October 2016 Media Alert: 
The American Journal of Clinical Nutrition

The following articles are being published in the October 2016 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.

Study: anti-inflammatory effects of omega-3 fats not always the same
Results from rigorously controlled intervention study finds DHA is more effective than EPA in reducing several biomarkers of poor health.


Which cheese to choose for a healthy heart? Fat content may not matter.
Danish research team finds no negative health outcomes of eating full-fat cheese. Questions current recommendation to eat only low-fat choices.

Glycemic index—maybe not all it's cracked up to be?
Researchers find that calculated glycemic index (GI) of white bread inconsistent even within the same person; conclude that GI might not be very useful for choosing foods.

Calcium—is too much of a good thing (at least in your blood) related to type 2 diabetes?
African Americans with highest blood calcium concentrations more likely to develop type 2 diabetes than those with the lowest concentrations. Same for whites, but relation less strong.

The American Journal of Clinical Nutrition: Editor's Pick
Blood sugar (glucose) increases every time we eat and decreases while we sleep, but the body typically goes to great lengths to maintain the concentration of glucose in the circulation within the healthy range. Some people, however, have difficulty keeping their blood glucose within that range and may develop type 2 diabetes as a result. To help regulate blood sugar, some people choose foods with "low glycemic index" values because these foods are thought to trigger less severe spikes in blood glucose than foods with high glycemic index values. However, this study provides convincing evidence that a food's published glycemic index may not be very helpful in this regard after all.


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