The following articles are being published in the April 2017 issue of *The American Journal of Clinical Nutrition* (AJCN), a publication of the American Society for Nutrition. Full summaries and analyses are available, and 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.

- **Genes, dietary supplements, and bone health: new research reveals a surprising association**
  Contrary to what they had originally hypothesized, scientists find that women with the greatest genetic risk of having weak bones benefit the least from taking calcium and vitamin D supplements. As such, other treatments should be considered for these at-risk women.

- **Sleep, genetics, and obesity—seemingly improbable (but likely) bedfellows**
  Study finds that association between genetic obesity risk and actually being overweight may be exacerbated by adverse sleep patterns. Alternatively, the potential negative impact of poor sleep on obesity may be worsened by unfortunate genetics.

- **Folic acid supplements may be beneficial in lowering risk of gout in hypertensive individuals taking blood pressure–lowering medications**
  Compared with their counterparts who took only a blood pressure–lowering medication, study finds that those who took both the drug and folic acid experienced less pronounced increments in blood uric acid, a compound
that can lead to gout.


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**The American Journal of Clinical Nutrition**

**Editor's Pick**

Celiac disease is an autoimmune disorder caused by eating gluten, which is typically found in wheat, rye, and barley. Oftentimes diagnosed, celiac disease can severely damage the small intestine, leading to diarrhea, bloating, vomiting, and even poor growth in children. Why some people develop the disease remains, in large part, a mystery. However, experts have generally believed that introducing infants to gluten-containing foods in the first year of life is important for developing tolerance to gluten. Importantly, a study published in the April 2017 issue of *The American Journal of Clinical Nutrition* found no relation between early gluten consumption (even high amounts) and development of celiac disease in childhood.

**Gluten consumption during infancy and toddlerhood not linked to development of celiac disease in preschool years**

New report suggests that daily gluten intake during childhood does not generally predict which kids will develop celiac disease. However, high gluten intake was associated with celiac disease in a subset with a very specific genetic variation.


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