The American Journal of Clinical Nutrition

Media Alerts

The following articles are being published in the July 2017 issue of The American Journal of Clinical Nutrition (AJCN), a publication of the American Society for Nutrition. Click here for full summaries and analyses. 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.

- **Protein consumption patterns related to muscle strength in older individuals**
  
  Recently published study finds that older individuals who include protein in breakfast and lunch, rather than mostly during the evening meal, most readily maintain their muscle strength.

  

- **Weight loss and weakness, not obesity, predict negative outcomes in the elderly**
  
  Study concludes that, for older individuals, a combination of weight loss and loss of muscle strength is particularly predictive of death during a 4-year period.

  

- **Can increasing protein intake after surgery help with recovery?**
  
  Practices associated with the Enhanced Recovery After Surgery (ERAS) approach, such as increasing protein consumption during recovery, related to lower infection rate and speedier recovery after colorectal surgery.

  - Yeung SE, Hilkwich L, Gillis C, Heine JA, Fenton TR. Protein intake...


Read full summaries [here](#).

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**The American Journal of Clinical Nutrition**

**Editor’s Pick**

Breastfeeding women are often advised to avoid spicy and other flavorful foods because some people believe that this might make their babies less fussy. However, a new study published in *The American Journal of Clinical Nutrition* suggests that introducing infants to new flavors—in this case, those common in vegetables—while they’re breastfeeding might encourage young children to more easily accept them when they are introduced. Given the universal recommendation to increase consumption of vegetables, learning to like them in early life might have substantial health benefits to babies for the long haul.

**Want your child to like vegetables? Eat them while you’re breastfeeding.**

Research team at the Monell Chemical Senses Center in Philadelphia reports their findings that infants learn to like vegetables (in this case, carrots) if their mothers eat them while breastfeeding.