

Mastroiacovo D, Kwik-Urbe C, Grassi D, Necozione S, Raffaele A, Pistacchio L, Righetti R, Bocale R, Lechiara MC, Marini C, et al. [Cocoa flavanol consumption improves cognitive function, blood pressure control, and metabolic profile in elderly subjects: the Cocoa, Cognition, and Aging \(CoCoA\) Study-a randomized controlled trial](#). *American Journal of Clinical Nutrition* 2015;101:538-48.

Alonso-Alonso M. [Cocoa flavanols and cognition: regaining chocolate in old age?](#) *American Journal of Clinical Nutrition* 2015;101:423-4.

Willingness to "work" for nonfood rewards already programmed in infancy

Results from cleverly designed study suggest that lean infants are more interested in nonfood "rewards" than are overweight and obese infants.

Kong KL, Feda DM, Eiden RD, Epstein LH. [Origins of food reinforcement in infants](#). *American Journal of Clinical Nutrition* 2015;101:515-22.

Faith MS, Pietrobelli A. [Babies with big appetites: do genes influence infant food reward?](#) *American Journal of Clinical Nutrition* 2015;101:421-2.

Researchers use sophisticated mathematics to predict who will and will not successfully lose weight

Want to predict whether a diet is working? These equations might help.

Thomas DM, Ivanescu AE, Martin CK, Heymsfield SB, Marshall K, Bodrato VE, Williamson DA, Anton SD, Sacks FM, Ryan D, Bray GA. [Predicting successful long-term weight loss from short-term weight-loss outcomes: new insights from a dynamic energy balance model \(the POUNDS Lost study\)](#). *American Journal of Clinical Nutrition* 2015;101:449-54.

Finer N. [Predicting therapeutic weight loss](#). *American Journal of Clinical Nutrition* 2015;101:419-20.

Controlled dietary intervention study: plant sterol consumption more effective in people with naturally low levels of cholesterol production

Endogenous synthesis of cholesterol may affect whether plant sterol-containing margarines will lower your blood cholesterol concentrations.

Mackay DS, Gebauer SK, Eck PK, Baer DJ, Jones PJH. [Lathosterol-to-](#)

Upcoming Event

March 28-April 1. ASN [Scientific Sessions & Annual Meeting](#) at EB, Boston, MA. Press passes available for reporters, bloggers, science writers. Email media@nutrition.org.

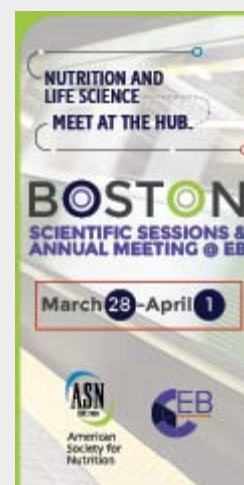
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Suzanne Price

[cholesterol ratio in serum predicts cholesterol-lowering response to plant sterol consumption in a dual-center, randomized, single-blind placebo-controlled trial](#). *American Journal of Clinical Nutrition* 2015;101:432-9.

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