

ASN Publications

February 2012 Media Alert: *The American Journal of Clinical Nutrition*

The following articles are being published in the February 2012 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.

According to ASN Spokesperson Shelley McGuire, PhD, "Unless they've been concocted to be otherwise, most foods and beverages we consume are complex in terms of the myriad nutrients they contain. In other words, most contribute to health in more than one way. Two studies published in this month's issue of *The American Journal of Clinical Nutrition* illustrate this relatively simple fact in terms of a group of compounds referred to as "flavonoids," which are abundant in many vividly colored foods such as red wine. Not only are there many forms of flavonoids, but each one may affect our health differently; furthermore, they probably work hand-in-hand with other substances in foods to influence how healthy we are. Especially important in terms of scientific rigor is a study by Spanish researchers in which the independent and interactive effects of flavonoids and alcohol were documented using a cleverly designed randomized clinical trial - indeed, both components of red wine were found to be beneficial in terms of lowering cardiovascular risk."

Magnesium consumption inversely associated with risk of stroke

Swedish researchers review the literature and find that people who eat magnesium-rich foods are less likely to suffer from strokes than are those who eat little magnesium.

Larsson SC, Orsini N, Wolk A. [Dietary magnesium intake and risk of stroke: a meta-analysis of prospective studies](#). *American Journal of Clinical Nutrition* 2012;95:362-6.

Song Y, Liu S. [Magnesium for cardiovascular health: time for intervention](#). *American Journal of Clinical Nutrition* 2012;95:269-70.

Natural *trans* fats have minimal effects on plasma lipids in most healthy women

Results of well-controlled human intervention trial suggest only limited effects of natural (as compared with commercially produced) *trans* fatty acids on blood lipid concentrations.

Lacroix É, Charest A, Cyr A, Baril-Gravel L, Lebeuf Y, Paquin P, Chouinard PY, Couture P, Lamarche B. [Randomized controlled study of the effect of a butter naturally enriched in *trans* fatty acids on blood](#)

Journal Links

[The American Journal of Clinical Nutrition](#)

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[Advances in Nutrition](#)

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Upcoming Events

Feb. 9-11, 2012. Half-day program at [Southern Society for Clinical Investigation Annual Meeting](#), New Orleans, LA.

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[lipids in healthy women](#). *American Journal of Clinical Nutrition* 2012;95:318-25.

Baer DJ. [What do we really know about the health effects of natural sources of trans fatty acids?](#) *American Journal of Clinical Nutrition* 2012;95:267-8.

Studies support health-promoting effects of dietary flavonoids and red wine

Cleverly designed research trial provides evidence that both alcohol and non-alcohol portions of red wine may benefit health; separate study finds healthy relation between flavonoids and cardiovascular health.

Chiva-Blanch G, Urpi-Sarda M, Llorach R, Rotches-Ribalta M, Guillén M, Casas R, Arranz S, Valderas-Martinez P, Portoles O, Corella D, et al. [Differential effects of polyphenols and alcohol of red wine on the expression of adhesion molecules and inflammatory cytokines related to atherosclerosis: a randomized clinical trial](#). *American Journal of Clinical Nutrition* 2012;95:326-34.

McCullough ML, Peterson JJ, Patel R, Jacques PF, Shah R, Dwyer JT. [Flavonoid intake and cardiovascular disease mortality in a prospective cohort of US adults](#). *American Journal of Clinical Nutrition* 2012;95:454-64.

Hollenberg NK. [Flavanoids and blood pressure](#). *American Journal of Clinical Nutrition* 2012;95:271.

Study supports importance of treating pregnant women with phenylketonuria

Babies born to women with phenylketonuria (PKU) who do not follow a restricted diet found to have increased risks of intellectual/developmental disabilities, facial abnormalities, and small heads.

Prick BW, Hop WCJ, Duvekot JJ. [Maternal phenylketonuria and hyperphenylalaninemia in pregnancy: pregnancy complications and neonatal sequelae in untreated and treated pregnancies](#). *American Journal of Clinical Nutrition* 2012;95:374-82.

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